



Dial It Down



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Give your senses a break by turning down what you see, hear, smell, and feel.

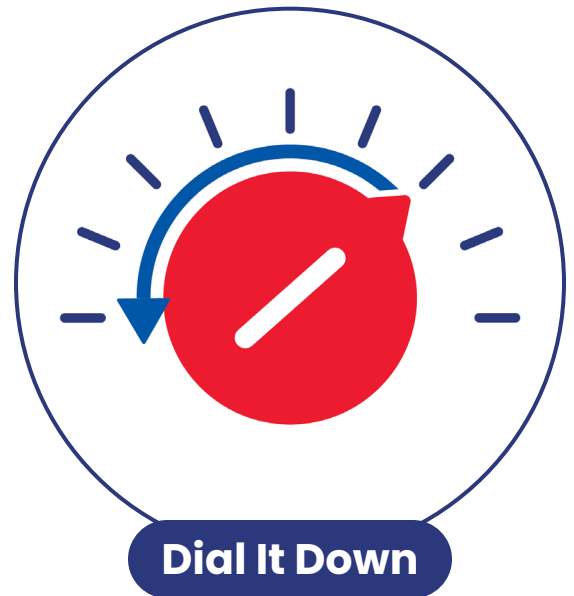
Some ideas:

- Use noise-cancelling headphones/earbuds
- Put on sunglasses or close your eyes
- Wear a hat or pull your hood up
- Go to a quiet/uncrowded space
- Change your scenery
- Turn off a device or screen

WHY TO TRY:

Sometimes what is going on around you can be overwhelming. Decreasing, or dialing down, the amount of sensory information can help you feel a sense of peace and comfort.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

