

THE SELF-REGULATION MENU

Fill this in with some of your favorite calming activities or items so you have a quick reference on hard days!

PHYSICAL

EMOTIONAL

SPIRITUAL

SELF-REGULATION MENU IDEAS:

This list is just a bunch of suggestions. You don't have to use them & you can even change what category they're in if it makes more sense for you!

PHYSICAL

- Fuzzy blanket
- Weighted blanket
- Favorite sweater
- Comfort food
- Tea
- Water
- Stretch
- Dance
- Sing
- Shake it out
- Use a stim toy
- Take medicine if needed

EMOTIONAL

- Stuffed animal
- Pet your pet
- Journal
- Vent to a friend
- Play your favorite game
- Hug someone
- Cry
- Watch a sad movie
- Watch a happy movie
- Favorite hobby

SPIRITUAL

- Go outside
- Meditate
- Pray
- Do a tarot reading
- Go to a place of significance to you
- Deep breaths
- Grounding exercises