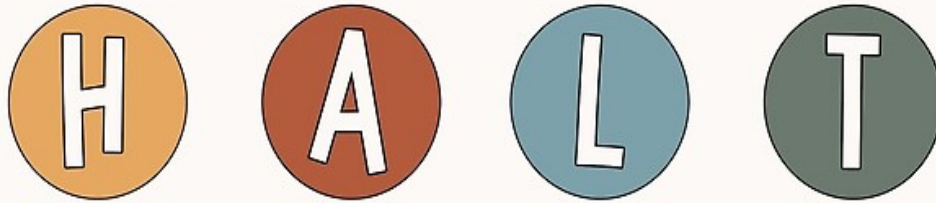


Balance and Regulation Toolkit





Before engaging in any self-destructive behavior,
ask yourself: *Am I...*

HUNGRY

When did I last eat?

Are you *Hangry*? Hunger affects our moods. Perhaps the negative emotion you are feeling is due to your empty stomach.

If your body is asking for food, find something nutritious to eat.

ANGRY

Am I in a stressful situation?

Perhaps you're in a tight situation or you are dealing with someone who irritates you. Anger is a normal reaction to stress, but it does not have to be destructive.

Identify what is making you angry and look for ways to cool down or just walk away from the situation.

LONELY

When was the last time I socialized?

Social interaction is a vital part of our well-being. Humans are social beings and we need healthy relationships to prosper.

Reach out to your support system like your friends and family.

Confide in them or ask for their help.

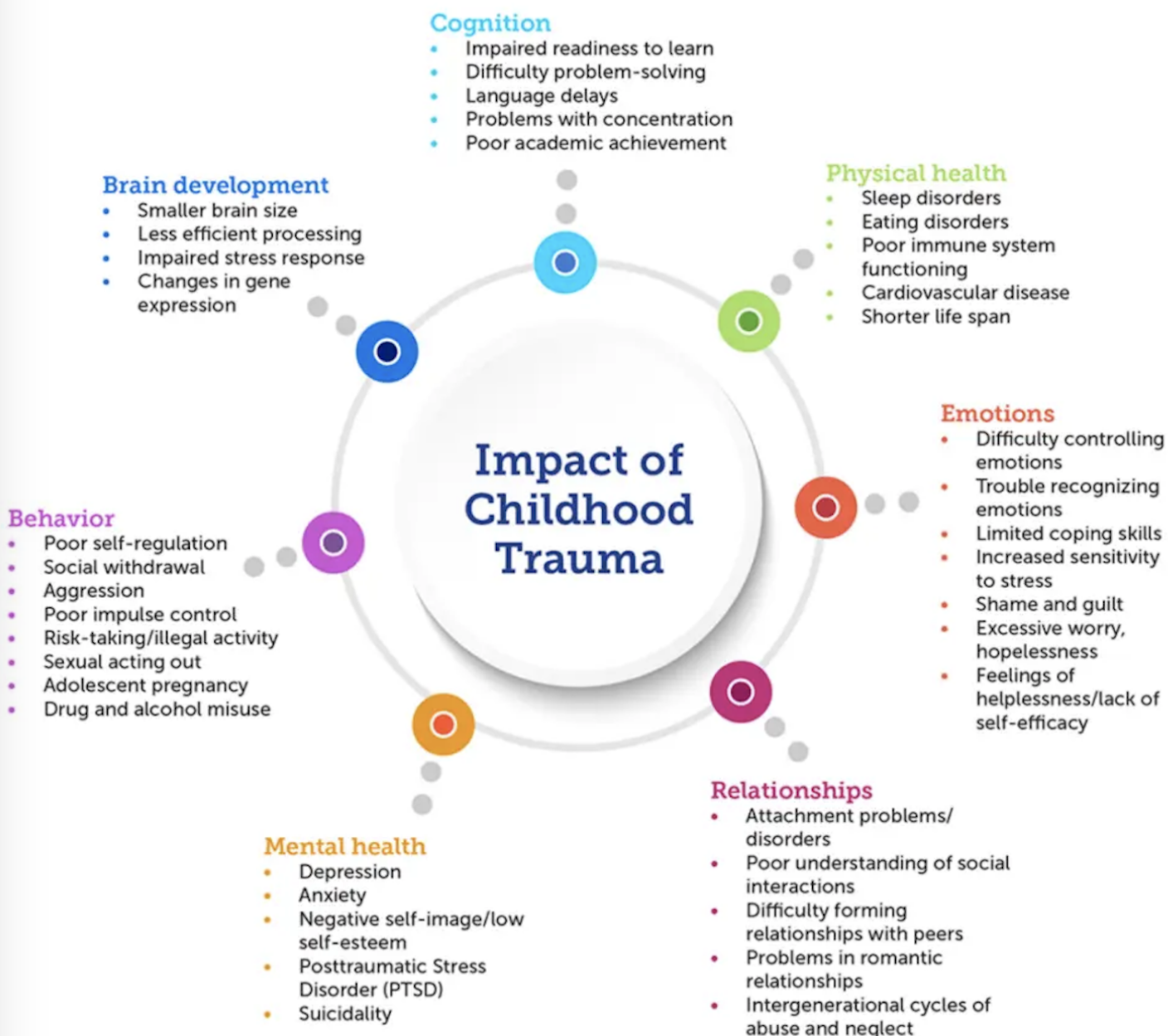
TIRED

Am I getting enough rest?

Rest is a necessity, not a reward. Our bodies need rest to function and you are not being unproductive when you choose to do so.

Take a break from what you are doing by taking a nap or any other restful activity.

Impact of Childhood Trauma





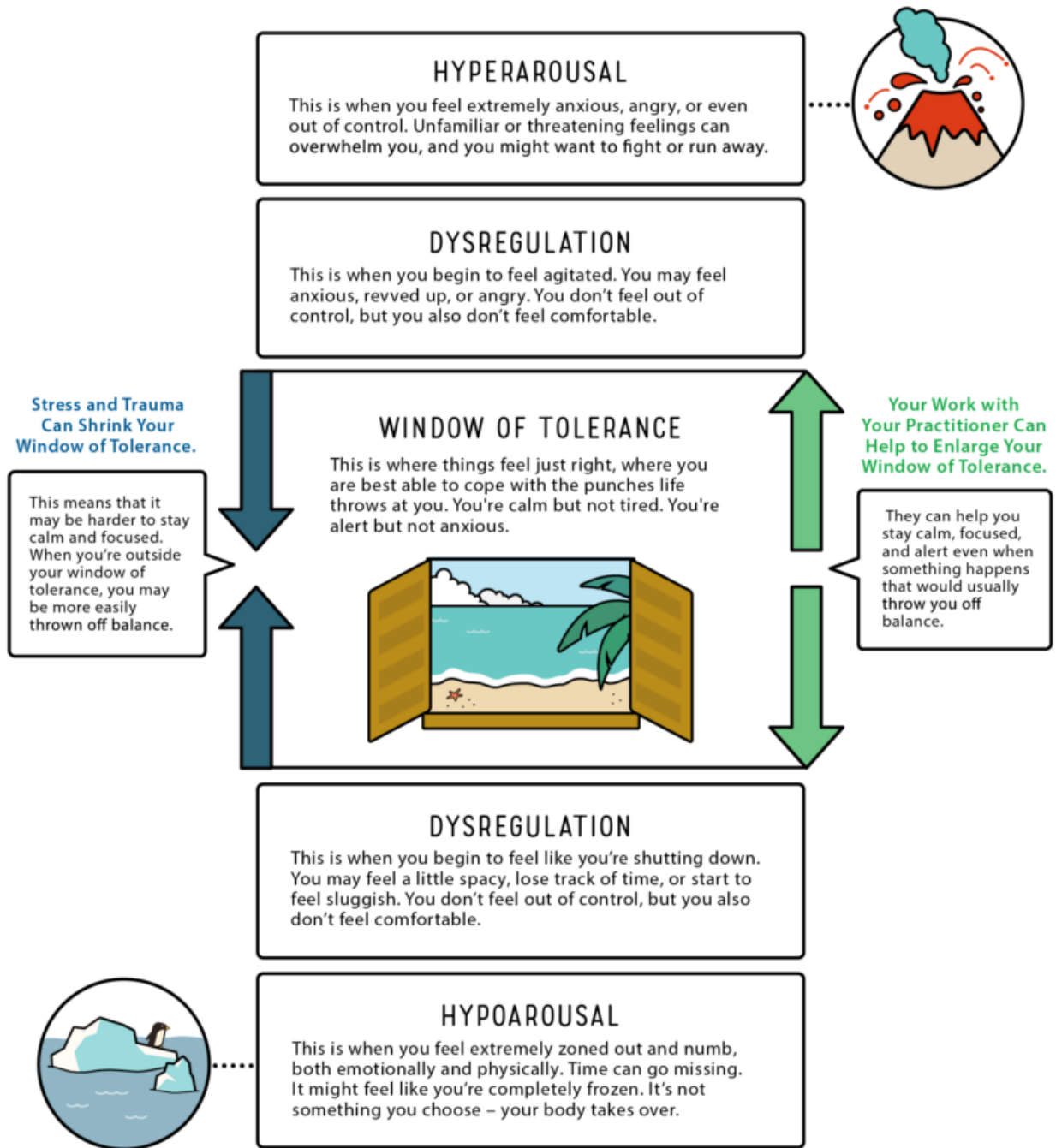
5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

light&salt.

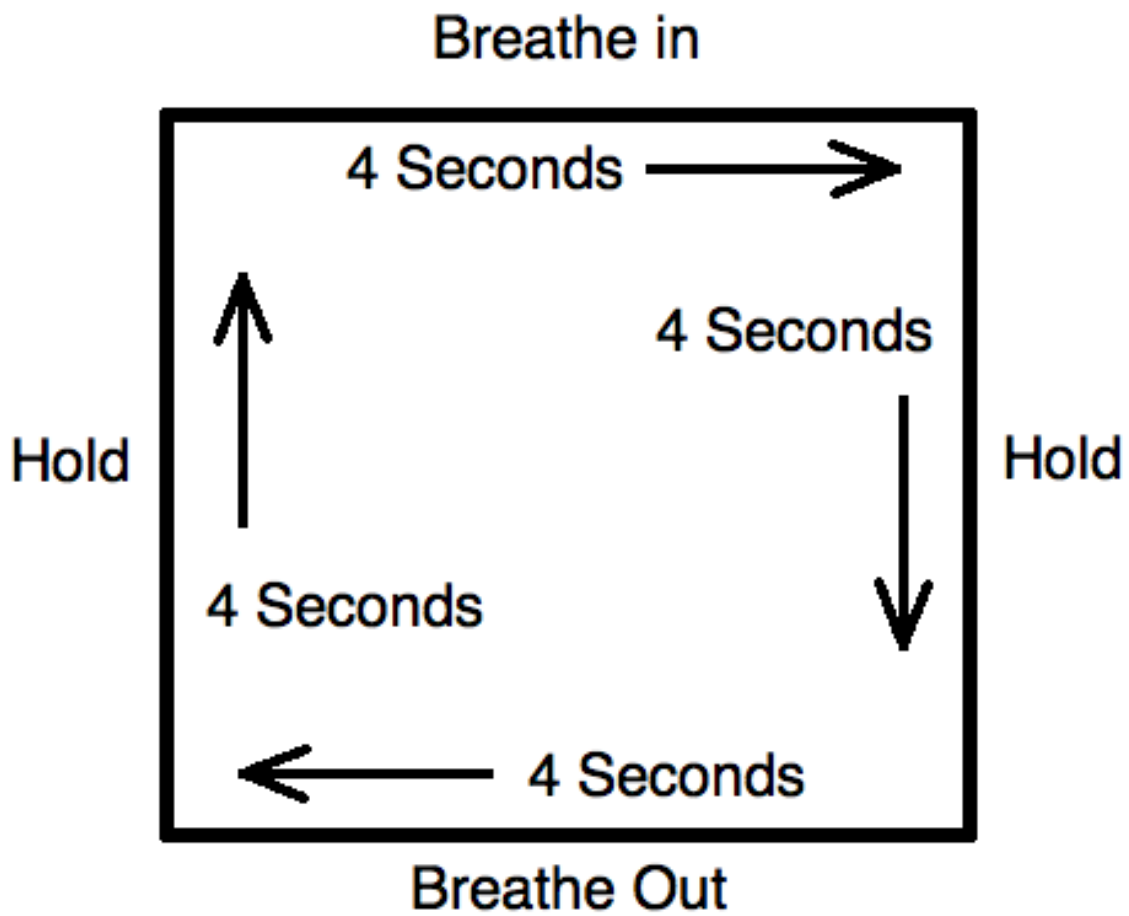
How Trauma Can Affect Your Window of Tolerance



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Box Breathing



TOOLS TO HELP WITH CALMING YOUR NERVOUS SYSTEM

1. Dancing
2. Bilateral Stimulation – Butterfly hands, Tapping left side of chest with right hand and tapping right side of chest with left hand.
3. Humming a song
4. Bouncing in one spot and shake whole body to help move the lymph nodes which removes the toxins from your body
5. BOX BREATHING – Inhale 4 seconds Exhale 4 seconds Inhale 4 seconds Exhale 4 seconds Do as many times until you feel calmer.
6. Physiological sigh
7. 5-4-3-2-1 SENSES

Name 5 things you can SEE around you and say the colour

Name 4 things you can TOUCH near you

Name 3 things you can HEAR around you

Name 2 things you can SMELL OR TASTE

Name 1 thing you are GRATEFUL for

8. Tapping over heart and take deep breaths
9. Squeeze upper arm and move to lower arm and hands
10. Movement, Movement, Movement to get you out of Depression
11. When anxious - Calm yourself with BOX BREATHING deep breath & slowly exhale
12. When angry or Anxious: ICE pack, drink cold water, splash cold water on face to cool off
13. Go out on the land and be around nature: FIRE – AIR – WATER – EARTH
14. Listen to drum dance songs, upbeat music
15. Go to ceremony
16. Workout or sports
17. Watch funny movie
18. Be with a pet
19. Cooking
20. Count back from ten to one
21. For kids - Things that get them to breathe. Bubbles or pinwheels.