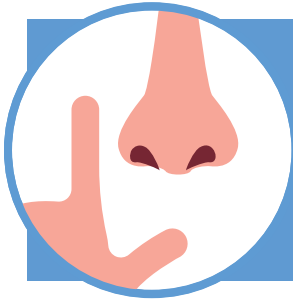


SELF-REGULATION SKILLS

Adapted from Certified Clinical Trauma Professional training by Dr. Robert Rhoton

BASIC BREATHING TECHNIQUES

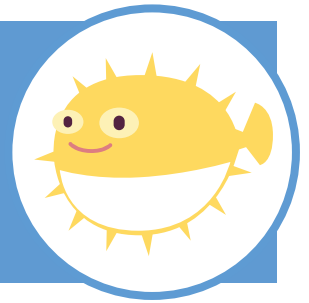


ALTERNATE NOSTRIL BREATHING

Press a finger to your right nostril and breathe once through the left nostril, then switch.

CHEEKS AND MOUTH (PUFFER FISH)

Puff out your cheeks like a puffer fish.

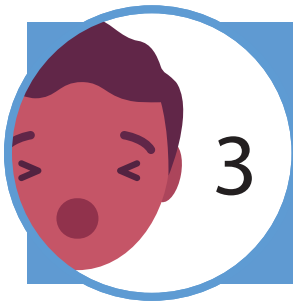


SIGH

Part your lips lightly and sigh.

LONG EXHALE

Breathe in normally and exhale slowly.



THREE DEEP BREATHS

Close your eyes, take a deep breath, then slowly exhale.

BASIC RELAXATION TECHNIQUES



FOCUS ON ONE MUSCLE

Notice any muscle in your body, tighten it, and then relax it.

RELAX YOUR SHOULDERS

Stretch your shoulders, spreading your collar bones, lifting your chest, and relaxing your neck and jaw.



MUSCLE TENSION RELEASE

Roll a tennis ball where you feel tightness in your muscles.

TENSION HEADACHE RELEASE

Unclench your teeth and allow your jaw to relax, or hold a small ice pack along your jaw.



MOVEMENT

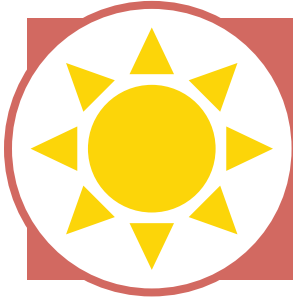


HUG YOURSELF

Hug yourself, squeezing your back and belly.

SHAKE

Shake for a few minutes.



SUN

Go outside and feel the sun on your face.

WALK

Take a quick, deliberate walk.



MUSIC OR DANCE BREAK

Play 30 seconds of music and move or dance.

STRETCHING

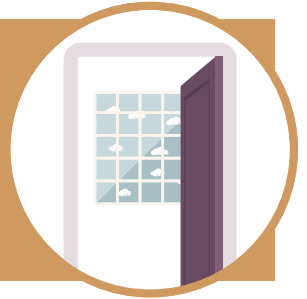


POSTURE BREAK

Sit up tall, focus on your shoulder blades, and move them back towards your spine and each other.

PECTORAL DOOR STRETCH

Place your elbow and forearm on the edge of an open door frame with your elbow just above shoulder height and stretch your chest forward.



WALL ANGEL

Sit on the floor with your back flat against a wall and your arms by your side, and then raise your arms, brushing them against the wall and up, making a T.

STRETCH

Stand up for a quick stretch.



HANDS AND FEET



PALMS TOGETHER

Press your palms together and hold for five to ten seconds.



STRESS BALL

Squeeze a stress ball.



HAND MASSAGE

Use the thumb of one hand and press around on the other hand.



FOOT MASSAGE

Rub your feet over a golf ball.

FACE



JAW AND MOUTH

Bring the tip of your tongue to the highest point of the roof of your mouth and press.

FOREHEAD

Wrinkle your forehead while arching your eyebrows.



STICK OUT YOUR TONGUE

Stick out your tongue as far as it will go and blow all the air out of your lungs.

SIGHT BREAK

Close your eyes now and then.



OTHER ACTIVITIES



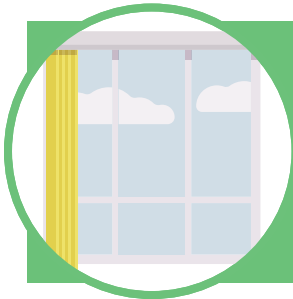
REPETITIVE MOTIONS

Do something repetitive, like brushing your hair, weaving, drumming, beading, or paddling.

COUNT

Slowly count to ten and then back down to zero.

10...
9...
8...



LOOK OUT THE WINDOW

Take a short break to notice whatever nature you can see outside.

LAUGH

Do anything that makes you laugh.

