

REGULATION IS THE FOUNDATION

Regulation Techniques

These four techniques each take three minutes or less.

The Nerve of Her

Sources: Stephen Porges, PhD and Deb Dana. Technique credits noted with each practice.



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.

After Emmons and McCullough (2003); depth-over-breadth guidance from Berkeley's Greater Good Science Center.



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.

Rooted in yogic pranayama (sama vritti); popularized for stress and performance by Mark Divine, former Navy SEAL.



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 near you (e.g., coffee, a candle). Identify one thing you can taste.

Commonly credited to Betty Erickson; now standard practice in trauma-informed grounding.



Grounding

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

Sensory grounding and orienting, drawn from somatic trauma work (Peter Levine, Somatic Experiencing).