

Free Resource: 5 Nervous System Regulation Tools You Can Use Anywhere

Welcome! This resource provides you with five simple yet effective tools to help regulate your nervous system. These tools can be used anywhere, anytime, to help you manage stress, anxiety, and overwhelm. These techniques are designed to be accessible and practical, offering immediate relief when you need it most. Let's dive in!

5-4-3-2-1 Grounding

This is a quick and easy way to ground yourself in the present moment by using your senses.

1. **5:** Acknowledge **five** things you can see around you.
2. **4:** Acknowledge **four** things you can *touch* around you.
3. **3:** Acknowledge **three** things you can *hear*.
4. **2:** Acknowledge **two** things you can *smell*.
5. **1:** Acknowledge **one** thing you can *taste*.

Bubble Breathing

Bubble breathing is a simple breathing technique that can help calm your nervous system.

1. Imagine you are blowing bubbles.
2. Take a slow, deep breath in through your nose.
3. Purse your lips as if you're about to blow a bubble.
4. Slowly exhale through your mouth, as if you're gently blowing a bubble.
5. Repeat for several breaths, focusing on the sensation of the air leaving your body.

Containment

Containment is a technique to visualize a safe space in your mind to contain overwhelming feelings.

1. Close your eyes and imagine a container (e.g., a box, a room, a bubble).
2. Visualize placing your difficult feelings inside this container.
3. Seal the container, knowing that you can revisit these feelings later when you are in a better state to process them.
4. Focus on the feeling of safety and security that the container provides.

Self-Soothing With the Senses

Engage your senses to soothe your nervous system. Experiment and find what works best for you. Some ideas include:

- **Sight:** Look at calming images, nature scenes, or art.
- **Sound:** Listen to soothing music, nature sounds, or a guided meditation.
- **Smell:** Use essential oils, light a scented candle, or enjoy the smell of fresh flowers.
- **Taste:** Sip a warm beverage, eat a comforting food (in moderation), or suck on a hard candy.
- **Touch:** Wrap yourself in a soft blanket, hold a comforting object, or give yourself a gentle hug.

Shake It Off

Physical movement can help release pent-up energy and tension.

1. Put on some music.
2. Shake your hands, arms, legs, and entire body.
3. Move freely and spontaneously, allowing your body to release any built-up stress or tension.
4. Continue for a few minutes, or until you feel a sense of release.

Thank you for exploring these nervous system regulation tools! We hope you find them helpful in managing your stress and anxiety.

For more resources and support, subscribe to the Ride the Wave Psychology YouTube channel for regular updates and helpful tips.



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