

YOU
MATTER

REGULATE. RESET. RECONNECT.

BREATHE
FOCUS
GROUND

TOOLS TO HELP YOU REGULATE IN ANY MOMENT



IF EXPERIENCING A SENSE OF OVERWHELM

Sit in a chair with your feet fully planted on the ground or stand with your spine fully extended. Then slowly scan the environment, naming the objects within your field of vision.



IF SHAKING OR TREMBLING

Take full, yet slow and easy breaths. No need to breathe too deeply, though. If you can, sit in a chair or on a sofa, and wrap a blanket or comforter around yourself. Some people feel better if they also cover their heads.



IF NUMB

Gently squeeze your forearms with opposite hands. Also increase awareness by noticing the environment through the five senses. What do you see, hear, smell? If you can, try touching or tasting something mindfully.



IF HYPER-VIGILANT

Lengthen your spine while taking full breaths. Pay attention to the rise and fall of breath as it alternatively fills and empties the chest and/or belly.



IF ACCELERATED HEART RATE

Take your attention away from the heart region by paying attention to the sensations in your feet. Notice the feeling of being grounded and connected to the floor or earth beneath you.



IF COLLAPSED FEELING IN THE BODY

Try pushing firmly against the wall with your arms fully extended, your head up, and using your energy to ground down through the feet. Notice the feeling of sturdiness in your body as you push.



IF FEELING THE IMPULSE TO HURT YOURSELF OR SOMEONE ELSE

Push against the wall without aggression, and instead focus with awareness on a sense of grounding, starting with your feet and then moving through your body. Breathe full breaths, and keep bringing your thoughts back to your body sensations and away from the focus of your desperation, anger, or rage.



IF FEELING DISCONNECTED OR EXPERIENCING DEPERSONALIZATION

Start by slowing the pace of whatever you are doing. Then firmly but gently squeeze the forearms, calves, thighs — whatever feels enlivening to you. Try also “Walking Exercise” above.



IF FEELING FROZEN OR PANICKED

Sit comfortably in a chair or sofa, and wrap yourself in a comforter or blanket. Begin to focus on taking full, slow breaths, continually bringing your thoughts back to the present moment. Create a mantra for such moments, such as “I can be present and watch the waves of energy go by without getting caught in the story.”



“SHAKING OFF THE FREEZE”

Begin by slowly jumping off the ground, and shaking the arms out when feet land back on the ground. Take full breaths, mindfully inhaling when you jump, and exhaling fully when your feet land back on the ground. You can also say something to yourself like, “I’m safe. I’m letting go.”



USING THOUGHTS

Name your reaction to yourself as a defense response, thus reframing the experience. Say to yourself, “This is just a memory,” or “I’m just triggered right now.” You might also try saying to yourself, “I can be here — right here, right now.”

ONE STEP AT A TIME. YOU ARE STRONGER THAN YOU THINK.