**REGULATION ACTIVITIES**

* Progressive Muscle Relaxation
* Alternating Bilateral stimulation
  + Tapping
  + Writing (ugly journal)
  + “Theratapper”/ EMDR/ Buzzies
* Orientating Response
  + lemon, sour candy, hot candy, strong mint, ice
  + cold shower
* Diaphragm breathing (4-7-8)
  + sips of water
  + stomach like a balloon
  + sing while lying down
* Grounding
  + talk about themes unrelated to what is causing the stress (distract)
  + five senses (5,4,3,2,1)
  + silly putty/kinetic sand
  + Arts/crafts/cooking
* Calming/Oxytocin
  + suck on chocolate, hot tea, hot shower, warm bath, candlelight
  + Essential oils (lavender, mint)
  + hand on heart, massage, meditation (prayer, etc), music