

Regulation & Reset



Breath Work

Take a deep breath in for 4 seconds, hold it for 7 seconds, then exhale for 8 seconds. Repeat as needed.



Mindfulness & Meditation

Visualize a safe, calming space in your mind. Take a few deep breaths and really focus on that space. Who is there with you? What do you notice? What does it feel like? What does it sound like?



Grounding Techniques

Name five things within your space that you can taste, hear, see, touch, and smell.



Positive Affirmations

Create positive affirmations that you can repeat to yourself:

I am safe.

I'm in control of my thoughts, emotions and actions.

I'm worthy of love and respect.

I'm enough.

Repeating these affirmations daily can help build a positive mindset and support your overall mental health.



Body Movement

Try going on a walk, stretching your muscles, yoga poses, dancing, push-ups, squats — get your body moving!



Co-regulation

Find a supportive person who is comforting, understanding, and validating, to express how you're feeling. This helps in reducing emotional distress and promoting emotional well-being.



Nature & Sunlight

Mindfully walk around or sit outdoors and immerse yourself in the natural surroundings. Focus on the sights, sounds, and smells of nature.



Bilateral Audio Stimulation

The use of specific audio techniques to stimulate both sides of the brain simultaneously. This can be done using headphones that deliver distinct audio cues (like tones or beeps) or with bilateral music.



Social Support

Invest time in building and maintaining relationships with family, friends, and community members. Be proactive in reaching out to others, whether it's through phone calls or visits. Offer support to peers when they need it. Being a good listener and providing help can strengthen your relationships and ensure that support is reciprocated.