Regulation Approaches

**Top-Down**

- Change In Mind → Change In Emotions → Positive Physical Changes

*Examples:*
- Talk Therapy
- Meditation
- Medication
- Qi Gong
- Yoga

*“Neuroscience research shows that the only way we can change the way we feel is by becoming aware of our inner experience and learning to befriend what is going on inside ourselves.”*

**Bottom-Up**

- Positive Physical Changes → Change In Emotions → Change In Mind

*Examples:*
- Movement
- Breathing
- Hugs/Touch
- Massage
- Theater

*"Individuals who lack emotional awareness are able, with practice, to connect their physical sensations to psychological events. Then they can slowly reconnect with themselves.”*

Mind-Focused

*Find What Works For You*

Created by: Yari Hernandez Shupe

Adapted from *The Body Keeps The Score* by Dr. Bessel Van Der Kolk