

# Examples of Short Self-Regulation and Grounding Techniques to Embed in Your Day

- Stomp your feet
- Rock in chair
- Jump rope
- Stand up and stretch
- Toss a ball in the air and catch it
- Drink a cold/hot drink
- Shake out feet/hands
- Hum your favorite tune
- Name favorite TV shows
- Name colors in the room
- Name favorite song
- Tell yourself something kind
- Inhale calm through your nose, Exhale stress through your mouth
- Trace your hand and inhale as you go down and exhale as you go up
- Breathe from your belly - put your hand on your belly and feel it go up and down as you breathe in and out
- Ask yourself, what do I need most right now and try to honor that
- Focus on a word that is soothing such as “calm” or “peace” and repeat it to yourself a few times
- Count slowly backwards from 10
- Close your eyes and listen to the sounds around you
- Progressive muscle relaxation - tense different areas of your body (feet, legs, stomach, arms, hands, jaw, etc.) and then relax
- Do something you enjoy, such as a favorite hobby
- Read about something positive: <https://www.goodnewsnetwork.org/>
- Do nothing for 2 minutes: <http://www.donothingfor2minutes.com/>
- Picture yourself in a peaceful place that you love. Take the time to see, feel, hear, and smell what you can in that place.
- Focus your attention on your feet- how they feel on the ground, or the sensation inside your shoes
- Listen to your favorite song
- Use a “touchstone”- pick something that reminds you of a positive time- it can be a special rock, leaf, seashell, etc. and touch it to bring you back to that time