

50 Ways to Regulate

50 Brain-Based Tips to Reduce Stress by Regulating your Nervous System Downregulating to Restore Parasympathetic Balance

1. Take deep breaths
2. Run (Go for a run or run around the yard)
3. Follow a schedule
4. Take a bath or shower
5. Take a nap
6. Massage (or Self-massage)
7. Take a Walk
8. Practice Muscle relaxation (Tighten and release different muscle groups)
9. List three things you are grateful for
10. Cuddle with a pet
11. Humming
12. Take a break (have some alone time)
13. Listen to calming music
14. Stretch
15. Hug yourself tight
16. Call someone you miss
17. Visualize your calm place (Imagine what you would see, smell, hear, feel, taste)
18. Sing
19. Chair push-ups
20. Eat a snack (especially something crunchy!)
21. Close your eyes and check in with your body
22. Hug a friend
23. Create something (build/bake/art/craft)
24. Blanket squeeze (Wrap yourself up in a blanket with some gentle pressure, similar to being swaddled or tucked in)
25. Write in a journal
26. Bounce (on a yoga ball or trampoline or super bouncy cushion)
27. Meditate
28. Rock back and forth any way that feels good (Maybe in a rocking chair!)
29. Sit in the same room with someone else
30. Yoga
31. Squeeze a stress ball
32. Count to 100 (or 10 slowly)
33. Use positive self-talk
34. Draw a picture
35. Watch something funny
36. Talk to a friend
37. Do a puzzle
38. Splash water on your face
39. Read a book
40. Color a coloring page
41. "Lawyer" your negative thoughts
42. Think of someone that makes you feel loved (and the reasons you feel so loved by them)
43. Clean something
44. Drink some warm tea or hot chocolate
45. Jumping Jacks
46. Tell someone a joke
47. Pray
48. Volunteer work
49. Isometric Exercises (Wall push-ups or hands pushing against each other in prayer)
50. Rub your arms or leg