



SELF-REGULATION IDEAS

For Busy Parents & Professionals

Sensory

- Rub your temples in small circles.
- Stroke your forearm gently.
- Adjust the lighting (dim or brighten).
- Drink a sip of water mindfully.
- Splash water on your face.
- Take a warm sip of tea or coffee.
- Focus on one color in your surroundings.
- Run cool or warm water over your hands.
- Use a scented lotion or essential oil.
- Hold an ice cube or something cold.
- Squeeze a stress ball or fidget toy.
- Roll your feet on a ball or water bottle.
- Touch a comforting fabric or blanket.
- Give yourself a squeeze.

Movement

- Stretch your arms overhead.
- Roll your shoulders up and back.
- Shake your hands or arms out.
- Do a quick neck stretch (side to side).
- Stand up and do a gentle forward fold.
- March in place for 10 seconds.
- Sway your body side to side.
- Tap your feet rhythmically.
- Do 10 jumping jacks or squats.
- Wiggle your toes inside your shoes.
- Rotate your ankles in circles.
- Gently twist your torso side to side.
- Take a short brisk walk.

- Name 3 things you're grateful for.
- Say, "I am safe, I can handle this."
- Give yourself a compliment (e.g., "I'm doing my best").
- Visualize someone you love smiling at you.
- Look at the sky or out a window.
- Silently name everything you see in the room.
- Close your eyes and imagine a hug.
- Remind yourself, "This is temporary."
- Smile intentionally, even if you don't feel like it.
- Picture a calming color washing over you.
- Whisper or think, "It's okay to feel this way."

Emotional

- Name 5 things you see, 4 you hear, 3 you feel.
- Doodle a simple pattern on paper.
- Write down one worry and crumple it up.
- Listen to your favorite song for a minute.
- Hum quietly to yourself.
- Watch a funny video or meme.
- Take a quick photo of something beautiful.
- Text a friend something kind.
- Read an inspirational quote.
- Repeat a grounding word like "peace" or "steady."
- Picture yourself succeeding at your next task.
- Simply pause and be still for a moment.

Grounding