

REGULATION

MENU

APPETIZERS

SENSORY SIP

Hold warm mug. Name: 2 smells, 3 sounds, 1 bodily sensation.

WINDOW GAZE

90-second observation of nature/sky.

POSTURE RESET

Plant feet, roll shoulders, lengthen spine

MAIN COURSE

BILATERAL WALKING

10-minute mindful walk noticing alternating steps.

SOMATIC STRETCHES

Gentle movements focused on releasing tension from neck, shoulders, and hips.

VAGUS NERVE TUNE-UP

Diaphragmatic breathing + humming.

CHEF'S SPECIAL

MAPPING YOUR WAVE

(You just practiced this!) Externalize & observe your stress pattern.

RITUAL MAKING

Create personal rituals for closing difficult workdays

SOMATIC RESOURCING

Recall one physical memory of safety.

DESSERTS

SONG DANCE BREAK

Full movement to one favorite song.

MICRO-GRATITUDE TEXT

Send one appreciation to a safe person.

SAVORY/SOUR/SWEET MEDITATION

Savor one piece with full attention.

REGULATION

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APPETIZERS

APPETIZER

Quick bites for immediate regulation between tasks

APPETIZER

Description

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MAIN COURSE

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Substantive practices for sustainable resilience

MAIN COURSE

Description

MAIN COURSE

Description

CHEF'S SPECIAL

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Signature practices, your personal favorites.

CHEF'S SPECIAL

Description

CHEF'S SPECIAL

Description

DESSERTS

DESSERTS

Small pleasure portions for joyful restoration

DESSERTS

Description

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Description

1. BUILD YOUR MENU (10 MIN):

Work privately. Fill out your personal regulation menu.

2. OPTIONAL SHARE (10 MIN):

Share a few items from any part of your menu.

