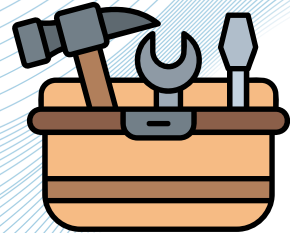


REGULATION TOOLKIT BUILDER

Personalized Strategies for Safety, Calm, and Emotional Balance



What is Regulation?

Regulation means helping your body and mind return to a place of safety and balance.

Your nervous system naturally shifts between different states. This is not something to “fix”—it’s something to support with care and awareness.

This toolkit will help you build supportive strategies you can use when you feel:

- Overwhelmed or anxious
- Shut down or disconnected
- Stressed or triggered

Check-In With Yourself

Right now, I feel:

- Calm / grounded
- Anxious / overwhelmed
- Tired / disconnected
- Not sure

My body feels:

Your thoughts feel:

What Do I Need?

When I feel overwhelmed, I usually need:

- Calm / quiet
- Movement / release

- Comfort / soothing
 - Connection / support
 - Space / alone time
 - Other: _____
-

Build Your Regulation Toolkit

Fill in tools that help you feel safe and supported.

Physical Tools (body-based)

Examples: stretching, walking, deep breathing

Sensory Tools

Examples: music, weighted blanket, scents, textures

Emotional Tools

Examples: journaling, self-talk, naming feelings

Social Support Tools

Examples: talking to a friend, asking for help

Comfort & Safety Tools

Examples: safe space, cozy objects, calming routines

Quick Reset Strategies

When I feel overwhelmed (activated), I can:

When I feel shut down (low energy), I can:

My Go-To Toolkit (Top 5)

- -
 -
 -
 -
-

My Personal Safety Plan

When I notice I am not feeling safe, I will:

To help my body feel calmer, I will:

Who or what can support me:

Reflection

Which tools feel most helpful for me?

What helps me feel safest in my body?

What is one small step I can practice daily?

Notes

Gentle Reminder

Your nervous system is trying to protect you. Regulation is not about perfection—it's about finding small, supportive ways to return to safety.

“You are allowed to support yourself in ways that feel safe.”
