

SELF-REGULATION TOOLBOX

To keep it simple, note where you are (activated or deactivated) and where you want to go.

FAST WAY TO (-) DOWN REGULATE

BEAK BREATH IN A FORWARD FOLD

- 1 If possible, bend forward; lean into a chair or take an "umpire" stance with your elbows on your bent knees.
- 2 Inhale through both of your nostrils. Purse your lips and exhale through your pursed lips.
- 3 Lengthen your exhalation. Try to keep your exhalation twice as long as your inhalation.
- 4 Scan your body for muscular tension; contract tight muscles a little more, then release.



FAST WAY TO (+) UP REGULATE

- 1 Find a private space with arm space. Stand with your feet more than hip-width apart.
- 2 Take three "sips" of air in a row without an exhalation in between: "inhale, inhale, inhale"
- 3 Exhale with an audible "HAAAAA!" as you "flop" forward. Swing your arms through your legs if it feels right to you.

"BREATH OF JOY"



INHALE



INHALE



INHALE



EXHALE
"HAAAAA!"

We have created a table of suggested exercises to use for specific dysregulated states.

Meet Nervous System Where it is...Slowly Step Down.

It is important to meet your nervous system where it is when you begin using a Self-Regulation Tool. If your body/mind feels active, start with something that has movement— ease your nervous system into a more relaxed state slowly.

DOWN-REGULATE (-) "SHAKE IT OFF"

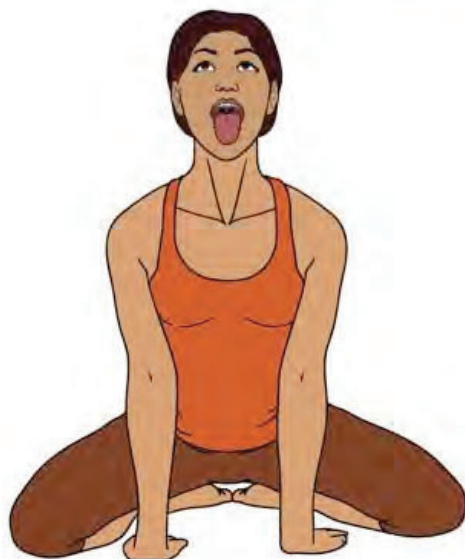
NOTE: You may not need to start at step 1 – only if you feel the need to burn off some excess energy. Try starting at step #2 and go up if you feel like "bolting."



- 1 Jump in place 20-30 seconds
- 2 Shake your limbs for 20 sec – 1 min
Start vigorous; right arm and left leg, then left arm and right leg.
- 3 Slide arms up side and side bend (as shown at left) as you take 5 long Lion's breaths... "HAAAAA!"
- 4 Plant your feet, gently swing arms like a washing machine. Slow down, long exhalations.
- 5 Bring your hands into prayer position; stand, or gently rock as you continue long exhalation breaths.

Vocalization, sticking your tongue out and using other facial muscles all have a calming effect individually, but together have a synergistic, powerful discharging of excess energy effect.

(+&-) LION'S BREATH FOR IMMEDIATE STRESS/TENSION RELEASE



- 1 Start on hands/knees, toes touching
- 2 Lean forward into hands, try variations of hand positions that are comfortable.
- 3 With head down, inhale as you raise your head and look straight up.
- 4 Hold your breath for count of 4, lean forward further into your hands
- 5 Extend your tongue as far as it goes, and exhale with a roaring "HAAAA!" Extend the exhalation as long as you are able.

BRAIN GYM ROUTINE

STOP PANIC IT IN ITS TRACKS

This routine is highly recommended for people who feel they need to “burn off” some excess energy before trying to quiet the mind.

1



Drink a 6-8 oz. cup of water

Don't skip this step!!

Your nervous system is most responsive when you are well hydrated, so this is an important first step.

2



Brain Buttons:

Place one hand over your navel. With the other hand, massage the areas on either side of your sternum (top of breast bone) below the collar bone-for 30 seconds; change hands and repeat.

3



Cross Crawl:

As if marching, and adding a twist, touch your hand to opposite knee, slowly for two minutes. Breathe deeply. Be sure to twist your upper body so your shoulders move as well as opposite leg (example on far left is correct).

The “Cross Crawl” is a self-regulation tool all by itself – great for releasing excess energy and regaining focus.

BRAIN GYM TO STOP PANIC - *continued*

4



Hook Ups - Part1

Sit in a chair; make sure your feet are under your knees or out further than your knees – you don't want to have your feet tucked under the chair -- cross your ankles. Stretch out arms, cross them and place palms together. Lace your fingers and bring your hands under and up to rest under your chin. Close your eyes, inhale through your nose and place your tongue on hard palette behind teeth. Drop your tongue as you exhale, slowly. You're your exhalation longer than your inhalation. Practice as long as you want.

5



Hook Ups - Part2

Uncross your ankles and your arms. Lightly touch your fingertips together with both hands (Hakini Mudra). Hold your hands high, mid-level or low, whatever feels best for you. Close your eyes. Your breathing pattern is the same as it was in “Hook-Ups –Part I.” Inhale through your nose and place your tongue on the roof of your mouth, behind your teeth; drop your tongue as you exhale, smoothly and steadily. Practice this step as long as feels right for you .

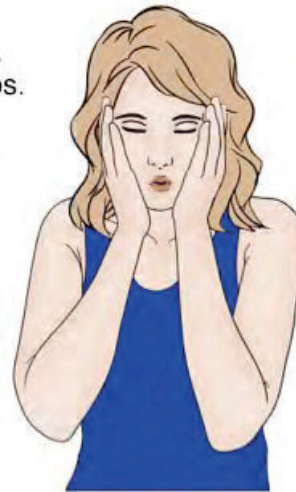
Many people repeat the full routine a couple of times until they feel calmer.

DOWN REGULATE (-) HANDS ON FACE + BEAK BREATH



Inhale through your nose.
Exhale through pursed lips.

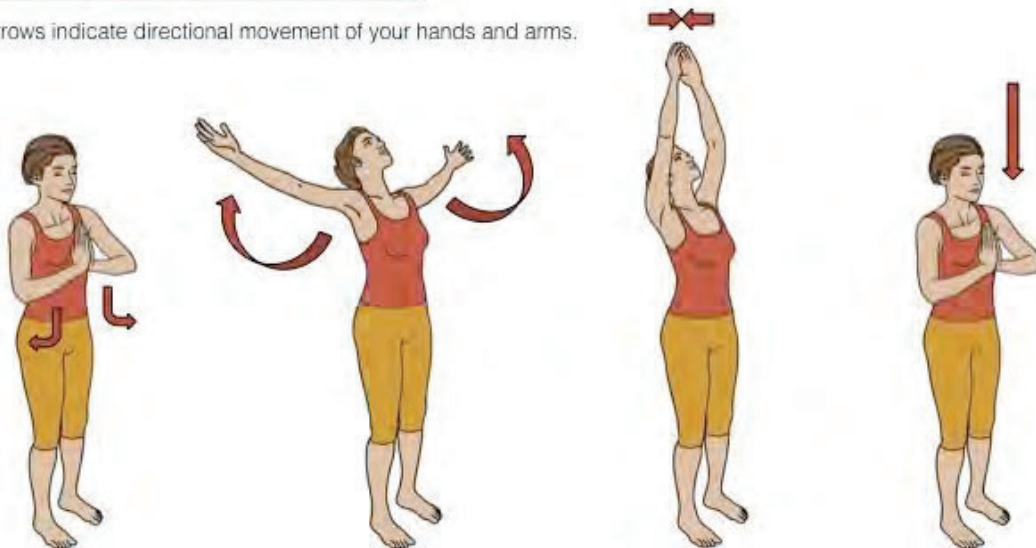
- 1 Inhale for count of 4
- 2 Hold for count of 4
- 3 Exhale for count of 8
- 4 Hold for count of 2



SELF-REGULATE (+&-) WING AND A PRAYER

- (+/-) To Balance: make your inhalation and exhalation even.
- (-) Down-Regulate: make your exhalation longer.
- (+) Up-Regulate: make your inhalation more vigorous.

The arrows indicate directional movement of your hands and arms.



On your inhalation, sweep your arms down, out, then up overhead; bring your palms together over your head.
During your exhalation, very slowly draw your hands downward into prayer position – stop in front of your chest.

TIYT™ FINGERTIP DISCHARGE

TO GAIN CONTROL OVER NEGATIVE THOUGHTS

When you need to do something with some activity, but not much bodily movement, try this exercise: synchronize touching your fingertips with your thumbs one by one and say the phrase: “*I control my inner peace.*” One full phrase is said during the inhalation; the same phrase is stated during the exhalation, but multiple times.

1

During every inhalation

The tapping is done from pinky to index finger.

Thumb to your pinky -- say “I”

Thumb to ring finger -- say “control”

Thumb to middle finger -- say “my inner”

Thumb to index finger -- say “peace”

Important: One round (set of fingertip touches) for one inhalation.

2

During every exhalation

Reverse the direction (*tapping is done from index finger to pinky*).

Try to get as many rounds in on a single exhalation as possible.

Thumb to your index finger – say “I”

Thumb to middle finger – say “control”

Thumb to ring finger – say “my inner”

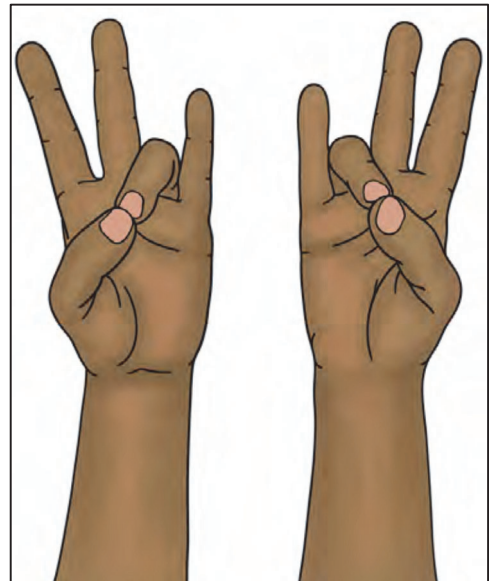
Thumb to pinky finger – say “peace”

Immediately repeat this sequence several more times; start with 4-5 rounds per one exhalation.

Important:

Repeat the phrase several times within one exhalation. The purpose of multiple recitations per exhalation is to lengthen your exhalation – initiates your relaxation response.

If you have a hard time lengthening your exhalation, you may purse your lips during the exhalation and silently say the affirmation.



TIYT™ TAPPING ROUTINE (+&-)

FOR DIFFICULT EMOTIONS

Repeat at least 3 times every time you practice the routine

INSTRUCTIONS FOR TAPPING ROUTINE – *repeat at least 3 times every time you practice the routine*

- 1) Before you begin tapping, rate your anxiety on a scale from 1 to 10.
- 2) Create two phrases (*fill in the blanks below*):
 - a. “Even though I feel _____ about _____, I deeply and profoundly love myself.”
 - b. “These difficult emotions about _____.”
- 3) Begin with the first phrase (a); say it aloud 3-4 times while tapping point #1: “Karate chop”
- 4) For all the other points, you will use the second phrase (b).
- 5) Continue to tap all of the remaining points in order, starting with point #2 through #10.

