



BLOSSOM
THE ART OF LIFE & HEALING

Building My Regulation Resources Menu Part 2

By Dr. Rhea Zimmerman Komarek

These are some suggested categories to look at for building your resources menu. These will be things that help you to find your Ventral Vagal “peaceful home base”, knowing that even a peaceful home base is on a continuum.

1. Ask your nervous system, “Is this a good time to take a look at this?”
 - a. If you don’t hear a clear “yes”, ask yourself, is there a part of this that feels good to do now? If yes, take your time. Use what helps and discard what doesn’t. The key is to listen to the wisdom of your nervous system as you are on this journey of honoring it’s signals to you, and organizing the resources that work best for you.
2. I suggest getting out sheets of paper and then writing the category in the center. I have written some of the resources that I work with in each category to help stir ideas of those you might already be working with.
 - a. What makes you feel comfortable while doing this activity? Does it feel good to use colorful pens or pencils? Sit outside in the sun while doing it? A quiet corner?
3. Make a “mind map” brainstorm from there of all of the things you can think of that you enjoy and that help you inside of that category.
 - a. Maybe it feels good to do one category at a time over an extended amount of time.
4. Then you can organize them into a list for yourself.
 - a. It might feel good to stop here. You have a list, yay!



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5. Turn some items on your list into a “predictable schedule” that happens routinely.
 - a. I find this so calming, if that helps you, then great. If it feels overwhelming, I suggest one thing at a time to see if that begins to create more ease in your nervous system.
 - b. Possible set schedules are:
 - i. Home Cleaning
 - ii. Meals and Nourishment
 - iii. Regulation Resources and Practices
6. Items that are not on the “set schedule” will go on your “Resources Menu” for when you are feeling yourself in need of an idea, a reminder of “things that help”, or new things to try.
7. Have your “set schedule” written down so that when you forget, you can go back and remember what was working!



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Categories

1. Movement

- a. Embodiment & Somatic Practices
 - i. Hannah Somatics
 - ii. Feldenkrais
 - iii. Tamalpa Life/Art
 - iv. Continuum
 - v. Dance
- b. Exercise I Like
- c. Yoga Practices
- d. Healing Movements I have been given
- e. Polyvagal Movements that Help to Regulate
- f. Use of Fidgets

2. Mind/Body Techniques

- a. Self-Compassion Practice
- b. HeartMath Meditations
- c. Relaxation Response
- d. Guided Meditations
- e. Affirmations
- f. Gratitude Practices
- g. Mindfulness Meditations



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3. Nature

- a. Walk
- b. Earthing
- c. Engaging my outer senses in nature
 - i. Sight
 - ii. Smell
 - iii. Touch
 - iv. Sound
 - v. Taste
- d. Pictures of Nature

4. Signals of Relative Safety In the Home (Notice, how does this make me feel? Positive use of “neuroreception”)

- a. Pictures
- b. Cozy Corners
- c. “Ritual Spaces”
- d. Clean and Organized

5. What You Are Taking Into Your Body

- a. Food
 - i. Set meals
 - ii. Foods that create a disrupt in your body to avoid
 - iii. Foods that when you eat they help to nourish and ground you.
- b. Nutrition
- c. Supplements
- d. Extra Support
 - i. Rescue Remedy
 - ii. Teas
 - iii. Etc.



6. Co-Regulation: Reaching Out

- a. Friends You Can Call
- b. Helpers You Can Call
 - i. Therapist, Psychiatrist, Psychologist, Somatic Experiencing, etc.
 - ii. Body Worker
 - iii. Chiropractor
 - iv. Chinese Doctor
 - v. Naturopath
 - vi. Etc.
- c. Engagement with Community
 - i. Support Groups
 - ii. Church/Spiritual Groups
 - iii. Book Clubs, etc.
- d. Play with those you love
- e. Relationship Help
 - i. Understanding the Composite and Rapport

7. Self Knowing/Know Thyself

- a. “Arrive” and ask yourself:
 - i. How am I feeling in my body? How am I feeling in my emotions?
How am I feeling in my thoughts?
- b. Constructive Self-Talk
 - i. Non Violent Communication with the self
- c. Examine one’s worldview:
 - i. How do “I” relate to the whole?
 - 1. Spiritual
 - 2. Religious
 - 3. Scientific
 - ii. What does healing mean?
 - iii. How do I relate to mortality?
- d. Help working through “what is the problem I am feeling?”
 - i. What are workable solutions/my plan?
 - ii. Adaptation & use of Resources Menu



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8. Media

- a. Sound
 - i. Sound Healing
 - ii. Music Choices
 - 1. Play
 - 2. Work It Out
 - 3. Calm
 - iii. Listening to things that you enjoy
 - iv. Playing Music/Making Healing Sound
- b. Books
 - i. Inspiring
 - ii. Information that helps to find solutions
 - iii. Poetry/Verses you enjoy
- c. Film
 - i. Entertainment
 - 1. Comedy
 - 2. Something that helps feel out what you are feeling.
 - 3. Fun
 - 4. Uplifting
 - ii. Documentary/Learning
 - 1. Empowering solutions
 - 2. Learning
- d. Other!



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9. Expressive and Creative Arts

- a. Handwork
 - i. Knitting
 - ii. Crochet
 - iii. Modeling Wax, Modeling Clay
 - iv. Felting
- b. Painting, Drawing, Coloring
- c. Craft Making
- d. Writing & Journaling
- e. Understanding and engaging in the Creative Process
 - i. Organization/Planning
 - ii. Adaptation
 - iii. Doing/Action
 - iv. Review/Rest
 - v. Integrate

10. Establish Predictability

- a. Daily Routines (Rhythm)
 - i. Food
 - ii. Cleaning
 - iii. Menu of Resources: items you want to do at certain times of the day as a daily habit, and other items that you will be doing as needed or less frequent. For instance, you might have a walk on Mondays, dance on Tuesdays, bike ride on Wednesdays, etc. You will do a “movement” category daily, but set which one happens on which day.



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11. Other Self-Care Rituals You Love

- a. Baths
- b. Bio Mat
- c. Sensory Work

Thoughts for your Scheduling:

“Short and frequent” is a great way to go.

Some things will be daily, others weekly or monthly or “as needed.”

Non-scheduled items might look like little self-reminders posted around the house in the form of “You are Resilient” or “Breathe” or “Where are you feet right now?” or “Feeling Antsy? Check Your Menu”

You don’t need to tackle all of this at once! Starting with a few things is a great way to go, knowing that you have more resources you can layer in as you go.

Desire further guidance?

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