

Simple Summary of Self-Regulation



If you are feeling tense and need some help in stress management for yourself, as well as to co-regulate and share calm with your children, your loved ones and co-workers, read on...

Focusing on your own self regulation is the most effective way in sharing calm
You can regulate yourself by practicing the pause. When you find yourself about to react, take a momentary halt and notice what you are thinking and feeling.\ Ground yourself by paying attention to the sensations in your body, in a way that makes you feel safe.

There are different ways to be a calm and soothing presence. It could be through silence, non-verbal acknowledgement or verbal-acknowledgment.

Follow the person's cues and observe if the helping skill is calming or aggravating for them.

Proactively manage your energy resource. Identify sources of stress in your life that can be reduced or removed so as to conserve energy to deal with necessary stress.

Calm begets calm

stress management tips for self, and co-regulation



Focusing on our self regulation is the most effective way in sharing calm

read on for tips on self regulation



Practice the pause

when you find yourself about to react, take a momentary halt and notice what you are thinking and feeling

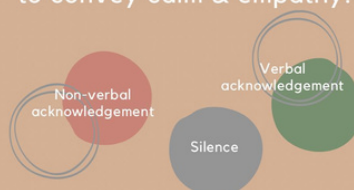


Ground yourself

pay attention to the sensations in your body, a way that makes you feel safe



Different ways to convey calm & empathy:



follow person's cues and observe if your response is calming or aggravating them



Proactively manage your energy resource to deal with necessary stress

Identify sources of stress in your life that can be reduced or removed so as to conserve energy

