

Tool 2: Grounding Through the Body

Grounding helps bring attention out of the mind and into the present.

- Which grounding method works best for me?
 - Feeling feet on the floor
 - Pressing hands together
 - Noticing physical sensations

After practising:

- Did this reduce activation even slightly?

Tool 3: Gentle Movement Reset

Movement can help release built-up stress energy.

- What type of movement feels accessible for me?
 - Walking
 - Stretching
 - Shaking out muscles

After practising:

- What changed in my energy, tension, or clarity?

Tool 4: Sensory Support

The senses directly influence nervous system state.

- What sensory inputs help me feel safer or calmer?
 - Warmth
 - Nature
 - Music
 - Low lighting

Part 6: Compassionate Reminder

When stress or reactivity shows up, it can help to remind yourself:

“My nervous system is responding to protect me.
I can support it instead of criticising myself.”

Write a supportive reminder you'd like to remember:

Final Reflection

- Which tool felt most accessible or effective for me today?

- What does 'being regulated enough' realistically look like for me?

- What is one small way I can support my nervous system this week?

Closing Note

Regulation is not about staying calm all the time.
It's about recognising activation sooner and supporting recovery more gently.

Each time you practise a reset, you build trust with your nervous system — and over time, that trust supports clarity, resilience, and wellbeing.

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)