



Micro-Moments of Regulation in Session

For therapists

Even in the therapy room, our nervous systems need care. Small, subtle strategies can help you stay regulated, grounded, and present with your clients. These moments, help you hold the stance during conversations. Here are some gentle options you can try:

Micro-Regulation Strategies

- Wiggle your toes inside your shoes
- Take a slow sip of cold water
- Rest your tongue gently on the roof of your mouth
- Inhale through your nose, exhale slowly through your mouth
- Gently press fingertips together
- Notice something in your environment away from your client/s
- Soften your jaw and roll your shoulders back slightly
- Notice the feeling of your feet on the floor and press your feet into the ground
- Adjust your posture — lengthen the spine, open the chest
- Take one deeper-than-usual breath
- Rub your thumb across the side of your finger
- Ground your back into the chair for support
- Release your shoulders down from your ears
- Notice one sound in the background (air, birds, hum)
- Relax your gaze and soften your eyes
- Rotate your ankles
- Squeeze your fingers with your other hand
- Focus on a slow breathe out
- Quick body scan to relax a part that is tense
- Feel the coolness or warmth of the air on your skin

Add your own ideas:

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Other helpful tools:

- Visuals
- Activities
- Drawing
- Standing up and moving the bodies in the room
- Card sets
- Overt the feelings in the room
- Do something different!