



EMOTIONAL REGULATION



Emotional Regulation Practices

Understanding Nervous System Dysregulation:

- Signs: tight chest, shallow breath, racing thoughts, shutdown.
- Common triggers include unresolved trauma, stress, and unmet needs.

Calming Techniques:

- “Be Still” Breathing (inhale think “be”; hold breath count backwards 4 count, exhale think “still”, repeat)
- Box Breathing (top line 4 count inhale, side down 4 count hold, bottom line 4 count exhale, side up 4 count hold; repeat)
- Grounding with senses (5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste)
- Visualization (safe place imagery)

Daily Habits for Nervous System Resilience:

- Sleep, hydration, prayer, mindful movement, somatic exercises.

Regulation Toolkit:

- Create a personalized list of regulation go-tos (music, scents, scriptures, touch, object to hold)

Spiritual Anchors:

- Place hand over heart and breathe while repeating these verses- Isaiah 41:10, 2 Timothy 1:7

For more help go to aliciahallcoaching.com