

5 Nervous System Regulation Tools

Save this for days when you're running on empty.

"Small moments of regulation can help your body shift from survival mode back toward calm."



Physiological Sigh

Reset your stress response

- Double inhale
- Long slow exhale
- Repeat 3-5 times

Use when: overwhelmed, frustrated, or overstimulated

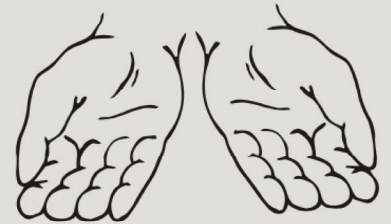


Grounding through your senses

Return to the present moment

- Name 3 things you see
- 2 things you feel
- 1 thing you hear

Use between classes or after difficult moments



Shake & Release

Help your body let go of stress

- Roll shoulders
- Stretch
- Shake out tension

Stress lives in the body too



Create a Transitional Ritual

Leave the school day behind

Choose one:

- Change clothes
- Walk outside
- Deep breathing
- Music reset

Your role is important - but it is not all of you.



Self-Compassion Reset

Replace pressure with care

Ask:

"What would I say to a colleague feeling this way?"

You can care deeply without burning yourself out.

The Still Harbor Therapy Co.

Supporting educators, women & families navigating stress, burnout, and emotional overwhelm.

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