

## System Regulation

- Whole foods, plant-based, supplements
- Realistic, positive thinking and reframing
- Doing enjoyable things even when you don't feel like it
- Being with other people
- Exercise, sleep, sunlight, Vitamin D, probiotics
- Nature, animals
- Laughter, smiling
- Playfulness, especially with children, play wrestling
- Creating something
- Music, movement, movement meditation
- Serving and caring for others especially someone more needy
- Practice of gratitude, compassion, appreciation
- Grounding body work; yoga, meditation, tai chi, chi gong etc
- Taking loving responsibility for feelings
- Connect with spiritual source of love and comfort
- Lovingly manage stress
- Learn to take care of self in relationships
- Deep diaphragm breathing, with long slow exhale ending in stomach muscle tensing is ideal (pushing out all air)
- Meditation, prayer
- Exposure to cold (splashing face with cold water, feet in ice water short term)
- Yoga, including face yoga
- Connecting with friends
- Fasting
- Rocking, swinging
- Yawning
- Humming, singing, chanting, low tugboat VOO sound
- Gargling
- Laughter
- Tapping (EFT)
- Reflexology or Zone therapy; feet & hands vagus points
- Tai Chi, Qigong
- Acupuncture, Dry Needling, Cupping

- Chiropractic, osteopath
- TMJ jaw realignment
- Ear massage
- Full body Massage
- Flotation (deprivation tank)
- Sufi Spinning
- Gentle Body Tickling
- Silent yelling/screaming

#### Versions of self-abandonment

- Ignoring feelings, not being present in the body
- Judging and shaming the self
- Giving into dark and negative thinking
- Lacking compassion and comfort towards self
- Addictions or distractions to numb
- Avoiding responsibility to learn from and lovingly manage feelings
- Making others responsible for our feelings of worth and safety
- Poor body care
- Procrastination
- Over or under spending
- Being constantly late, disorganized, cluttered
- Lack of spiritual or connecting practice
- Giving oneself up to others
- Not speaking up for oneself
- Using anger, blame, judgement and or violence to try to control others