

# My First Regulation Tools

*Two gentle ways to tell your nervous system it is safe.*

*Eye gaze: head still, let your eyes drift to one side, rest, and wait for a sigh, a yawn, or a soft breath. That is your system letting go. Then the other side. Pressure points: gently squeeze the bridge of your nose, or the spot just beneath it, and notice your chest and shoulders soften.*

## My did-it-help log (no pressure, just noticing)

Date	Tool I tried	What I noticed

### YOU ARE ONLY NOTICING

Maybe your shoulders drop. Maybe nothing yet. Both are fine. We are gathering information about your own system, never grading it.