

ZEBRA MEAL · THE DAZZLE MEMBERSHIP

The Integrated Regulation *Toolkit*

Weave it in. Stop scheduling it on.

A member deep-dive from Julie Griffis, PT, the full companion to the free "Regulation Is Not an Appointment" Snack. For dysautonomic, sensory-sensitive, easily-flooded systems and the humans who live in them.

Dosing, windows, and *debt*

THE DOSING PROBLEM

Regulation behaves like medication with a short half-life. A morning practice is one bolus dose; by afternoon it has worn off while load kept arriving. Distributed micro-doses keep a steadier level in the system, which is exactly what a state-shifting dysautonomic body needs.

THE WINDOW PROBLEM

Every nervous system has a window where it can process and respond flexibly. Practices work best **INSIDE** the window. Scheduled-only regulation often asks you to haul yourself back after you have already left the window, which is the hardest possible assignment. A ten-second practice while still inside beats twenty minutes after you have left.

THE DEBT PROBLEM

Sensory input, orthostatic stress, pain signals, masking, and decisions all deposit load. Like energy debt (see the Energy and Pacing toolkit), regulation debt compounds quietly and presents later. Integration pays the balance down in small installments before it grows.

KEEP YOUR PRACTICE

Scheduled practice is not wrong; its job changes. It is the gym session where the skill is built under easy conditions. Integration is where the skill gets used under real conditions. You need far less scheduled time than you think once the day itself is doing the work.

Attach the tool to the *doorway*

Transitions are the natural seams of the day, and they are exactly where sensitive systems wobble. Pick 3 to 5 transitions you already make daily and pair each with one micro-tool. Write them down; the pairing is the practice.

TRANSITION I ALREADY MAKE	MICRO-TOOL I WILL PAIR WITH IT	CUE THAT REMINDS ME
Walking through a doorway		
Sitting down to eat		
Standing up (POTS pause)		
Ending a call or appointment		
Getting into the car		
(your own)		

MAKE IT STICK

- One pairing at a time; add the next only when the first fires without effort (about 1 to 2 weeks).
- Anchor to things that happen 5 or more times a day for free repetitions.
- Missed one? Nothing is broken. The next doorway is already coming.

You walk through doorways anyway. Let them work for you.

Choice is the *mechanism*

No tool works for every system, and some popular ones backfire (breath work can be activating; stillness can feel unsafe). Build a menu of 4 to 6 tools that YOUR system accepts, across categories, all eyes-open friendly:

CATEGORY	EXAMPLES	BEST FOR
Breath (optional)	Exhale-weighted breath, sighing out loud	In-window maintenance; skip if breath feels activating
Orienting	Eyes slowly land on the room, name 3 pleasant things	Coming back from flooding or fog
Body and temperature	Hand on breastbone, warm mug, cool wrists, wall lean	Wordless moments; public places
Sound	Humming, familiar playlist, a safe voice	Car, kitchen, waiting rooms
Co-regulation	Safe person, pet, voice note from a friend	The native setting; never a failure
Environment	Light down, sound down, soft textures, right temp	Set once, benefits all day

THE RULE THAT MATTERS

Every tool is an offer, never a demand. If a practice raises distress, that is data, not failure: cross it off the menu and choose another. A trauma-informed menu only contains tools your system has consented to.

When weaving *isn't* working

IT FEELS LIKE...	USUALLY MEANS...	TRY...
"I forget every anchor"	Too many pairings at once, or invisible cues	One pairing only; add a physical cue (sticker on the doorframe, mug by the kettle)
"The tools do nothing"	Deploying them out-of-window only	Use them earlier, while still okay; in-window reps teach the system the pathway
"Breathing makes it worse"	Breath is an activating input for your system	Normal and common; use orienting, temperature, or sound instead
"Stillness feels unsafe"	The system reads stillness as threat	Regulate in motion: slow walking, rocking, humming while doing dishes
"It works, then a flare erases it"	Flares shrink the window; nothing is broken	Drop to environment and co-regulation only until the flare passes, then rebuild

BRING TO YOUR CARE TEAM

- Dysregulation escalating over weeks despite consistent practice.
- Panic attacks, dissociation, or trauma responses surfacing with any practice.
- New neurological symptoms, fainting, or chest pain: medical workup first, regulation second.

KEEP GOING

Integrated regulation is the quiet twin of pacing: pacing manages what you spend, regulation manages the state doing the spending. Together they are the ground floor of everything else in your toolkit, including the gentle capacity work in **The Movement Primer**.