

# MENTAL HEALTH & SELF REGULATION TOOLBOX

## BREATHE

- Take 10 intentional deep breaths
- Breathe in for 4, hold for 4, out for 4, hold for 4

## MOVE

- Dance
- Wiggle/Shimmy
- Jump around
- Shake your body
- Go on a walk
- Play with a fidget toy
- Wall sits for 60 seconds
- Do 30 jumping jacks
- Give yourself a tight hug and rock back and forth

## NOURISH

- Drink water
- Eat a snack (like chocolate!)
- Wrap yourself up in a cozy blanket or sweater
- Take a nap or get a good night's sleep
- Take a long hot shower or bath

## CONNECT

- Talk with someone about how you're feeling (hotline, friend, etc)
- Talk to someone about something totally unrelated to the work (book you just read, your favorite things about your pet, how you met your best friend or significant other, a recent episode of a TV show you're watching)

## USE YOUR OWN TOOLS

If you know something specific calms you down and you have time, space, and supplies to do it and it won't be disruptive, do that! Read, play games on your phone, watch funny videos, etc.

## NOTICE

- Count all of the blue things you see around you and name them
- Find 5 different textures around you and touch them
- Listen to a song and pay close attention to the lyrics/instruments
- Run your inner wrists under cold water

**AT THE END OF EACH DAY,  
PICK 2 BOXES AND DO 1 THING FROM EACH**

U of U Crisis Line: 801-587-3000  
National Mental Health Hotline: 866-903-3787  
*Dial 988 or visit 988lifeline.org*