

Cheryl Richardson - Exploring the Wisdom Years

Here is a compiled list of **examples of regulation and dysregulation** based on the chat contributions from attendees.

Examples of Dysregulation

- Preparing for travel
- Having to rush
- Being sick
- Airports
- Family, coworkers, neighbors
- Not being able to save money
- Preparing a move
- Dog's misbehavior
- Watching news on network TV
- Being late
- Uncertainty of future
- Rushing
- Transition times
- Loud noises
- Toxic people
- Computer issues
- Decision-making and planning
- Phone trees
- Bullies
- Driving at night
- Feeling obligated
- Upstairs neighbor noise
- Cat jumping on the TV
- Clutter (basement, general, inability to find things)
- Emails from ex-husband
- Travel in transport systems
- Feeling checked up on

- Carpooling and lack of autonomy
- Worrying about not being prepared
- Caring for a parent from afar
- Scams and computer viruses
- People who don't listen
- Neighbor feeding pigeons
- Rude behavior
- Unpredictability of the world
- Flying, security lines
- People with annoying habits
- Taxes
- Eldercare
- Non-responsive professionals (e.g., CPA)
- Driving in a city
- Sick animals
- Employees lacking work ethic
- Forgetting tasks
- Visiting assisted living facilities
- Pressure from siblings
- Lack of alone time
- Well-meaning friends giving unsolicited advice
- Bright light or too much sunshine
- Not eating on time or too many carbs
- Too hot or stuffy environments
- Being interrupted
- Feeling judged
- Recent losses (dog, friends)
- Rejection
- Winter
- News overload
- Being ghosted
- Sibling who deregulates me
- Freezing during tests
- Feeling like one can't be reached in emergencies

Examples of Regulation

- Breathwork and meditation at the same time each day with others
- Feeding backyard squirrels
- Nature
- Meditation
- Sitting on a deck with tea or coffee
- Paying someone to do laundry
- Exercising, walking outside
- Music and journaling
- Tapping (EFT), meditation, nature walks, cleaning, inspiring conversations
- Dancing
- Watching wild turkeys, dogs
- Mindfulness
- Soundscapes or calming music
- Baths
- Singing, slow walks, tacky love songs
- Deep breathing, close conversations
- Walking dog, especially on the beach
- Hugs
- Yoga with a group
- Watching squirrels play
- Sitting in the sun
- Reading, showering, light computer/TV use
- Watching hawks
- Soul-nourishing time with friends/family
- Transcendental Meditation
- Being near the ocean, making art
- Sitting by a lake
- Watching baby videos
- Visiting favorite places
- Girl time
- Tapping, humming
- Talking to best friend
- Cozy mysteries

- Petting cats/dogs
- Floating in a pool
- Playing a Native American flute
- Gardening
- Snuggling children
- Jazz music
- Sitting in church, kayaking
- Humor
- Drinking matcha with intention
- Setting phone to Do Not Disturb
- Morning coffee
- Cuddling with a pet
- Singing, mindful breathing
- Watching old TV series
- Swimming
- Cleaning, dancing
- Windchimes
- Feeling grounded
- Watching birds
- Playing music
- Watching the sea
- Hugs and hot water bottles
- Watching DVDs of sound baths
- Sitting by a fire with tea
- Chanting
- Watching others paint
- Art viewing and creation
- Watching smiling faces
- Writing poetry
- Using a special teacup
- Early morning walks
- Setting aside time for reading books
- Avoiding tech in the bedroom
- Listening partnerships

- Animals
- Reiki and calming mantras
- Alanon meetings
- Nature walks, flowers, tea
- Sauna and cold dip
- Cozy routines (e.g., reading in bed)
- Touch and massage
- Church solitude
- Birdwatching
- Comedy specials
- Watching “Ted Lasso,” “Golden Girls,” “Virgin River”
- Baking with music
- Sitting with roses and orchids
- Watching hummingbirds
- Sound of wind or water
- Campfire
- Laughing with loved ones
- Singing and dancing
- Staying away from the news
- Christian or uplifting news
- Maria Shriver's Sunday Paper
- Heather Cox Richardson, Jessica Yellin’s “News Not Noise”
- Taking action (e.g., 5calls.org)
- Old-fashioned alarm clock
- Using analog alternatives
- Dimmer switch metaphor for self-regulation