

BUILDING YOUR CUSTOM SELF-REGULATION TOOLKIT:

Tools are amazing, and we can typically find what we need if we take the time to research, learn, or get support. However, in times of need, it is way more efficient to have a curated toolkit of tried and true skills that are custom designed to meet your self-regulation needs. When you develop a practice of identifying helpful skills and using skills on a regular basis, you become your most resilient self.

*Fill out the worksheet below
to build your custom
Self-Regulation Toolkit:*

What are signs, clues and initial signals in your mind/body that you are becoming dysregulated?

What do you tend to feel?

What do you tend to think?

What are visual cues that you can place around your home to remind you to breathe, slow down, ground and practice self-regulation?

Ex. post-its, whiteboard markers on mirrors, images that evoke a sense of calm, serene, meditative states such as the beach, etc.

What books, music, and IG accounts remind you to be resilient, calm, and collected?

Who are people (either people in your life, fictitious characters, influencers, etc.) that emulate a sense of calm, safety, peace, and self-regulation?

**Where are places in your life where you have felt calm, safe, and peaceful?
Sometimes the simple act of imagining a peaceful place can have a powerful effect on your nervous system.**

Identify a few of the below somatic skills that can evoke a sense of calm or peace.

- | | |
|---|---|
| <input type="checkbox"/> Humming | <input type="checkbox"/> Dunking face in ice-bath |
| <input type="checkbox"/> Singing | <input type="checkbox"/> Cold Shower |
| <input type="checkbox"/> Gargling | <input type="checkbox"/> Warm Bath |
| <input type="checkbox"/> Hot/Cold beverages | <input type="checkbox"/> Tapping on energy points |
| <input type="checkbox"/> Ice on the Face | <input type="checkbox"/> Butterfly Hug |
| <input type="checkbox"/> Box Breathing | <input type="checkbox"/> Essential Oils |
| <input type="checkbox"/> Stretching | <input type="checkbox"/> Dancing |
| <input type="checkbox"/> Weighted Blankets | <input type="checkbox"/> Swaying |
| <input type="checkbox"/> Add some of your own | <input type="checkbox"/> Add some of your own |

**Who are people in your life that can help you co-regulate?
(Friends, Family, Mentores, Pets, etc.)**

**What are internal resources that could help provide a sense of peace or calm?
Ex. Thinking of how buddha, a yogi, or a monk might show up in this scenario
Ex. Imagining one of your role-models giving you a pep talk**

**Practice visualization of a peaceful or calm place.
Include as much detail as you can and try to trick your mind into thinking that you are actually there.**

Practice mindfulness:

- Grounding**
- Earthing**
- Orienting to the present moment**
- Looking around and naming 5 things you see, 4 things you hear, 3 things you sense, 2 things you smell and 1 thing you taste**
- Add some of your own**
- Add some of your own**
- Add some of your own**

Congratulations, there you have it. A custom self-regulation toolkit that you can lean on next time you feel stressed, overwhelmed or even stuck.