REGULATING ACTIVITIES

Box Breathing

- Inhale through your nose for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds
- Repeat

Use Fidgets

- Fidgets help wake up the brain, relieve anxiety, and increase focus

Butterfly Tapping

- Place your hands palm down on your chest and interlock thumbs
- Slowly tap one hand then the other near your shoulders for bilateral stimulation to calm anxiety

Chew Gum

- Chewing helps calm the body

Magic Mustache

- Put one finger over your upper lip and push down
- This is a pressure point that helps calm your brain and body

Chair Pulls

- Grasp your chair underneath you
- Pull up hard on the chair
- Push down with your body
- Hold for 10 seconds then repeat

Journaling

- Journaling provides a space to reflect on our emotions and helps "name it to tame it"

Listen to music

- The area of our brain that controls emotions is activated when we listen to music This
- can help reduce anxiety, process difficult emotions, and boost mood

Go for a walk or bike ride

- This creates bilateral movement and helps the brain and body calm and relieve stress