



REGULATION MENU



QUICK REGULATION (0 - 5 minutes)

Reach for these first when stress hits:

- Breathe: 4 · 4 · 8, repeat 3x (optional: hum on exhale)
- Cold water splash on face or wrists
- Step outside for fresh air
- Grounding visualization
- Stretch or shake out your body
- Pet your animal (or watch cute animal videos)
- Smell something calming- palo santo, coffee, lavender

GROUNDING PRACTICES (5 - 20 minutes)

Reliable anchors that always deliver:

- The Mind Body Spirit scan
- Meditation (Reiki, mala, affirmations, or app)
- Journaling- stream of consciousness or prompted
- Move your body (walk, yoga, dance, stretch)
- Spend time in nature
- Connect with someone safe (call, text, FaceTime)
- Create or tend to something (art, plants, pets)

DEEPER NOURISHMENT (AS NEEDED)

For when your system needs real TLC:

- Whole foods, hydration, and vitamins
- Full rest- no guilt, no obligations
- Long bath or shower with your favorite things
- Reiki or energy work session
- Therapy or coaching session
- Say no to something draining
- Create a healthy boundary and honor it
- Sleep in without apology

DAILY FOUNDATIONS

The kitchen runs on these:

- Make time for rest, fun, and connection
- Nourish your body with whole foods and water
- Move your body in a way that feels good
- Spend time in nature regularly
- Practice one grounding technique daily
- Honor your limits with compassion



Triggers help identify core wounds-- observe them with curiosity, honest awareness, and self-compassion.
All servings come with a generous side of compassion and grace.





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BREATHWORK (THE 4 • 4 • 8)

Your nervous system's reset button:

- Inhale deeply through your nose for 4 seconds,
- pause for 4 seconds,
- exhale through your mouth for a slow count of 8- like you're blowing through a straw, then
- repeat 2 more times, or until your heart rate slows

FOR EXTRA OOMPH:

- One hand on heart, one on belly
- Relax jaw, neck, and shoulders on exhale
- Hum on the exhale for a vagus nerve massage
- Pair with an affirmation

SOME AFFIRMATIONS TO GET YOU STARTED:

- Every inhale draws in peace and healing; every exhale releases tension and stress.
- I witness my thoughts with self-compassion and without judgment.
- My mind has the ability to create calm in my body.
- It is my nature to be peaceful and loving.

ANY IDEAS NOT LISTED ON THIS MENU?

Write them here- the chef is always open to suggestions!

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All servings come with a generous side of compassion and grace.

Please let the chef know if you have any sensory sensitivities

