Self-Regulating Strategies

We can use self-regulating strategies to shift our mood, anxiety, and energy levels. This includes doing things that are activating and down regulating to help us return to a balanced state. Self-regulating begins from a place of awareness (observing and acknowledging how we feel), and leads to compassionate action (trying something to shift the way we feel). This is a flexible process of checking in and exploring different strategies day to day.

Under-Activated Balanced Over-Activated

Reflecting On Activation

How do you feel when you are under-activated?

e.g. foggy, low, lethargic, dissociated, hopeless, lost, confused

How do you feel when you are balanced?

e.g. safe, social, connected, peaceful, joyful, open, curious

How do you feel when you are over-activated?

e.g. distressed, frustrated, angry, overwhelmed, anxious, tense

Checking In And Exploring Your Options

Mindful Check-In

- 1. How am I feeling?
- 2. What are my options?
- 3. What is one thing I can try?

Reflect and be open to trying something else

Activating Ideas — to help you feel alive and energised

- · Diving under salty waves
- · Dancing to a uplifting song
- · Practicing hot yoga
- · Walking with a friend
- · Going for a run
- · Seeing someone smile
- · Listening to your favourite song
- · Washing cold water on your face
- · Smelling flowers
- · Taking a deep breath in and out
- Drinking sparkling water
- · Smoke diffuser with peppermint oil
- Patting your body with your hands

Down-Regulating Ideas — to help you feel grounded and calm

- Watching the sun set
- Slow intuitive yoga
- Hugging a dear friend
- · Hearing a beautiful voice
- Listening to ambient music
- Tidying your space
- Lighting a candle or incense
- · Eating melted chocolate
- · Drinking herbal tea
- · Taking a few conscious breaths
- · Guiding your muscles to soften
- · Having a warm shower or bath
- · Placing a warm wet towel over your face
- · Walking in nature
- Journaling about your day
- Placing your hands on your body

Build Your Collection

Source Effect	Activating	Down-Regulating
Nature		
Movement		
People		
Sounds		
Sights		
Smells		
Taste		
Touch		