

# In-the-Moment Self-Regulation Tips for Parents

*(that take 1 minute or less)*

## Hum or sing



it naturally calms your nervous system

## Shake it Out



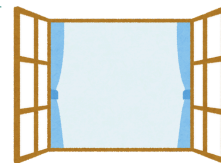
shake off that stress & tension

## Hug a Pillow



quick tight squeeze, release, repeat.

## Open a Window



feel the fresh air on your face.

## Laugh on Purpose



your brain catches up!

## Repeat a Helpful Phrase in your Mind



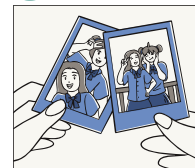
"I can handle this," or "This is just a moment, not forever."

## Massage your head/scalp



a moment to breathe.

## Look at a Photo that brings Calm or Joy



of your child laughing, a fav vacation spot, or nature.

## Butterfly Taps & Breathe



create a hand butterfly on your chest & alternate tapping hands.

## Splash Cool Water on your Face



this sends a message to your nervous system to calm.

## Find a Scent you like



candle, your coffee, essential oil, etc

## Chew Gum or Crunchy Snack



repetitive chewing helps regulate stressful feelings.

## Text a Loved One



even a quick "this is hard right now" can reduce overwhelm.

## Hold Something Warm



a cup of tea, coffee, or warm water in your hands.

## Play your favorite upbeat song



(or a calming one) to shift the mood.

## Wrap up in a Blanket



maybe even a fuzzy one.