

## Bilateral Stimulation Exercises

Bilateral stimulation (BLS) is a simple yet effective tool for calming the mind and body by engaging both sides of the brain through alternating stimuli. These exercises can help with emotional regulation, reducing stress, and easing anxiety by providing a sense of balance and grounding. Whether you're feeling overwhelmed, stressed, or anxious, these exercises are designed to be accessible and easy to incorporate into your daily routine. Use this worksheet to explore different ways to use bilateral stimulation, and find what works best for you to regain a sense of calm and clarity in moments of emotional or mental distress.

<b>Exercise</b>	<b>Instructions</b>
Tapping	Sit comfortably. Begin by gently tapping your left hand on your left knee and then your right hand on your right knee, alternating between the two. Do this for 1-2 minutes, focusing on the rhythm.
Eye Movements	Choose an object to follow (like a pen or your finger). Slowly move it from side to side in front of you, keeping your head still while your eyes track the movement. Repeat for 1-2 minutes.
Butterfly Hug	Cross your arms over your chest, with your hands resting on your shoulders. Tap your hands alternately on your shoulders or upper arms, creating a soothing rhythm. Do this for 1-2 minutes while taking deep breaths.
Auditory Binaural Beats	Use headphones and listen to a track with binaural beats (alternating sounds in each ear). Close your eyes and focus on the sound as it alternates between left and right ears. Relax into the rhythm for 3-5 minutes.
Foot Tapping	While seated or standing, tap your left foot and then your right foot in an alternating rhythm. Focus on the sensations in your feet and the pattern of movement. Continue for 1-2 minutes.
Object Tracking	Hold a small object, like a ball or stuffed animal, and gently toss it from one hand to the other. Pay attention to the movement, and try to maintain a steady, alternating rhythm. Continue for 2-3 minutes.

