

Regulating the Nervous System & Building Resilience

Grounding Techniques

- Feel your feet on the ground
- Hold an object (stone, cup) and notice its texture
- Name three objects you see around you
- Splash your face with cold water
- Take slow, deep breaths



Containing a Difficult Day

- Shake out your arms, legs, gently bounce in place
- Write out your feelings, then rip up the paper

Engage Your Nervous System

- Hum a song or make a “voo” sound
- Lie down and rest with legs up on a wall



Vagus Nerve Activation Eye Exercise

1. Keep your head still, look to the right
2. Hold until you feel a release (sigh, swallow)
3. Repeat, looking to the left

5-4-3-2-1 Focus Reset

- Notice 5 things you can see, 4 you can touch, 3 you hear, 2 you can smell, 1 you taste

Trigger Inventory

- _____
- _____
- Calming practices

