



# Regulate Before You Regulate

## Your 60-Second Legislative Reset

Occupational therapy helps people regulate before important decisions. Try one.

### Stabilizing the Floor

Plant both feet firmly on the ground.  
Press down for 10 seconds.  
Breathe slowly.

### Motion to Recess (Internal Edition)

Close your eyes.  
Inhale for 4.  
Exhale for 6.  
Repeat twice.

### The Bipartisan Palm Press

Press palms together for 10 seconds.  
Release.  
Repeat.

## Strengthening CT Healthcare

To help Connecticut residents function at their best, ConnOTA urges your support for:

- **Modernizing the OT Practice Act**  
Updating language to reflect 21st-century education and clinical expertise.
- **Joining the OT Licensure Compact**  
Increasing access to care and license portability.

Occupational therapists & occupational therapy assistants help people navigate the "occupations" of life. We are here to be a resource for you & your constituents.

## Connecticut Occupational Therapy Association

Advocating for access, excellence, &  
responsible practice.

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