Regulation Strategies For All

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This session will be recorded.

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The vagus nerve unconsciously connects the body with the brain

Under the old brain-only paradigm, we told people to self-regulate their emotions through conscious self-talk. But real emotional help comes through co-regulation. When a caregiver and a child physically hold each other, their bodily autonomic states harmonise, connecting on a metabolic level. Together they move from separate distress to mutual calm.

Neurochild
LET'S TRY IT OUT

SOURCE: https://www.doyou.com/10-awesome-gifs-for-calm-breathing-59450/
We don’t do to.
We don’t do for.
We do WITH.
Co-Regulation Builds Self-Regulation

“The capacity for self-regulation develops over time, from infancy through young adulthood (and beyond). Consequently, the amount of co-regulation a child, youth, or young adult needs will vary as they grow.”

- Rosanbalm & Murray, 2017
Fight-Flight-Freeze

FIGHT - might look like verbal escalation or physical agitation, hyperactivity, oppositionality, demanding, hostile

FLIGHT - might look like scared, panicky, have difficulty catching breath, wants to leave or avoid situation

FREEZE - might look watchful and quiet, or spacey, dazed, forgetful, or emotionally shut down
<table>
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<th>Physical Signs of Dysregulation</th>
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Flood the Chat Box!

When YOU are dysregulated what are your physical signs?
Moving to the Relationship Brain

- While dysregulated people are unable to think logically, rationalize, or accept responsibility.

- We need to work our way to the relationship brain in order to begin conversations about what is going on. We tend to want to move to fast during this process. We need to slow it down.
Moving to the Relationship Brain

- The suggested responses for co-regulation are first step actions to begin to flush the body of cortisol (the stress hormone), increase oxytocin (the connection hormone), and begin the movement from the survival brain into the relationship brain.

- This shift from survival brain to relationship brain can be supported through **GROUNDING, BREATHING, AND REFLECTION STRATEGIES.**
Flood the Chat Box!

What do YOU do to regulate?
Regulation Strategies

- grounding
- breathing
- reflection
Regulation Strategies

Things to Notice:
- High startle reflex
- Rapid speech
- Sensitivity to sound
- Delayed responses
- Shaking
- Sweating

Grounding Strategies:
- Senses 5-4-3-2-1
- Tactile Textures
- Tension Release
- Guided meditations
- Water/Food
Regulation Strategies

Grounding Strategies:
- Senses 5-4-3-2-1

Look around the room, name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell, and 1 you can taste.

**Flood the Chat Box!**
Why would this help?
Regulation Strategies

Grounding Strategies:
- Tactile Textures

Provide a basket with a variety of objects with various textures (denim, plastic, rubber, sandpaper, corduroy, felt, foam, etc) invite the person to feel their way through the basket, noticing the textures, weight, temperature, touch.
Regulation Strategies

Grounding Strategies:
● Tension Release

Let's Try It Out

Help people walk through steps to systematically tense particular muscle groups in the body, then release the tension and notice how the muscles feel when you relax them. This exercise will help to lower your overall tension and stress levels

(see https://anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/ for deeper instructions and audio directions)
Regulation Strategies

Grounding Strategies:
- Guided meditations

With guided meditations people learn to become more aware of their own bodies and their reaction to stress so that they can better take control of their emotional and physical states. They also learn how to focus their attention and concentration. In turn, they are able to be more empathetic and more compassionate toward others.

Calm.com offers a free app for teachers that include a wide variety of guided mindfulness exercises (https://app.www.calm.com/meditate)
Regulation Strategies

Grounding Strategies:
- Water/Food

Offer a bottle of water, peppermints, beef jerky, sour candy, applesauce, etc. Foods with a strong taste, soothing or chewy texture can help to take energy and focus off of the emotion at hand and provide space to begin regulation.

Flood the Chat Box!
Why would this help?
Regulation Strategies

Things to Notice:
- Rate of breath
- Mouth breathing
- Posture
- Chest movement
- Body tension
- Frequent yawning

Breathing Strategies:
- 4-7-8
- Belly Breathing
- Breath Walk
- Infinity Breathing
- Box Breathing
Regulation Strategies

Breathing Strategies:

- 4-7-8

Begin by placing the tip of your tongue against the ridge of tissue behind the upper front teeth. With a quiet inhale through the nose and an audible exhale through the mouth, inhale for a count of four, hold your breath for a count of 7, and then exhale through your mouth, making a whooshing sound for a count of 8. Repeat this cycle at least three more times.
Finger Calm

“When the body is feeling extra stress it is always a good idea to pair something physical, breath-y, and cognitive” @msduane

1. Practice the sensations movements
2. Add the sentence
3. Breathe in/breathe out
4. Repeat
Regulation Strategies

Breathing Strategies:
• Belly Breathing

Just like the name implies, take a deep breath and focus on expanding your belly, rather than your chest. Watch your belly fill up as you breathe in and flatten as you breathe out.
Regulation Strategies

Breathing Strategies:
- Breath Walk

This technique combines breathing ratios, intervals, and breath types by synchronizing your breathing with walking steps and focused attention. Direct your attention on personal growth, pain management, or relaxation during this technique.
Regulation Strategies

Breathing Strategies:
- Infinity Breathing

Draw a figure 8, and turn it on its side. Begin to trace the infinity sign with a finger - breathing in as you cross the center on the up movement, and breathing out as you cross the center on the down movement.
Regulation Strategies

Breathing Strategies:
- Box Breathing

Close your mouth and slowly breathe in through your nose for four counts. Hold your breath for four seconds. Then slowly exhale through your mouth for a count of four. Hold the exhale for another four counts. Ideally, you'll do this for four minutes, but even just doing it a few times through will help you achieve a more relaxed state.
Regulation Strategies

Things to Notice:
● Breath is controlled
● Eye are focused
● Normal speech
● Calm hands

Reflection Strategies:
● Affirmations
● Mini-timeline
● Nexting
● Journaling
Scientists can confirm that speaking positively about ourselves out loud actually changes our brains. Help the person develop and repeat “I am...” statements. I am loved. I am safe. I am good., etc.

Flood the Chat Box!
What is an affirmation you hold close?
 Regulation Strategies

Reflection Strategies:
- Mini-timeline

Ask the person to create a mini-timeline of their day. Ask them to name in order 5 things they have accomplished today.

Flood the Chat Box!
Why would this work?
Regulation Strategies

Reflection Strategies:
- Journaling

Provide paper, colored pens, coloring pages, etc. Invite the person to doodle, color, or write as they continue to regulate. The following prompts are often useful:

- If this feeling was a color, it would be...
- If this feeling was weather, it would be...
- If this feeling was a landscape, it would be...
- If this feeling was music, it would sound like...
- If this feeling was an object, it would be...
We don’t do to.
We don’t do for.
We do WITH.
If you’d like more information, please reach out to the **ESSDACK Resilience Team:**

resilience-coaching.essdack.org

Connect with us on Facebook: essdk.me/ERT
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Resilience Now: Healing Trauma in the Face of COVID-19

May 7th  1 - 4 PM
May 8th  9 AM - 12 PM

For more information please go to:
essdack.org/resiliencenow

Rebecca  Ginger  Katie  Carmen
Thank you for your participation in this session.

Now let’s all head back to the Main Conference Room!

https://essdk.me/MainRoom
PROBLEM VS. SOLUTION
Here you could describe the topic of the section

PRODUCT
Here you could describe the topic of the section

MARKET & COMPETITION
Here you could describe the topic of the section

BUSINESS MODEL
Here you could describe the topic of the section
Venus has a beautiful name and is the second planet from the Sun. It's terribly hot—even hotter than Mercury—and its atmosphere is extremely poisonous. It's the second-brightest natural object in the sky after the Moon.
OUR TEAM

CHLOE DOE
Here you could talk a bit about this person

ESTHER DOE
Here you could talk a bit about this person
Despite being red, Mars is a cold place, not hot. It’s full of iron oxide dust, giving the planet its reddish cast.

Jupiter is a gas giant and the biggest planet in our Solar System. It’s also the fourth-brightest object in the sky.
SWOT ANALYSIS

STRENGTHS
Jupiter is the biggest planet in our Solar System

WEAKNESSES
Venus has a beautiful name, but it's terribly hot

OPPORTUNITIES
Neptune is the farthest planet from the Sun

THREATS
Saturn is composed mostly of hydrogen and helium
Despite being red, Mars is a cold place, not hot.

Neptune is the farthest planet from the Sun.

Saturn is composed of hydrogen and helium.

Jupiter is the biggest planet in our Solar System.

Neptune is the farthest planet from the Sun.
PLANS

BASIC
Jupiter is the biggest planet in our Solar System

PRO
Saturn is composed of hydrogen and helium

PREMIUM
Neptune is the farthest planet from the Sun

FREE

$5.95

$9.95
Jupiter is a gas giant and the biggest planet in our Solar System. It’s also the fourth-brightest object in the sky. Jupiter is the fifth planet from the Sun, and it’s named after the Roman god of the sky and lightning.
If you want to modify this graph, click on it, follow the link, change the data and replace it.
CASE STUDY

CHALLENGE

Despite being red, Mars is a cold place, not hot

SOLUTION

Venus has a beautiful name, but it’s terribly hot

RESULTS

Neptune is the farthest planet from the Sun
“Saturn is a gas giant and it’s composed mostly of hydrogen and helium.”

Mary Roe, 27

“Neptune is the fourth-largest planet by diameter in our Solar System.”

Timmy Jimmy, 32
MIND YOUR MIND AWARD
Saturn is a gas giant and it's composed mostly of hydrogen and helium

ENLIGHTENMENT BADGE
Neptune is the farthest planet from the Sun and the fourth-largest in our Solar System

LOTUS MASTER’S CHOICE
Venus has a beautiful name and is the second planet from the Sun. It’s terribly hot
MARKET SIZE

- Meditation lessons: 25%
- Reiki lessons: 30%
- Yoga lessons: 45%
**Gender**
- 40%
- 60%

**Interests**

**Average Spend Per Customer**
- $50.00

**Age**
- 25-45: 65%
- 45-65: 35%
NEPTUNE
Neptune is the farthest planet from the Sun and the fourth-largest by diameter in our Solar System.

MARS
Despite being red, Mars is a cold place, not hot. It’s full of iron oxide dust, giving the planet its reddish cast.
Despite being red, Mars is a cold place, not hot. It’s full of iron oxide dust.

Saturn is a gas giant, composed mostly of hydrogen and helium.

Mercury is the closest planet to the Sun and the smallest one in our Solar System.
Day 1
Neptune is the farthest planet from the Sun

Day 2
Despite being red, Mars is a cold place, not hot

Day 3
Mercury is the smallest planet in our Solar System

Day 4
Saturn is composed mostly of hydrogen and helium

Day 5
The Sun is the star at the center of our Solar System

Day 6
Venus has a beautiful name, but it's terribly hot
Despite being red, Mars is a cold place, not hot.

Neptune is the farthest planet from the Sun.

Saturn is composed of hydrogen and helium.
If you want to modify this graph, click on it, follow the link, change the data and replace it.
THANKS

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- Group of water lilies and white flowers
- Top view rocks and moss background
- Close up view of peaceful woman
- Woman in grass with hands up
- Woman enjoying yoga and nature
- Woman doing yoga and stretching her body
- Beautiful tropical plant macro photography
- Group of tropical green leaves
- Closeup pink tropical flower petals
- Countryside and sunset
- Group of dark water lilies
- Defocused palm leaves shadow on white backdrop
- Abstract shadow background of natural leaves
- Lonely boats in a calm lake with misty mountain at background
- Beautiful lotus flower closeup
- Pretty woman concentrating and meditating on field
- Meditating hand and sunset
- Vines growing on tree trunk background
- Woman sitting and meditating in the nature
- Island in the middle of a lake

- Music and Multimedia
- Yoga and Mindfulness
- Avatars
- Lemon juice
- Green abstract yoga center brochure
- Lotus flowers collection
- Linear mandala background
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