

Deep Pressure Exercises

These can be utilized multiple times during a day to maintain or achieve *emotional regulation*. Complete one or more prior to engaging in an activity that can dysregulate emotions and/or immediately after the activity is complete.

- **Steamrolling-** Have the person lay on their stomach with arms and legs out straight. Utilizing an exercise ball, roll the ball over the person's torso, legs, and arms slowly putting your weight into the ball. Do this for 30-60 seconds.
- **Weighted lap or shoulder pad-** Place a weighted lap or shoulder pad onto the lap or shoulders of the person for 10-20 minutes intervals.
- **Weighted blanket-** Have the person lay or be wrapped in a weighted blanket that is at least 10% of the person's body weight for 10-20 minutes intervals, or as the person sleeps.
- **Push wars-** Have the person extend their arms and use their hands and push against another's hands and try to move the person backwards. Allow the person pushing to have some give while providing mostly resistance for 15-30 second intervals.
- **Wall Push-ups-** Complete push-ups utilizing the wall. Do reps of 15 at least 3 times.
- **Palm presses-** Push the palms of your hands together with enough force to make your arms quiver. Complete these for 3 reps of 10 seconds.
- **Heel drops-** Stand on your tippy toes and drop down with enough force to make your rear shake. Do 3 reps of 10.
- **Trampoline-** Jump on a trampoline with quickness for at least 5–10-minute intervals.
- **Sprints-** Sprint with quick repetition for 3-5 minutes consistently.
- **Jumping jacks-** Complete 2 reps of 30 minimum.
- **Bear crawls/ crab walk-** Move in these positions consistently for 3-5 minutes.
- **Wheelbarrow walks-** Complete 3 reps for 30 seconds minimum.
- **Beanbag chair with weighted blanket-** Sit in a bean bag chair with a weighted blanket covering your whole body for 10-20 minute intervals.
- **Jump into a beanbag chair-** Run and jump into a beanbag consistently for 3-5 minutes.
- **Bear hugs-** Wrap the person in a blanket like a tight burrito and hug with pressure consistently for at least 30 seconds to 1 minute intervals.
- **Chew Sour or Spicy Gum (Or Mints)**
- **Drink from a Straw with some resistance**
- **Drink Ice Cold or Hot Liquid**