

Body Based Nervous System Regulation Strategies

Vagus Nerve Exercises	Humming, temperature change (cold), massage, stretching
Breath work	Triangle- inhale, exhale, pause Square -inhale, pause, exhale, pause 10 second breath - 5 second inhale, 5 second exhale, repeat 6 times Longer exhale - relaxing breath
Exercise/ movement	Any movement! Bonus points for outside in nature or while with someone
Sensory - vision	Settle your gaze on a comfort item Take in nature - blue or green or favorite color
Sensory - Sound	Comforting sounds - nature, type of music Consider fewer sounds
Sensory - touch/smell	Touch - fidgets, consider texture, shape and feel Smell - calming scents in lotions, etc



Brain Based Nervous System Regulation Strategies

Mindfulness/ habit stacking	Bring some awareness and intention to the present moment, find micro-moments to be mindful, add this new habit onto a habit you already have established
Journaling	Journal to process challenging moments - identify triggers Or Journal for Joy!
Mantra/ Intention	Identify what kind of parent you want to be, create a mantra "I am a calm and curious parent"
Reframe/rewrite the story	Notice the story you tell yourself about your parenting or your child's behavior- can you rewrite it in terms of nervous system science?
Routines and Rituals	Build routines to help with daily tasks and find safety in the plan Create rituals to find moments of joy and connection
Social Connections	Connection is a biological imperative - How can you create/keep social connections in your life?



Map It

**Body In the
Moment**

**Brain in the
Moment**

Body Baseline

Brain Baseline

