

Self-Regulation Strategies

BODY	HEART	MIND	ENERGY
<p>Soften</p> <p>Soften your face, mouth, jaw, tongue, shoulders, back</p>	<p>Wishes for Well-being</p> <p>Express a wish for the well-being of yourself or others: May I feel peace. May she feel love. etc.</p>	<p>Visualize</p> <p>Visualize something that immediately brings a sense of peace and calm.</p>	<p>Expand</p> <p>Imagine your energy extending out beyond your body.</p>
<p>Orient</p> <p>Orient to one of the five senses: sounds, light, color, scents, taste something or touch something that has a soothing texture</p>	<p>Sing</p> <p>Sing a soothing song silently or aloud</p>	<p>Name</p> <p>Name parts of experience: thoughts, feelings, needs, impulses, etc.</p>	<p>Direct</p> <p>Direct energy through the soles of your feet into the earth. Visualize and sense this flow of energy.</p>
<p>Self-soothing touch</p> <p>put your hand on your heart, give yourself a shoulder massage, run your hand through your hair, rub your thighs, rub your feet back and forth on the floor, etc.</p>	<p>Love</p> <p>Bring to your awareness someone you love easily and feel your love for them</p>	<p>Chant</p> <p>Repeat a mantra or meaningful phrase.</p>	<p>Attend</p> <p>Attend the cycle of energy that flows from your crown down through your centerline to your root and back up.</p>
<p>Breath</p> <p>Focus on three breaths following each inhale and exhale</p> <p>Attend to a long slow exhale to the bottom of the breath</p>	<p>Smile</p> <p>Bring a smile to your lips, in the middle of your forehead, your heart, and your abdomen.</p>	<p>Use questions</p> <p>Ask yourself a question that directs you to your values. “What is really most important right now?”</p>	<p>Notice</p> <p>Cup your hands together and notice the energy flowing between your palms.</p>