

5 Minute Regulation

Emotional regulation does not start with fixing emotions or being without them. It begins with noticing your body, your needs and your nervous system.

When we are dysregulated, it can be hard to think clearly, communicate with others, make decision or parent.

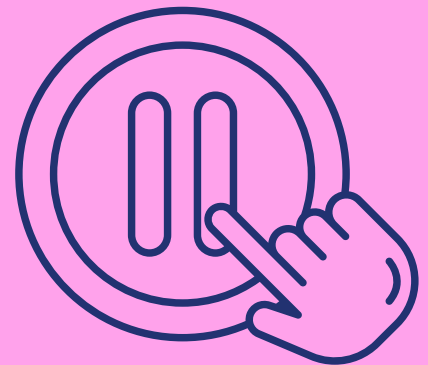
Like the airplane safety message says you need to put your own oxygen mask on first.

This worksheet is a small daily pause to help you check in with yourself honestly but without the need for perfection.

Pause and Notice

Right now I feel...

- overstimulated
 - tired
 - anxious
 - flat
 - overwhelmed
 - disconnected
 - calm
 - okay-ish
 - something else:
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Body First

Have I...

- had water today?
- eaten something?
- rested enough?
- moved my body?
- had quiet time?
- had too much sensory input?

What Might Help Me Today?

Choose ONE tiny thing.

- drink cold water
 - put on comfy clothes
 - sit somewhere quiet
 - eat a safe food
 - listen to one song
 - go outside for 5 minutes
 - stretch or shake out tension
 - lower lighting/noise
 - message someone safe
- Or my own idea:

Make Life Easier, Not Harder

What helps me regulate more easily day to day?

Some examples: novelty, routine, music etc..

My ideas for my regulation:

Think of one time this week you were dysregulated.

Reflect on this, honestly but kindly.

What led up to this?

