

# 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