



## Restoration Cheat Sheet

Remember our conversations about self-care and nervous system regulation? Let's make time to regulate a regular part of your life!

**1 - Brainstorm some restoration/ regulation/ connection activities that you enjoy and look forward to doing.** Talk about them together. Here are some questions to think about:

*What are some ways you relax when you're stressed?*

*What makes you feel connected to the world, your friends, your family?*

*What are some things you love?*

*What are some things that give you energy when you're low?*

**2 - Make a list of all of the possibilities you uncovered:**

**Is there somewhere you can put this list where you can see it often?** (Fridge, computer background, bedside table, bathroom mirror, etc.) **Where?**

3 - Choose **one thing you can add to your calendar this month** that you can look forward to.

*What have you chosen?*

*Why is it restorative for you?*

*Why are you looking forward to it?*

*When will you do it?*

## Examples:

Here is a visual example to give you some ideas. Cheat sheets can also come in the form of a list, pinterest board, writing and drawing in a journal or sticky notes, or whatever else you can think of!

