

Emotion Regulation Trainer

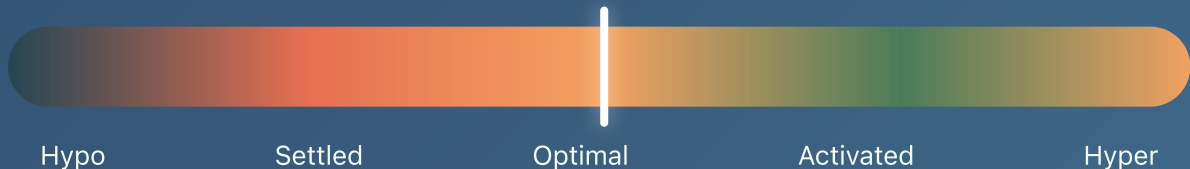
Your nervous system knows how to regulate. We're just remembering together.



Click body to sense activation

Your Window of Tolerance

Where you are right now - no judgment, just information



If You Need More Energy

Energizing Breath (3 rounds)

Gentle Movement Prompts

Cold Exposure (hands/face)

If You Need Calming

Extended Exhale (4-7-8)

5-4-3-2-1 Grounding

Bilateral Stimulation



Breathe

Remember Your Sovereignty

Your responses are valid. This isn't about fixing—it's about expanding your range.
Your body knows. Trust its wisdom. All states are temporary.
No data is stored. No patterns are judged. This is your space.