



ZEN ZAPS

SHORT, SWEET, AND FUN NERVOUS SYSTEM REGULATION TOOLS:

Quick exercises to help you center, calm, and regain focus..

Try them anytime you need a reset or to connect to the present moment.

1. **Deep Sigh:** Take a big breath in, hold for a moment, then let out a long, slow sigh. Instant relaxation!
2. **Shake It Out:** Stand up, shake your arms, legs, and whole body for 30 seconds. Taylor Swift was right to shake it off!
3. **Impromptu Dance Break:** Move your body to a song that makes you want to move.
4. **Humming:** Hum your favorite tune for a minute or two. It calms the vagus nerve and boosts your mood.
5. **Starfish Hand:** Trace your hand slowly with your finger, inhaling as you move up a finger, exhaling as you move down.
6. **Cold Splash:** Splash cold water on your face or wrists for a quick refresh and calm.
7. **Smile / Laugh Break:** Hold a big, silly smile for 30 seconds, even if you do not feel like it—it can trick your brain into feeling happier! Think of a ridiculous joke.
8. **Havening:** Use lotion or just rub your hands together very slowly for 30 seconds.
9. **Ballet Balance:** Stand on your toes for 5 seconds, then go back to normal. Do this for 30 seconds.
10. **Butterfly Hug:** Cross your arms and place your hands on your shoulders. Tap your shoulders alternately, like gentle wings, for a calming effect.
11. **Cloud Watching:** Look up at the sky, and watch the clouds drift by. Let your thoughts float away with them.
12. **Pet Snuggle:** Cuddle with a pet or a soft stuffed animal for a quick dose of comfort and oxytocin.
13. **Color Splash:** Grab some crayons or markers and doodle whatever comes to mind. Let your creativity flow for a few minutes.
14. **Be Mindful:** Use your senses to take in your surroundings in the sounds, smells, tastes, feels—this brings you back to the present moment.
15. **Focus on Nature:** Find something in nature that brings you calm—borrow that energy for yourself.
16. **Physical Grounding:** Stand outside with bare feet for some real grounding!
17. **Sip and Savor:** Take a sip of a drink and focus on the feeling, the flavor as it goes down.
18. **Chapstick Calm Down:** Pretend or really put on Chapstick for 30 seconds. It slows your heart rate and nourishes your lips. It is a win-win! _____
19. **5-4-3-2-1 Technique:** Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
20. **Glitter Jar:** Shake a jar filled with water, glitter, and glue. Watch the glitter settle slowly, helping your mind settle along with it.