**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