

Self-Regulation Strategies

Below is a list of strategies that people use when they are very emotionally charged or feeling stressed. These activities can help you calm down or refocus. Check any of the items that you either currently do or would like to try.

Self-regulation strategy	I do this	I would like to try	Not for me
1. Deep breathing or meditation			
2. Identify and label your feelings			
3. Talk about it with someone you trust			
4. Call someone you love or care about			
5. Do something nice for someone else			
6. Write down 5 things you feel grateful for			
7. Go for a walk			
8. Write in a journal about what is bothering you			
9. Squeeze a stress ball			
10. Draw or doodle			
11. Stretch			
12. Read a book			
13. Drink water			
14. Listen to music			
15. Exercise			
16. Count to 20 (or 100)			
17. Sit in a quiet place			
18. Play a game or do a puzzle			
19. Give someone a hug			
20. Watch a funny video			