YOUR REGULATION TOOLKIT

You don't need all of these every day.
Choose a few. Return to them. Let consistency create change.

1 YOUR FOUNDATIONS

Use regularly and return to whenever you need them.



EXTENDED EXHALE
Use regularly.

+



HAVENING TOUCH
Use regularly.

↓

2 PAUSE → NOTICE → RESPOND

What's happening right now?
What do I need?

↓

3 YOUR OTHER PRACTICES

Choose purposefully and responsively,
according to what you notice and what you need.



BODY CHECK-IN



VAGAL HUM



COLD WATER RESET



SOMATIC SHAKE



BILATERAL WALK



CONNECTION

Small practices. Repeated regularly. Used when you need them.

More capacity for a busy, full life — and to be present enough to enjoy it.