

Nervous System Regulation Techniques*

*Every nervous system responds uniquely. Try & play to see what works FOR YOU!



<p>→</p> <p>Energize: Up-Regulate</p>	<p></p> <p>Balance</p>	<p>←</p> <p>Calm: Down-Regulate</p>
<p>BASICS</p> <p></p>		
<p>Movement Natural Light</p>	<p>Connection Nature Nutritious Food Hydration</p>	<p>Sleep Rest</p>
<p>BREATHING</p> <p></p>		
<p>Rapid Breathing Deep & Held Inhales</p>	<p>Nasal Breathing Alternate Nostril Breathing Belly Breathing Box Breathing</p>	<p>Physiological Sigh Slower Longer Exhale Letting Go Breathing Sleep Breathing Resonance Breathing</p>
<p>VISION</p> <p></p>		
<p>Narrowing Visual Focus Vivid Colors Natural & Bright Light</p>	<p>Looking Around Basic Exercise Seeing Water Seeing Beauty Seeing Nature</p>	<p>Softening & Widening Eye Focus Counting & Naming Vergence</p>
<p>SOUND & VOICE</p> <p></p>		
<p>“Voo” Sound Ujjayi Audible Yoga Breathing</p>	<p>Music Singing Bilateral Audio Stimulation</p>	<p>Sighing “ahhhh” out loud Soft, Slow, Melodic Voice Nature Sounds</p>

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MOVEMENT & BODY

Exercise	Dancing Yoga Walking Orgasm Somatic Grounding Bilateral Stimulation, tapping	Stretching Restorative Yoga Warmth Water - Shower or Bath Pressure - weighted blanket Hug or self hug Laying Down Shaking, tremoring Rocking Shoulder Squeeze Massage & Self Massage
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FACE

Splash your face with cold water	Chewing Aromatherapy Smile	Gargling Comforting Food & Drink Sipping a hot beverage Blowing raspberries
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CONSCIOUSNESS

Awe Task Immersion Purposeful Effort Meaningful Engagement - (Passion/Curiosity driven)	Self Compassion Creativity Visualization Faith & Spirituality Sensory & Inner Awareness Perspective & Mindset work Journaling	Meditation Classic Mindfulness Yoga Nidra Gratitude Attention Shifting Asking Yourself Questions
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Energize: Up-Regulate	Balance	Calm: Down-Regulate
CONNECTION		
		
Social Fun Team Endeavor, for work or personal	Eye Contact, with someone safe Kindness Compassion Play Laughter Therapy	Hugs Soothing tone of voice
NATURE		
		
Sunlight, especially morning Exercise outdoors	Petting or Playing with a Pet Walking Outside Gardening	Looking at Nature, even out a window Images of Nature, even framed or on a screen Houseplants Grounding, earthing



www.motherflow.com/nervoussystem

- How-to instructions, audios, & videos
- Sources
- Learn More

