My Regulation Plan

PLAN · BEFORE, DURING AND AFTER ACTIVATION

A one-page personalised map of what helps before, during and after activation

Activation rises and falls through the day. Mapping your own levels, and what helps at each one, makes it easier to respond early and to come back down. Fill this in when you're feeling fairly settled. It can change as you learn what works.

01 My activation scale

from steady to overwhelmed, in my own words

LEVEL	AT THIS LEVEL, I NOTICE…	WHAT HELPS AT THIS LEVEL
9 – 10 **Overwhelmed** *hard to think clearly*		
6 – 8 **Rising fast** *the pull to react*		
3 – 5 **Early signs** *something has shifted*		
0 – 2 **Steady** *my workable range*		

activation can rise through the levels — and it can come back down

02 Other directions

activation can go down as well as up

IF I'M SHUTTING DOWN INSTEAD

Flat, numb, foggy or far away

Calming down may not fit here. Gentle activation often helps more.

- ○ stand and move
- ○ name what I can see
- ○ a fresh taste or smell
- ○ message someone

What helps me come back up

AFTER IT PASSES

Coming back down and recovering

Activation can leave you tired, shaky or raw. Recovery is part of the plan, too.

- ○ rest
- ○ food and water
- ○ a kind word to myself
- ○ reconnect

What helps me recover, and anything to repair

03 Steady foundations

everyday things that widen my range

What keeps me steadier

- ○ regular sleep
- ○ eating regularly
- ○ movement
- ○ time outdoors
- ○ people I trust
- ○ quiet time

People and places that help

A note to my future self

Worth knowing: no single strategy suits every moment. Research on regulation flexibility suggests what helps most is noticing the situation, choosing a response that fits, and adjusting if it doesn't.

SOURCES

Aldao, A., Sheppes, G., & Gross, J. J. (2015). Emotion regulation flexibility. *Cognitive Therapy and Research, 39*(3), 263–278.

Bonanno, G. A., & Burton, C. L. (2013). Regulatory flexibility: An individual differences perspective on coping and emotion regulation. *Perspectives on Psychological Science, 8*(6), 591–612. https://doi.org/10.1177/1745691613504116

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