



Regulation Tools Menu

Use this menu to support your nervous system when you feel overwhelmed, panicked, frozen, shut down, or disconnected. Just start with one small thing that helps you feel **a little more present, anchored, or safe**. You can circle or star your favorites. Keep this somewhere easy to find.

Grounding My Body

Feel my feet pressing into the floor or go out on grass

Push my hands against a chair or table

Press palms together firmly for 10 seconds

Do a mini body scan (jaw, shoulders, belly)

Name 3 textures I can feel (clothes, chair, air)

Anchor with my legs: stomp, march, or push down through my feet

Rock gently forward and back

Tap my fingers or drum a simple rhythm

Soothing My Senses



Hold something warm (a mug, heating pad, rice sock)

Wrap up in a hoodie, blanket, or soft fabric

Smell something comforting (tea, lotion, essential oil)

Sip cold water, chew gum, or suck on ice

Use sensory jewelry, a textured fidget, or a grounding stone

Rub lotion on my hands and focus on the scent

Dim the lights or reduce background noise

Listen to calming music or nature sounds

Shifting My Energy



Butterfly taps (crossed arms, tapping shoulders)

Shake out my hands or bounce on my toes

Stretch my arms overhead or twist side to side

Walk slowly or stretch with intention

Tap my feet or march in place

Do gentle jumping jacks or sway rhythmically

Dance to a favorite song or move my body how it wants to move



Comfort + Connection

Cuddle a pet, hug a pillow, or hold a stuffed animal

Look at a photo of someone I feel safe with

Text someone who won't need me to explain

Call a friend just to hear their voice

Use imagery or art to create safe people and places that you can visualize

Repeat a phrase that helps: – "This will pass." – "I'm safe right now." – "I'm not alone."

Place my hand on my heart and breathe slowly

Picture being held, hugged, or supported



Add Your Own Favorites

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