

Physiological-Emotional Regulation

Emotional regulation means that emotions have less peaks and valleys and your ability to meet them is consistent. Below are 30 practices that help with emotional regulation. Add more as you discover them.

1. Notice breath at the nostrils or at the abdomen
2. Extend the spine
3. Hands behind head to open the chest
4. Soften face, mouth, and tongue
5. Bringing up a positive memory, visualization, or mantra
6. Mindfully drinking water or eating something
7. Notice nature
8. Choose one body part to relax or engage in progressive relaxation of the whole body
9. Long exhale to the very end of the breath and long slow inhale
10. Counting the breath at any particular number 3, 5, 8, etc.
11. Metta: wishing/praying for the well being of yourself and others
12. Put your attention in your center and slowly expand it past the boundaries of your body
13. Self-soothing touch: put your hand on your heart, give yourself a shoulder massage, caress your hair, etc.
14. Name or Narrate your experience: What just happened? What's happening now?
15. Name any part of your experience: thoughts feelings, needs, impulses, etc.
16. Begin a body scan: slowly move your attention over your whole body a little section at a time noticing sensation as you go
17. Tapping: tap gently on the upper sternum or heart center
18. Tighten your whole body then release, do this several times
19. Bilateral tapping or sound: As you imagine a positive scene tap alternately on either side of your body or arrange a sound to come to either ear in turn
20. Lay on the floor or ground and invite gravity to help you sink into the floor or ground
21. From standing begin shaking out limb by limb and shake out the whole body
22. Engage in a stretch or series of stretches while attending to your breath
23. Engage an inner smile
24. Roll your shoulders back and drop them
25. Engage in vigorous exercise
26. Spend time with others who are emotionally regulated
27. Spend time each day in supportive community
28. Eat healthy food at regular intervals
29. Drink water throughout the day
30. Organize your life so that there is a basic balance among meaningful work, rest, and play