


# REGULATION TOOLKIT & RESOURCES

Bonus: Included with Your Weekender

Ellen Frazier | Booze Free Babes

# MODALITIES + CLOSING

## MODALITIES TO EXPLORE

**(on your own or with practitioners):**

- Somatic Experiencing
- EMDR (Eye Movement Desensitization & Reprocessing)
- Psych-K (subconscious belief reprogramming)
- Reiki (energy healing)
- Acupuncture (nervous system regulation)
- Trauma-informed yoga
- Breathwork (Wim Hof, holotropic, transformative)

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**These deeper modalities are introduced in the EVOLVE Method.**

**You've got the tools.**
**You've got the community.**
**You've got this.**

♡

**Welcome home, beautiful.**

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# RESOURCES FOR YOUR JOURNEY

## BOOKS:

- The Body Keeps the Score - Bessel van der Kolk (trauma & nervous system)
- Quit Like a Woman - Holly Whitaker (feminist sobriety)
- Radical Acceptance - Tara Brach (Buddhist self-compassion)
- This Naked Mind - Annie Grace (alcohol & the brain)
- The Biology of Belief - Bruce Lipton (subconscious reprogramming)

## APPS:

- Open Recovery (included with 30-day & 90-day programs)
- Insight Timer (free meditation)
- I Am Sober (tracking)
- Calm or Headspace (guided practices)

## PODCASTS:

- Booze Free Babes (Ellen's podcast!)
- Home Podcast (Laura McKowen & Holly Whitaker)
- Tara Brach (Buddhist psychology)
- Huberman Lab (nervous system science)

# EMERGENCY TOOLKIT (PART 2)

## WHEN CRAVING HITS:

### RAIN PRACTICE:

**R** Recognize: "I'm having a craving."

**A** Allow: "This is okay. This is just energy."

**I** Investigate: "Where do I feel it in my body? What does it actually want?"

**N** Nurture: "I'm here. You're safe. This will pass."

### URGE SURFING:

Imagine the craving is a wave. You don't fight it. You don't give in. You SURF it. It will peak in 15-20 minutes and then PASS. You just have to ride it.

## YOUR SUPPORT NETWORK:

I can reach out to:

- _____
  (supportive friend/family)
- Booze Free Babes Community (Facebook group)
- Crisis Text Line: Text HOME to 741741
- National Suicide Prevention Lifeline: 988

## I WILL NOT:

- ✗ Expect 24/7 access to Ellen
- ✗ Isolate and suffer alone
- ✗ Contact people who trigger me to drink

## MANTRAS FOR HARD MOMENTS:

"This feeling will not destroy me."

"I can sit with discomfort for 20 minutes."

"My body is safe. I am safe."

"I am learning to stay."

"I am not broken. I am healing."

# EMERGENCY REGULATION TOOLKIT (part 1)

Use this page when cravings hit or you're overwhelmed.

## WHEN YOU'RE HYPERAROUSED (ANXIOUS, PANICKED):



**4-7-8 BREATHING:** Exhale completely; Inhale for 4; Hold for 7; Exhale for 8; Repeat 4 times



**COLD THERAPY:** Splash cold water on face; Hold ice cubes; Cold shower for 30 seconds



**VAGUS NERVE ACTIVATION:** Hum a song; Gargle water; Sing out loud; Gentle neck stretches



**GROUNDING:** 5-4-3-2-1 (5 things you see, 4 you hear, 3 you touch, 2 you smell, 1 you taste); Feet flat on floor, feel the earth; Hold something textured (stone, fabric, pet)

## WHEN YOU'RE HYPOAROUSED (NUMB, SHUT DOWN):



**ACTIVATION:** Jump up and down; Dance to one song; Cold water on wrists; Upbeat music



**CONNECTION:** Call a friend; Pet an animal; Hug someone (or yourself); Post in FB group