



## Regulation & Calming Down Tactics: LIST 2h

### SELF-REGULATION FOR CALMING DOWN

**Recognising the Trigger** and/or Noting Thoughts and Feelings (explained separately in this program). Acknowledging them as normal and human.

**Deep Breathing and Body-Scan to Relax** (tactics explained separately in this program).

**Time-Out.** A tactical withdraw (exit) to regroup...

- To think: Call a "pause" or "time-out" for thinking time.
- To walk: Walk away to a quiet or comfortable space if needed.
- To count to 10: Count to 10 (age old idea) or better still, count backwards by 3s from 100 or some other mental task to take up some brain power and a little basic distraction.

**Grounding and Mindfulness Exercises** (techniques explained separately).

**Positive Self-Talk.** use calming, constructive and realistic thoughts, in your own mind, to help settle the body and nervous system. (this technique explained separately).

**Debriefing (talking, venting).** A type of venting, where you can talk out and talk through what's bothering you with someone you trust and/or someone who has the capacity to listen and be supportive.

**Perspective taking,** such as recalling positive things, writing a gratitude list, zooming out and seeing the big picture and focusing on your strength and accomplishments so far.

**Stretching or Self-Massage.** Careful and controlled; no high-intensity or fast movements.

**Pummelling Energiser** - involves massaging and energising your muscle-groups by hitting them moderately with your fist, and waking up the body (sounds interesting? We'll show how easy it is in this program).

**Physical Contact,** when appropriate - physical contact with someone you like and trust can help bring about a sense of comfort and composure.

### SELF-REGULATION PRACTICES ASSOCIATED WITH LONGER TERM COMPOSURE

- Formal **Mindfulness** Meditation Exercises
- **Accepting Reality** (*for the moment*) and **Riding the Wave** (this too shall pass).
- **Self-Awareness** for building personal and professional insights over time.