

Regulation Strategies

Polyvagal Theory informed strategies to return to homeostasis

 Use Nervous System Mapping to create a specific, individualized plan for each state 

Breathwork with the diaphragm

7-4-8 breath, box breathing, extended exhale breathing, fog up the mirror breathing

Nature

moving to sit by and look out a window, quiet time outside, looking at nature images

Vocalizations

sighing, humming, chanting

Rhythmic full body movement

walking, rocking, swaying, swimming, biking, jumping rope, trampolining

Activate the suck/swallow reflex

sucking on hard candy, drinking through a straw

