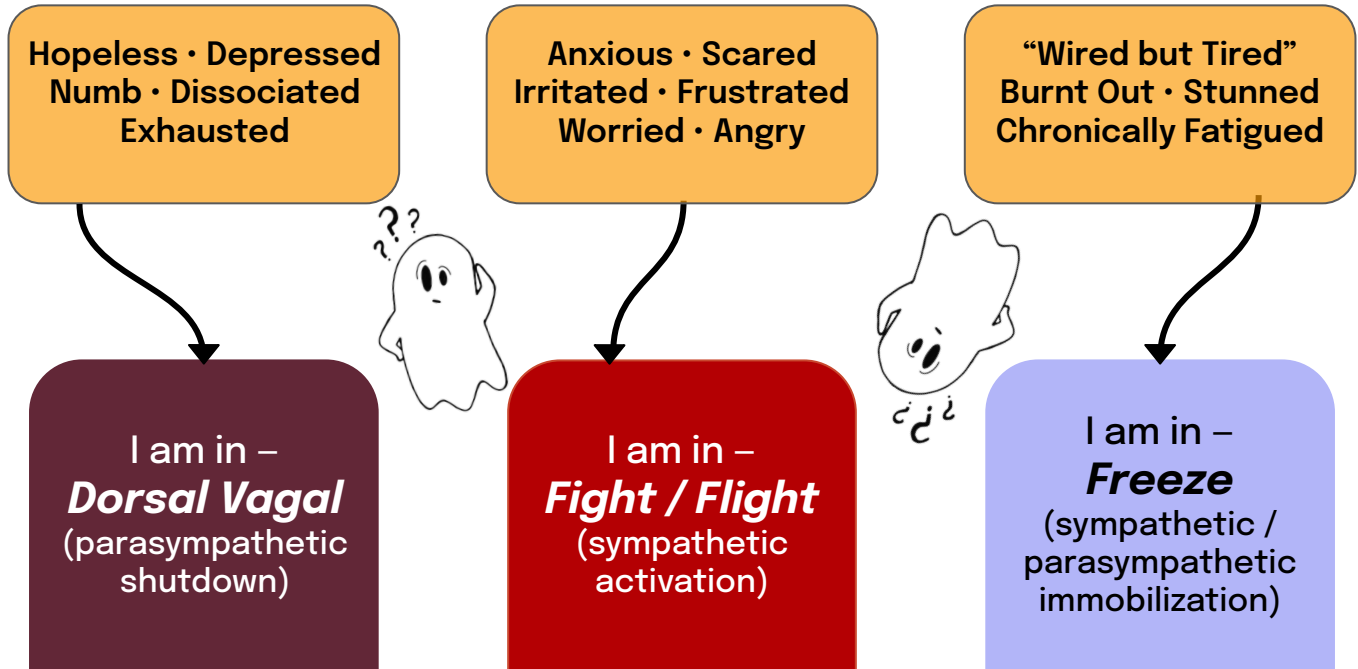
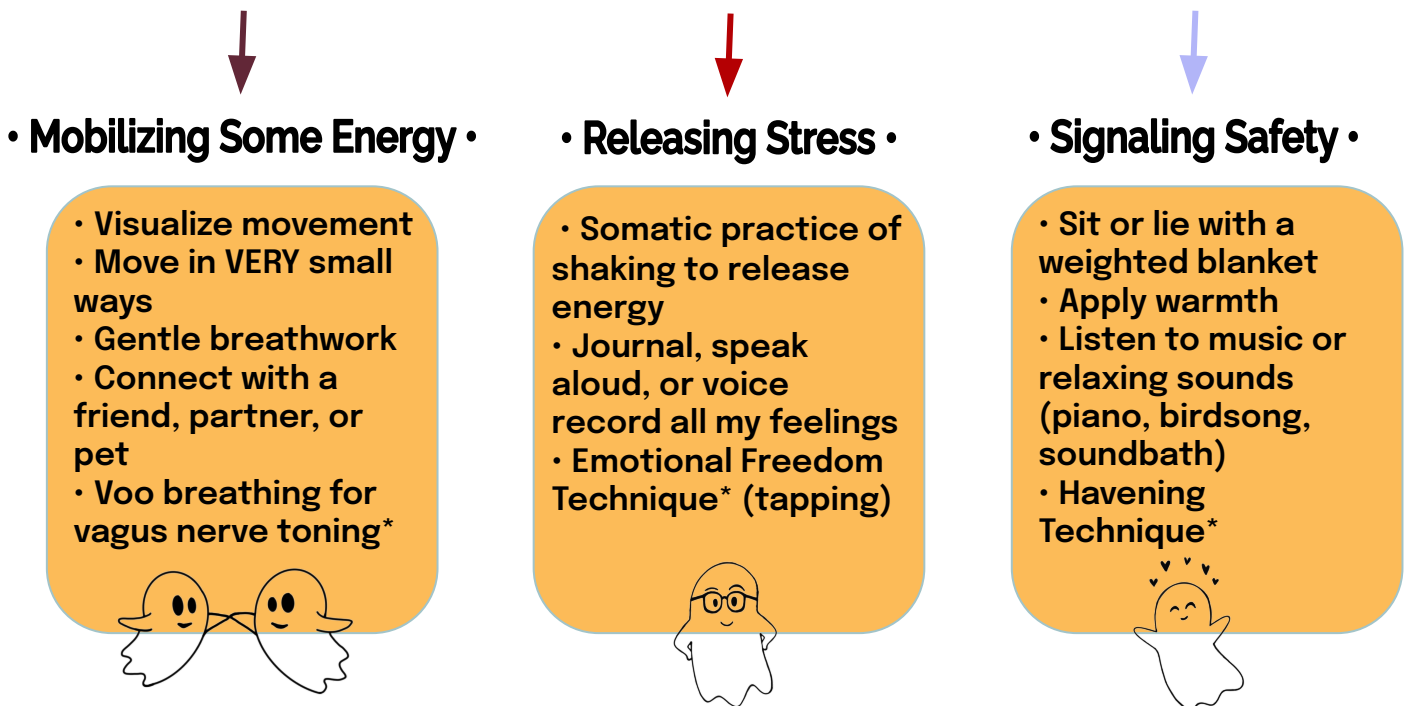


Nervous System Self-Regulation Chart

I Am Feeling —



I Can Help Myself By —



... It is possible to experience blended states. The goal is not to “fix” the state, but to allow your nervous system to flow and release as needed ...

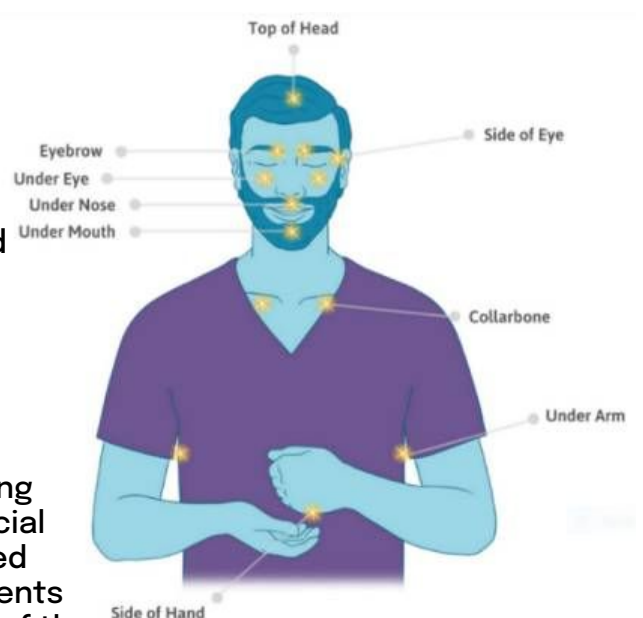
*See the backside of this handout for explanations and instructions on these techniques

Explanations and Instructions

~ **Voo breathing:** helps achieve a sense of calm by regulating your heart rate and supporting digestion, by engaging the vagus nerve. Breathing in through your nose and out through your mouth, make the “voo” sound. Take two gentle breaths, then repeat the “voo” sound again. Repeat for a total of 5 times, focusing on keeping your jaw relaxed (*via Insight Timer*).

~ **Emotional Freedom Technique (EFT or “tapping”):** an evidence-based technique, this takes about 2-3 minutes to complete.

First, identify the issue causing difficulty (anxiety, stress, etc.) Then, frame the problem in a statement using the template “Even though I have this problem [insert what is bothering you], I accept myself and how I feel.” Do this while you tap the side of the hand alongside the pinky, pictured to the right. Repeat the statement (out loud or silently) as you tap each acupoint on the body. (*via <https://pmc.ncbi.nlm.nih.gov/articles/PMC9840127/>*)



~ **Havening Technique:** a therapeutic approach involving gentle stroking movements on the arms, palms, and facial area. Whether self-applied (Self-Havening) or facilitated by a practitioner, this touch introduces slow wave currents (specifically, delta waves) that influence various parts of the brain, altering their structure and function. The release of delta waves triggers the production of relaxation response chemicals such as oxytocin, serotonin, and dopamine. Scan the QR code to the right to see a short demonstrational video for healthcare workers (you can skip to 0:35, which is when The instructions begin). (*via <https://clinicalsocialworkmn.org/havening-techniques-remarkable-new-treatment-for-mental-health/>*)



<https://www.youtube.com/watch?v=69e11xGNJUg>