

REGULATION PRACTICE

This toolkit offers simple practices to support nervous system regulation through sensory pathways and body systems.

QUICK TIP - A yawn, sigh, or deep swallow while performing these exercises is a sign of nervous system relaxation.

EYES (VISION & ORIENTATION)

Softening the Gaze

Relax eyes and widen peripheral vision.

Near-Far-Horizon Focus

Shift gaze between objects near-far and horizon.

Slow Orienting

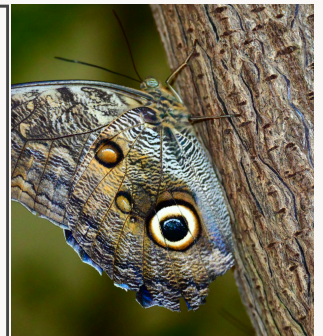
Look around slowly and notice what is safe.

Visual Anchoring and Expansion

Rest gaze on neutral object, notice edges of visual field.

Eye Tracking

Track an object side to side, or around in a circle.



EARS (SOUND & LISTENING)

Ear Release Pull Down or Pull Away

Fingertip just inside the ear, hook and pull gently.

Behind Ear Massage

Massage the skin and tissue just behind the ear.

Listening Outward

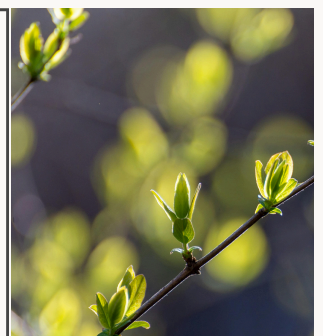
Notice sounds, near and far to widen attention.

Low-Frequency Sound

Listen to slow rhythmic tones, like drumming.

Safe and Sound Protocol*

Filtered music via headphones with an SSP Provider.



REGULATION PRACTICE

FACE & JAW

Gentle Face Pressure

Hold your face, hands on cheeks for soothing pressure.

Jaw Release and Massage

Soften and move the jaw, massage muscles and bones.

Facial Movement

Soften the face, close and open soft eyes, half-smile.

Tongue “On The Spot”

Place the whole tongue at the roof of the mouth (palate).



NECK & VAGUS PATHWAY

Vagus Tracing & Massage

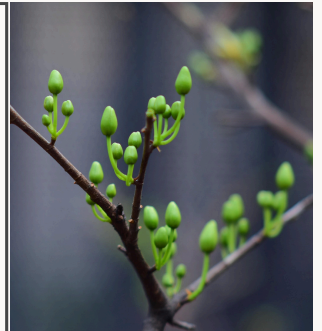
Massage and trace down the sides of the neck.

Head Turning

Slowly turn head to one side, gaze in opposite direction.

Gentle Neck Stretch

Tilt ear to shoulder, slow stretching to release tension.



VOICE & THROAT

Humming

Humming softly, as if to a small child.

Toning

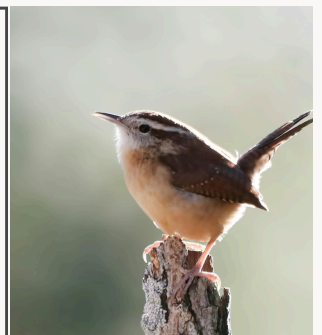
Sing or intonate long vowel sounds, like “Om”

Chanting

Repeat a word, phrase or mantra.

Reading to Self

Reading aloud to engage voice and breath in a rhythm.



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BREATH & LUNGS

Extended Exhale

Lengthen the exhale, exhale as if “through a straw”.

Sighing Breath

Inhale and sigh out.

Hands on Breath

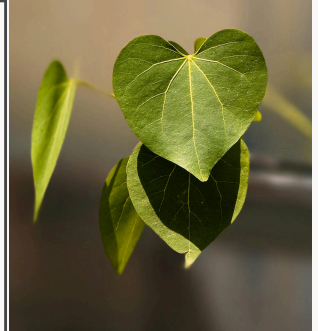
Place hands on forehead and chest or chest and belly.

Physiological Sigh

Double inhale, long exhale. Repeat.

Resonance Breathing

Slow breathing (5–6 breaths per minute).



HANDS & TOUCH

Self-Hold

Hold your hands or arms with soothing pressure.

Hand Pressure

Press or squeeze hands together or apply pressure.

Arm Brushing

Slowly brush or stroke upwards along the arms.

Hand Warming

With warm water, sunlight, holding hands.

Touch Temperature

Choose to hold a warm or cold object, or alternate.



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MOVEMENT (WHOLE BODY)

Swaying

Rocking and side to side movements.

Gentle Twists

Slow mindful twists, fascia resets.

Shaking Lightly

Shake arms, legs, whole body to release energy.

Slow Walking

Whole foot, sensing and pressing towards the ground.

Rhythmic Movements

Repetitive motions, polyvagal informed yoga & dance.



INTERNAL AWARENESS

Body Scan

Notice sensations from behind the eyes to the abdomen.

Naming Sensations

Dorsal vagal, sympathetic, and ventral vagal sensations.

Pulse Awareness

Notice your pulse in your neck, chest, or hands.

Heart Focus

Focus on your heart area as you receive breaths.

