

Regulation Beats®
Regulation Strategies List

Take deep breaths - birthday cupcake breaths (i.e. smell the cupcake, blow out the candles)

Go for a walk/run

Let time pass

Talk to a friend

Draw

Paint

Play with sand or putty

Look at the horizon

Listen to music

Listen to nature sounds

Go out in the community

Listen to white/brown noise or binaural beats

Put headphones on (with no sound)

Exercise

Do some yoga poses

Build something

Plan a vacation, trip, or special event

Manipulate a fidget tool – spinners, cubes, noodle worms, pop-its, yo-yos

Count slowly – 1-10, by 2s, by 7s, backwards by 9s from 100

Smile

Sing a song

Attend therapy

Play a sport



Eat some food

Drink some water

Take a nap

Write/journal

Get something productive done – clean your room, grocery shop, plan your day tomorrow, clean your car, help a friend, do homework/work-work

Go outside

Get directly in sunlight

Ride a bike/skateboard/scooter/rollerblades

Say/think of x10 things you are grateful for

Take a shower

Get off electronics

Stretch

Give/get a hug

Swing, slide, climb, crawl

Smell some flowers

Take a class

Cook/bake some food

Play an instrument

Turn lights on

Turn lights off

Turn on colored lights

Try something new

Make a to-do list

Identify as many emotions as I can, that I am currently experiencing, or would like to experience

Give yourself time



Visualization- imagine ideal situations, concepts, scenarios

Go for a drive

Play video games

Pet an animal

Ask for help

Rest

Take a break



This list is by NO means comprehensive. There are far more ways to regulate our minds/bodies than is stated above. Remember a few principles when using regulation strategies:

There are no big solutions, only many little ones – these ideas are not meant to solve your problems, they are intended to affect your body/mind in a way that helps you make better decisions and tolerate the necessary discomforts of life.

Trial-and-error is your best friend – not all these ideas will work for you, work for you every time, nor work for you in the same way each time. Pay attention to what causes a change in mood/feeling/behavior, when/if that occurred, and how that response changes over time. Be flexible, persistent and observant!

Keep an open and optimistic mindset – you never know how close to the threshold of regulation you are until you cross it. Pace yourself appropriately but remember that you could always be one strategy away from feeling relief.

You are the expert of you – trust yourself and remember nobody knows what you are experiencing except for you.

Be intentional – these strategies work far better when you are emotionally invested and trying to do them appropriately (however that is often far easier said than done).

Give yourself grace – the essence of these strategies and this program is to help individuals feel better, make better decisions, and gain more control over their emotions. This implies there will be discomfort, struggle, “failure”, and regression. It is



a necessary part of feeling better and an essential cue for making progress. Give yourself grace wherever you are at, because the most important thing is what to do next (DEFINELTY easier said than done).

Educate yourself – look up, research, google, ask about, or read up on concepts or terms like:

Emotional regulation

Sensory processing

Mental health

Occupational Therapy

Music Therapy

Heavy work

Proprioception

Auditory processing

Tactile processing

Vestibular processing

Visual processing

Coping skills

Neuro diversity

Parasympathetic nervous system

Sympathetic nervous system

Enteric nervous system

Disclaimer The internet contains a lot of good and bad information. Remember to check your sources, use good judgment, take everything with a grain of salt, and keep an open mind.