

I wanted to create a short yet effective list that highlights simple things you can do to help your body regulate. The video gave a quick overview and this list expands on it so you have practical and quick ideas you can use anytime you feel overwhelmed.

## **Sensory strategies:**

### **Breathing and body awareness**

- Box breathing (inhale for four counts, hold for four, exhale for four, hold for four, and repeat)
- Diaphragmatic breathing
- Inhale for four, exhale for six
- Quick body scan to release tension

### **Proprioceptive or heavy work**

- Wall push ups or counter push ups
- Slow weighted blanket pressure
- Carrying something with a little weight
- Pressing your palms together for a few seconds
- Body squeezes (firm pressure to arms, legs, or shoulders)

### **Movement based**

- Gentle stretching
- A steady paced walk
- Rocking in a chair
- Light yoga flow
- Slow shoulder rolls or neck circles

### **Tactile input**

- Using a textured stress ball
- Playing with putty or dough
- Soft blanket or soft fabric for comfort

### **Auditory**

- White noise or brown noise
- Soft instrumental music
- Nature sounds
- Noise cancelling headphones

### **Visual regulation**

- Dimming bright lights
- Picking a calm spot to rest your eyes
- Decluttering the space around you
- Using soft or warm lighting

### **Oral**

- Chewing gum
- Sipping warm tea

- Drinking through a straw
- Crunchy snacks