Regulation Techniques

These six techniques each take three minutes or less.



Gratitude Embodiment

Set a timer for 3 minutes and go deep into writing about something specific that you're grateful for. Rather than a wide list of things you're grateful for, you'll end with a deep view of something particular.



Grounding

Stand outside on the ground without shoes on to feel the ground beneath your feet.



Box Breathing

Work through three rounds of box breathing. Breathe in for a count of four, hold at the top of the breath for a count of four, exhale for a count of four, and then hold at the bottom of the breath for a count of four.



Body Scan

Sit or lie down and move your attention slowly from your feet up to your head. Notice each area, from your legs and stomach to your hands, shoulders, and jaw, and let it soften as you go.



5-4-3-2-1 Senses

Notice five things you can see. Feel four sensations (e.g., your chair, the breeze, the floor). Listen for three sounds. Smell two scents nearby (e.g., coffee, a candle). Identify one thing you can taste.



Cognitive Reappraisal

Pause and ask yourself what else could be true about this situation. Then reframe it in more useful terms, such as "this is a problem to solve" instead of "this is a threat."

Sources: Stephen Porges, PhD and Deb Dana. Berkeley's Greater Good Science Center. Betty Erickson. Peter Levine. Jon Kabat-Zinn. James Gross.

The Nerve of Her