

# Regulation Strategies for Self-Care

## For Rhythmic or Somatosensory Regulation, you can try -

- Exercise or just walking. Get in nature. Walk barefoot. Look at the sky....
- Use a timer to plan regular breaks or to time them.
- Meditation or mindfulness (calm app, headspace, insight timer apps)
- [Grounding techniques](#)
- Sensory-Lotions, mints, gum, snacks-salty, crunchy, fatty, sweet
- Music (Background or in between classes), Podcasts, Funny videos, memes
- Doodle, mandalas, puzzles, online games etc
- Read, write, gratitude journal..
- Expressive Arts
- Deep breathing intentionally through your nose
- Dance, stretch, yoga, exercise bands,
- Fidgets, tapping, stress balls, square breathing...
- Scented candle/ diffuser (aromatherapy)
- Drink water, tea

## For Relational regulation, you can try -

- Commit to and put on your calendar to call, text or zoom 2-5 people that you miss or with whom you WANT to connect.
- Start a walking club or get a walking partner. walk and talk-phone call.
- Say hello and smile at as many people as you can
- Virtual happy hour or game night.
- Positive connections with coworkers throughout the day
- Share funny videos/memes
- Call or text a friend
- Share what is working
- Collaborate with team
- Connecting with others (time in)
- Virtual lunches or Virtual check ins
- Address a dysregulated peer in parallel- just listen
- Start a walking club
- Jam Sessions
- Fun activities or check ins before meetings
- Staff shout outs
- Self-care bingo- make it a competition

## For Cortical regulation, you can try -

- Remind yourself of what is going well in life and work- gratitude journal
- Positive self-talk.
- Staff appreciation.
- Be curious -Pay attention to the stories you tell yourself about others or a situation. Is there another perspective?
- Good news webpage/padlet/newsletter/celebrate holidays (real or fake)
- Participate in something that stimulates your mind