



# FELT SENSE

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## PSYCHOTHERAPY

### **Somatic & Cognitive Regulation Tools**

This handout outlines practical tools you can use to help regulate your nervous system when you're feeling overwhelmed, anxious, angry, or disconnected. Some of these tools engage the body (somatic), and others engage the mind (cognitive).

#### **Somatic Regulation Tools (Body-Based)**

- Grounding (5-4-3-2-1): Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.
- Breathwork: Try box breathing (inhale 4, hold 4, exhale 4, hold 4) or 4-7-8 breathing.
- Movement: Shake out tension, push against a wall, stretch, or take a mindful walk.
- Touch and Containment: Place a hand on your heart or belly, hug a pillow, or use a weighted blanket.
- Temperature Change: Splash cold water on your face, hold an ice cube, or sip a warm drink slowly.

#### **Cognitive Regulation Tools (Mind-Based)**

- Thought Challenging: Ask yourself: 'Is this thought 100% true?' Try reframing limiting thoughts.
- Name it to Tame it: Label your emotion: 'I'm feeling overwhelmed.' This activates your thinking brain.
- Self-Compassion: Use kind phrases like, 'This is hard and I'm doing my best.'
- Visualization: Imagine a calm, safe place (beach, forest, cozy room) and immerse your senses there.
- Mantras or Affirmations: Repeat phrases like: 'I am safe.' 'This feeling will pass.' 'I can slow down.'

#### **Try Combining Them**

For deeper regulation, combine a body-based tool with a mind-based one. Example: While doing slow breathing (somatic), say to yourself, 'I am safe' (cognitive).