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EMOTIONAL REGULATION STRATEGIES

for ADHD
adults



AWARENESS

Understanding your nervous system is the first step to regulating it.



1. Learn About Your Nervous System

Understanding the brain-body connection builds awareness.

2. Set a Calming Intention

Start your day with a grounding mantra.

3. Assess Your Emotional State

Notice your mood, energy, and stress levels.

4. Practice Self-Compassion

Treat yourself with patience and kindness.

5. Prioritize Self-Care

Sleep, nutrition, rest, and nature support regulation.



REGULATION TECHNIQUES

These strategies help reset the nervous system in the moment.



6. Practice Deep Breathing

Slow breathing activates the body's calming response.

7. Try a Body Scan

Notice tension in the body and gently release it.

8. Progressive Muscle Relaxation

Tense and release muscles to reduce stress.

9. Ground Yourself in the Present

Focus on physical sensations around you.

10. Practice Mindfulness or Meditation

Strengthen focus and emotional regulation.



MOVEMENT & SUPPORT

Long-term regulation often requires both movement and guidance.



11. Explore Somatic Movement

Yoga, tai chi, or qigong calm the nervous system.

12. Exercise Regularly

Movement releases stress and boosts mood.

13. Try Neurofeedback or Biofeedback

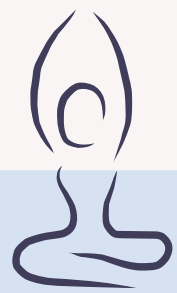
Learn how your brain and body respond to stress.

14. Explore Mind-Body Therapies

Approaches like EMDR or somatic therapy can help.

15. Seek Professional Guidance

Therapists or somatic practitioners can support healing.



Your body and brain work together.