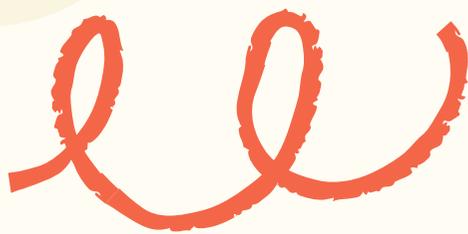


31 Days of Skills

to grow your
inner sanctuary
and cultivate
self-regulation

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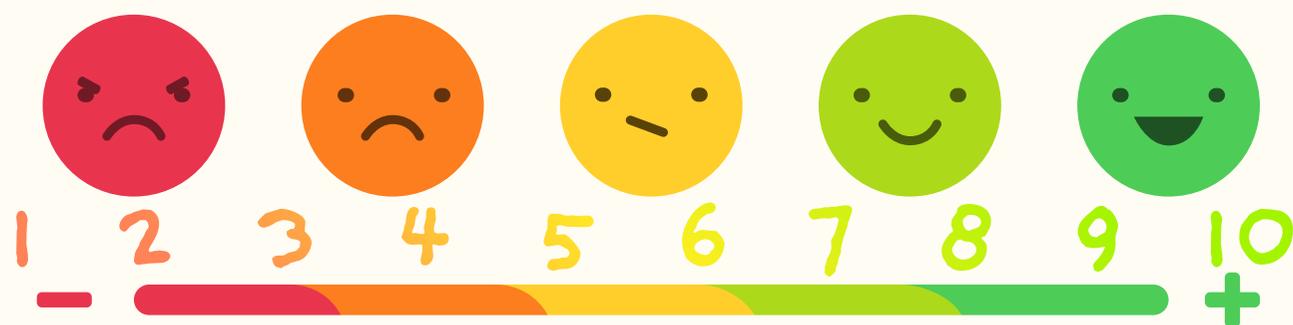
HOW TO

Practice one skill daily, in whatever order works for you.

Then, rate each skill on its level of:

- Inner peace
- Enjoyment
- Would do it again

on a scale of 1-10:



Note: Some skills have links, but feel free to find your own videos.

Ready?
Let's begin.

Skill 1 – Box Breathing

What it is: A structured breathing technique to calm the nervous system.

How to practice: Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for 1-5 minutes.

Link:

www.youtube.com/watch?v=n6RbW2LtdFs

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 2 - Body Scan

What it is: A mindfulness practice that builds awareness of physical sensations in your body.

How to practice: Slowly scan your body from head to toe, noticing any sensations without judgment.

Link:

www.youtube.com/watch?v=e0f9wa2SUX0

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 3 - Diaphragmatic or Belly Breathing

What it is: Deep belly breathing that supports relaxation.

How to practice: Place one hand on your chest and one on your belly. Inhale as much as you can, so the belly rises, and exhale slowly all the way, squeezing your tummy muscles to get all the air out. Practice for 1-5 minutes.

Link: www.youtube.com/watch?v=OXjIR4mXxSk

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 4 - Five Senses

What it is: A grounding technique to anchor you in the present moment.

How to practice: Name 5 things you see, 4 feel, 3 hear, 2 smell, and 1 taste. Try to notice something you hadn't noticed before (a sound in the background, a knick-knack in the corner of a room, etc.).

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 5 - Progressive Muscle Relaxation (PMR)

What it is: A practice to release tension through intentional tensing and relaxing muscles.

How to practice: Tense each muscle group for 5 seconds, then release. Move from feet to head.

Link: www.youtube.com/watch?v=1nZEdqcGVzo&t

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 6 - Gentle Stretching

What it is: Light movement to release physical tension.

How to practice: Stretch major muscle groups slowly for 5-10 minutes, focusing on breath and sensation.

Link:

www.youtube.com/watch?v=du0qVtKmFEY

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 7 - Check-In With the Emotions Wheel

What it is: Emotional awareness and labeling.

How to practice: Use an emotions wheel to identify at least three emotions you experienced today. Bonus: notice where you feel them in your body.

Link: <https://ibb.co/kgkydQxk>

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 8 - Ocean Breathing

What it is: A calming breath that mimics the rhythm of ocean waves.

How to practice: Inhale through the nose, exhale slowly with a soft sigh or whispering sound. Continue for 1-5 minutes.

Link: www.youtube.com/watch?v=lQrsJ-yZWV8

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 9 - Mindful Walking / Nature Connection

What it is: Movement-based mindfulness.

How to practice: Walk slowly outside, noticing your steps, surroundings, sounds, and sensations. Engage all your senses (sight, hearing, smell, taste, and touch). I.e., stop and smell the roses! 🌹

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 10 - Butterfly Tap or Hug

What it is: A bilateral stimulation technique for grounding.

How to practice: Cross your arms over your chest and tap alternately left and right while breathing mindfully.

Link: <https://ibb.co/j985SmrB>

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 11 – Cold Shower

What it is: A brief nervous system reset.

How to practice: End your shower with 30–60 seconds of cold water. Focus on slow breathing.

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____



Skill 12 - One Mindful Activity

What it is: Bringing presence to everyday tasks.

How to practice: Choose an activity like washing dishes or brushing your teeth, and do it slowly with full attention (my favorite activity is mindful eating). If your mind wanders during this task, bring it back to the activity you are focusing on.

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 13 – Joint Circles

What it is: Gentle movement to increase body awareness.

How to practice: Slowly rotate wrists, shoulders, hips, knees, and ankles while breathing.

Link:

www.youtube.com/watch?v=vKSbHqTsry8

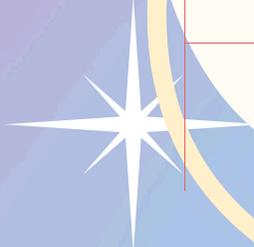
Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____



Skill 14 – RAIN

Technique

What it is: A mindfulness-based emotional processing skill.

How to practice: Recognize, Allow, Investigate, and Nurture whatever emotion is present.

Link: <https://ibb.co/jvn4SPz0>

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 15 – Pick a Self-Compassion Practice

What it is: Practices that cultivate kindness toward yourself.

How to practice: Choose one guided self-compassion exercise and follow along.

Link: www.self-compassion.org/self-compassion-practices/#guided-practices

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 16 - Safe Space Visualization

What it is: Imagery for emotional regulation and safety.

How to practice: Visualize a place where you feel calm and safe. Engage all five senses.

Link:

www.youtube.com/watch?v=s0brEfm2wtk

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 17 – Tonal Release

What it is: Vocal expression to release tension.

How to practice: Sigh, hum, or gently vocalize sounds while exhaling.

Link:

www.youtube.com/watch?v=QSAvPgqQ2L0

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 18 – CBT Cognitive Triangle/Thought Reframing

What it is: A cognitive skill to challenge unhelpful thoughts.

How to practice: Identify a situation, your thoughts, emotions, and behaviors.

Practice reframing the unhelpful/negative thought.

Link: <https://ibb.co/0prPhFkz>

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 19 – Yoga (5-10 Minutes)

What it is: Gentle movement paired with breath.

How to practice: Follow a short beginner-friendly yoga video or flow intuitively.

Link:

[www.youtube.com/playlist?
list=PLui6Eyny-
UzwiUzvHM2BjxThodiRWZ2JR
&si=sjoxXqGQzN8-4Jzy](https://www.youtube.com/playlist?list=PLui6Eyny-UzwiUzvHM2BjxThodiRWZ2JR&si=sjoxXqGQzN8-4Jzy)

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 20 - BLS Music

What it is: Bilateral stimulation through sound.

How to practice: Listen with headphones and notice how this feels.

Links:

<https://spotify.link/h8lT2G49fDb>

https://open.spotify.com/playlist/4ROcdCaBQ9EqR4WY0AEe0M?si=lk_qy7TPQdKAlYiXe7Fzqg

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 21 - Doing Art, Craft, or Coloring

What it is: Creative expression for regulation.

How to practice: Doodle, color, or create freely without focusing on outcome.

Link:

www.youtube.com/watch?v=GMSC95hEj2w

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 22 - Rooted Tree Visualization

What it is: A grounding
visualization.

How to practice: Imagine
roots growing from your feet
into the earth, providing
stability and support.

Link:

[www.youtube.com/watch?
v=q_L_DiqoRn4&t](https://www.youtube.com/watch?v=q_L_DiqoRn4&t)

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 23 - Tapping / EFT

What it is: A somatic technique for emotional regulation.

How to practice: Gently tap common EFT points while naming what you feel.

Link:

www.youtube.com/watch?v=02bN4JFx10Y

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 24 - Releasing Tension Through Shaking

What it is: Natural stress
release through movement.

How to practice: Gently
shake arms, legs, and body
for 1-3 minutes.

Link:

[www.youtube.com/watch?
v=BGtvllakEyl](https://www.youtube.com/watch?v=BGtvllakEyl)

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 25 - Guided Imagery

What it is: Visualization to support relaxation.

How to practice: Listen to or create a guided image that feels calming or empowering.

Link:

www.youtube.com/watch?v=doyZLqH_wgM

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 26 - Lazy-8 Breathing

What it is: A visual-breath coordination technique.

How to practice: Trace a sideways figure eight with your finger while inhaling and exhaling.

Link:

www.youtube.com/watch?v=4NY0nuwo8co

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 27 - Havening

What it is: A psychosensory self-soothing technique.

How to practice: Gently stroke arms, face, or hands while breathing slowly.

Link: <https://ibb.co/fY3WmGb0>

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____



Skill 28 - Tai Chi (5-10 Minutes)

What it is: Slow, flowing movement for balance and calm.

How to practice: Follow a short beginner Tai Chi video or simple flow.

Link:

www.youtube.com/watch?v=cEvSqHZlj8w

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 29 - Lion's Breathing

What it is: A breath practice for releasing tension and anger.

How to practice: Inhale through the nose, exhale forcefully through the mouth while sticking out your tongue.

Link:

www.youtube.com/watch?v=7c2QCXrrwwc

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 30 - Dancing or Free Movement

What it is: Expressive movement for emotional release.

How to practice: Put on a favorite song and move freely without judgment.

Try: Ecstatic Dance class in person or at home.

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____

Skill 31 - 5 Things You're Grateful For

What it is: A gratitude practice to shift perspective.

How to practice: Write down or mentally note five things you're grateful for today.

Rate:

Inner peace: _____

Enjoyment: _____

Would do it again: _____

Date tried: _____



CONGRAT-
ULATIONS,
YOU MADE
IT! GREAT
WORK!