



Self-Regulation



Welcome! I'm Laura from Your Best Self, and I'm so grateful you're here exploring this topic.

I first want to share that self-regulation can be EXTREMELY hard – I get you – I was there once, too! However, with practice, it gets much easier. I wanted to lay out some tips and tricks my clients and I use to get into connection with our bodies, so it's easier to self-regulate.

Being aware of the feelings inside our bodies is the first step of self-regulation. This is our 8th sense – called interoception. We actually have 8 senses – isn't that crazy!

The strategies I use to get into connection with my body are body scans, any slow moving yoga, and observing myself and all of my senses ex. 5-4-3-2-1 method – naming 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 thing you can taste (even if that's sticking out your tongue and tasting the air)

The other ways you can get in touch with your body and self-regulate are first through noticing and being aware of your feelings (being conscious! – and not living on autopilot), and then having tools in place that you can use when you feel overwhelmed and/or like you're going to snap! I recommend practicing these often so when you're in the thick of it, it will be easier to remember and use these tools.

TOOLS:

1) Breathing – this is the tool we always have at our disposal

- tap your body while breathing in through your nose and out through your mouth – tap with one hand on your tummy and one on your heart space
- inhale for 4, hold for 4, and exhale for 4 counts
- belly breathing – inhale into your belly so it expands as you inhale, and contracts as you exhale

2) Being Outside

- simply being outside is a tool in and of itself!
- explore the natural world around you with your 5 senses
- see if you can feel a heart connection with a plant, animal, rock, or tree nearby
- watch the clouds or look up at the stars

3) Movement

- walking, jogging, running, hiking
- dancing, swimming, yoga, aerobics, sports, or fill in the blank!
- jumping/bouncing - use a mini trampoline or have a dance party and jump up and down to get your energy flowing!

4) Connection to others

- sharing your feelings, venting in a safe space, asking questions
- simply being with a loved one or pet
- hugs, cuddles, foot massages

5) Connection to self

- allowing your emotions to flow
- crying, screaming alone in the car, punching a pillow or punching bag
- journaling your thoughts and feelings
- voice memo-ing your thoughts and feelings
- creatively expressing your feelings through a hobby – musical instrument, singing, art project, etc.

Give yourself compassion and understanding through the process of learning and implementing these tools.

If it helps, I recommend writing down your reasons for wanting to learn how to self-regulate so that you have an emotional connection to sticking to this practice. And that's what it is – a practice. As in no one will ever be perfect at it, and you will need to consciously acknowledge yourself and your emotions, and this process, throughout your life journey.

Sending you love and light,

Laura

