

# Regulation Strategies For All

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@MissZeisler

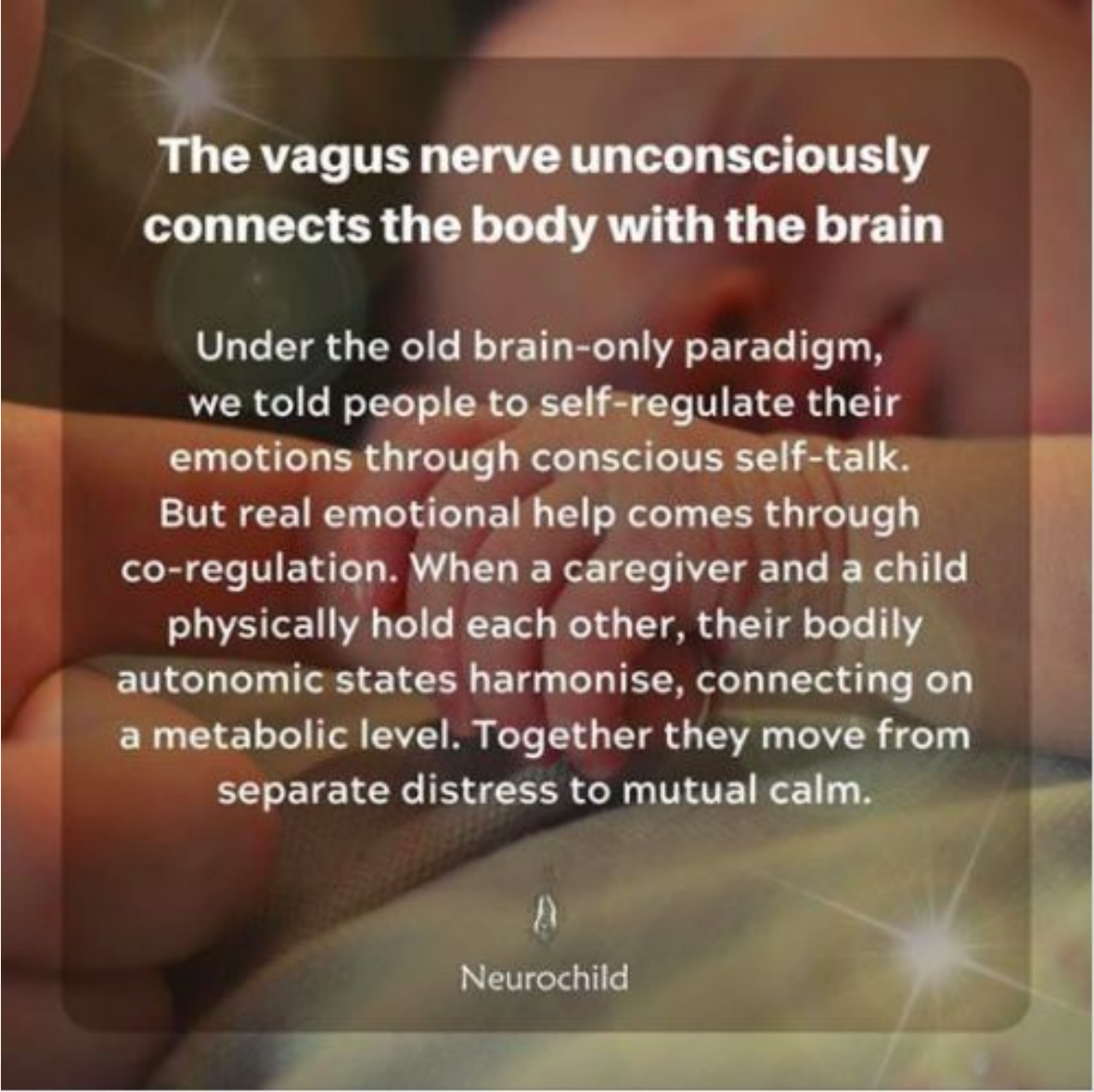
[CarmenZ@essdack.org](mailto:CarmenZ@essdack.org)





This session will be recorded.

*If you do not want your image recorded be sure to turn off your camera or cover your camera.*

The background of the text box is a photograph of a person's hands gently holding a baby. The image is slightly blurred, focusing on the text. The overall slide has a light beige background with a grid of small orange dots on the left and blue diagonal stripes on the right.

## **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







# Co-Regulation Builds Self-Regulation

**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





# Regulation Strategies

## Physical Signs of Dysregulation

Respiratory Rate

Sensitivity to  
Sound

Rapid Speech

Pupil dilation

High Startle  
Reflex

Chronic Stomach  
Ache

Tension in body

Crying

Chronic Headache

Sweating

Yelling

Shaking

Withdrawn

Physical  
Aggression

Withdrawing from  
Peers

Delay in  
Responding

Hiding

Avoidance

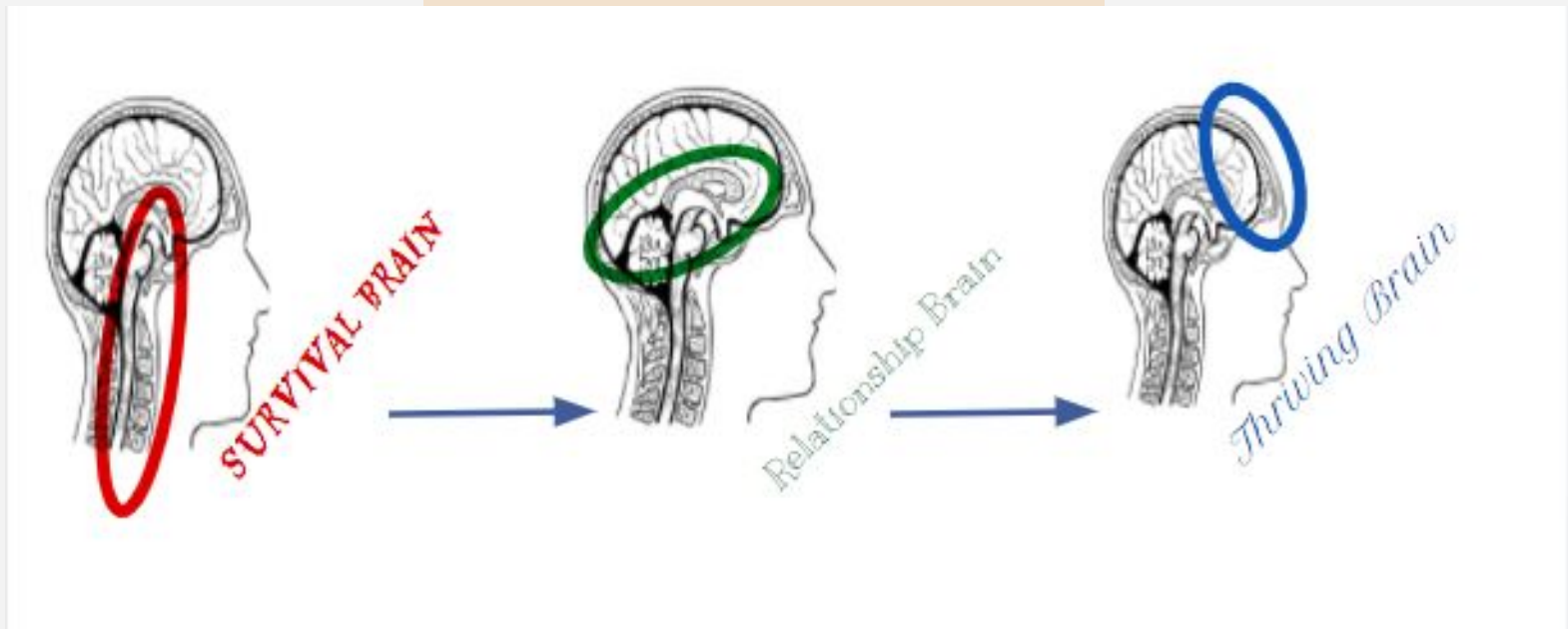
# FLOOD THE CHAT BOX!

When YOU are dysregulated what are your physical signs?



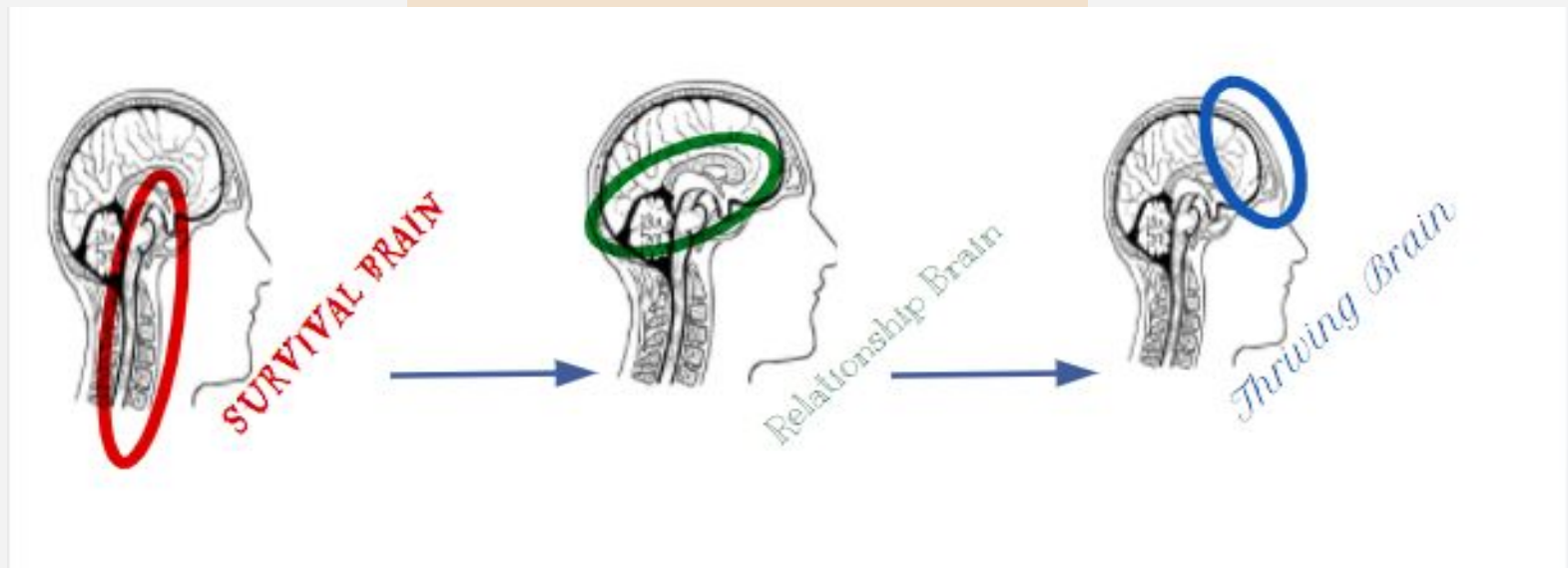
# Moving to the Relationship Brain

- 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 too 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



# 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.

# LET'S TRY IT OUT

## Regulation Strategies



Grounding Strategies:

- Tension Release

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)

# LET'S TRY IT OUT

## 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>)



**ESSDACK**  
Our learners. Their future.



# Regulation Strategies



Grounding Strategies:

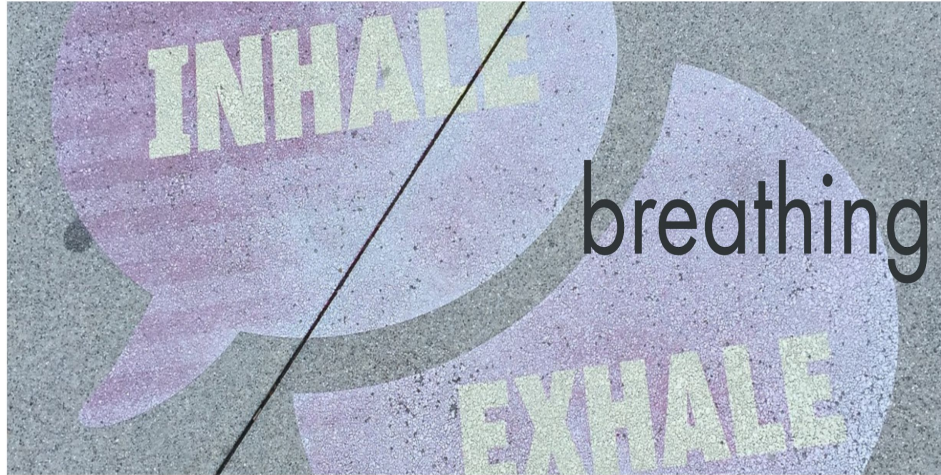
- Water/Food

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



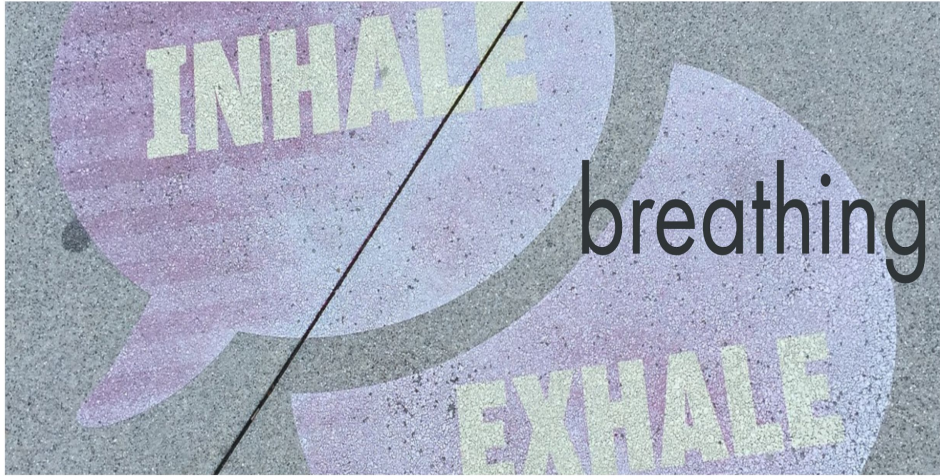
## Things to Notice:

- 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

LET'S TRY IT OUT

“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



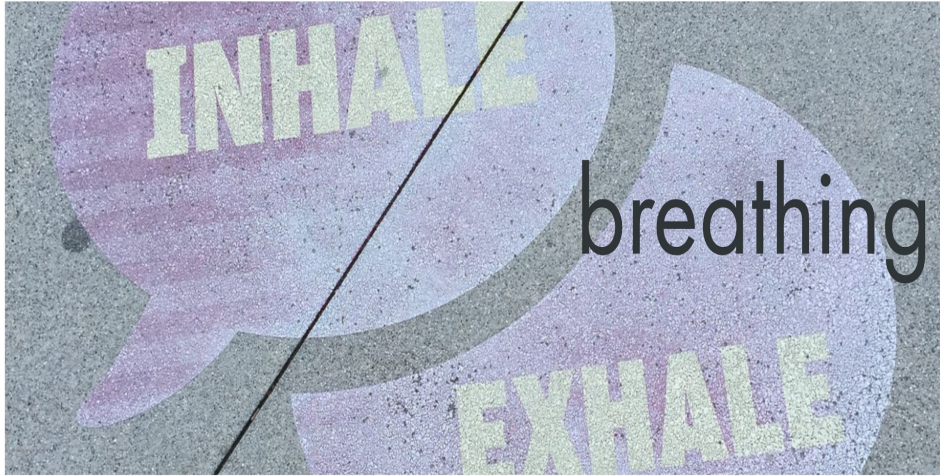
Breathing Strategies:

- 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



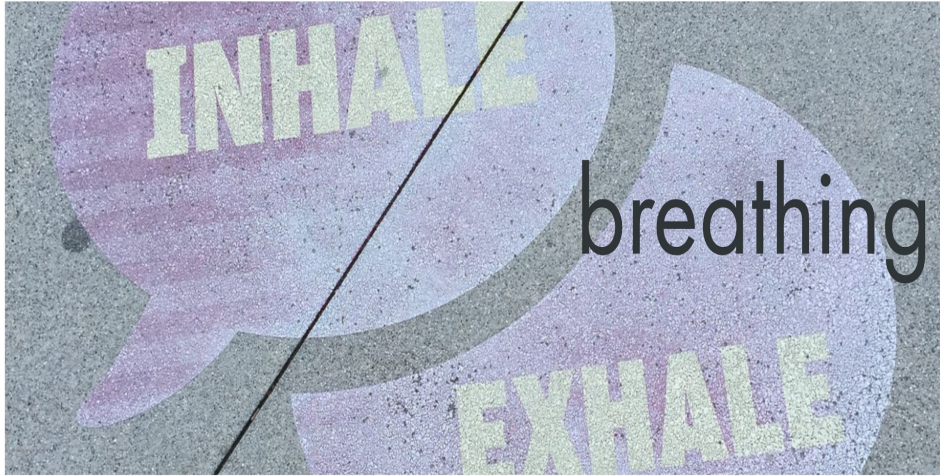
Breathing Strategies:

- 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

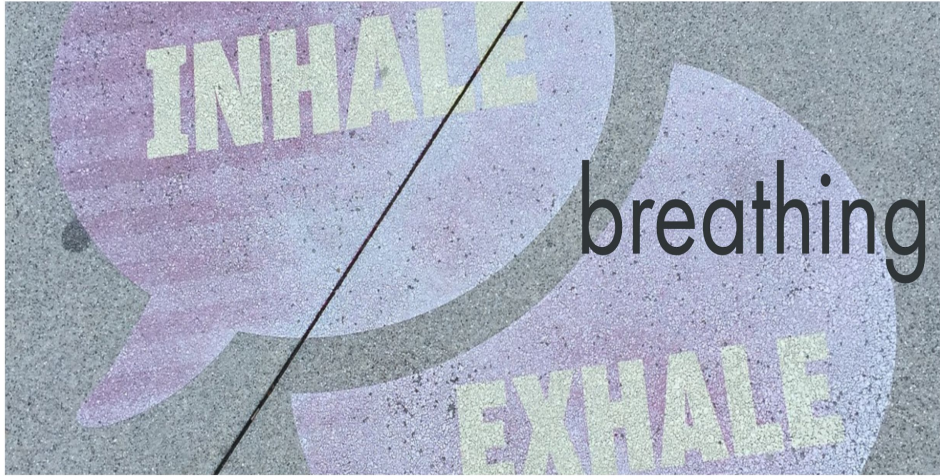


Breathing Strategies:

- 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

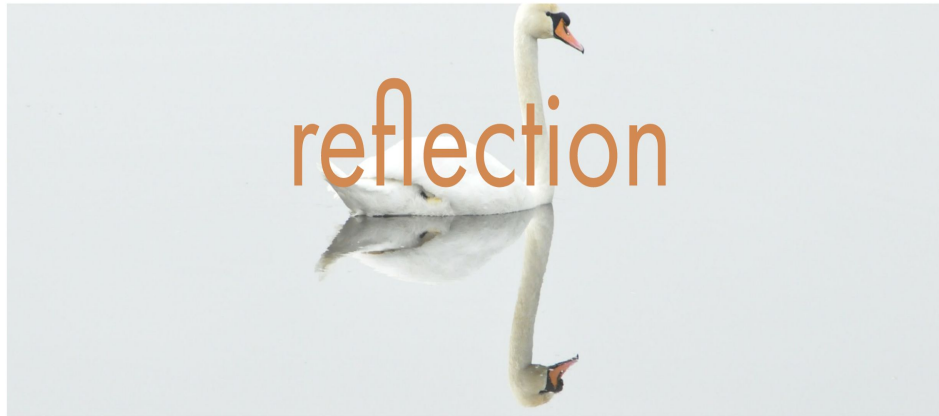


Breathing Strategies:

- 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

# Regulation Strategies



Reflection Strategies:

- Affirmations

Scientists can confirm that speaking positively about ourselves to 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:

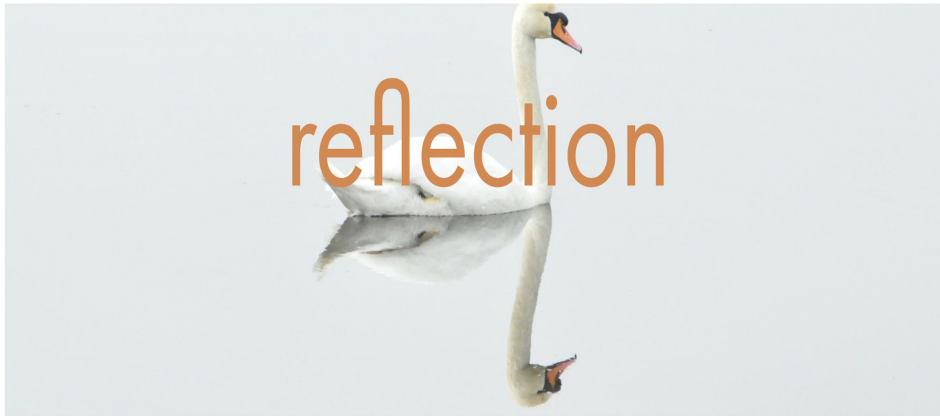
- Mini-timeline

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...*



# Co-Regulation Builds Self-Regulation

**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](https://resilience-coaching.essdack.org)**

Connect with us on Facebook:

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National Virtual Conference

# Resilience Now: Healing Trauma in the Face of COVID-19



Keynote Speaker  
Mathew Portell

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

For more information please go to:  
[essdack.org/resiliencenow](https://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

**01**

## **PRODUCT**

Here you could describe the topic of the section

**02**

## **MARKET & COMPETITION**

Here you could describe the topic of the section

**03**

## **BUSINESS MODEL**

Here you could describe the topic of the section

**04**

# OUR COMPANY

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

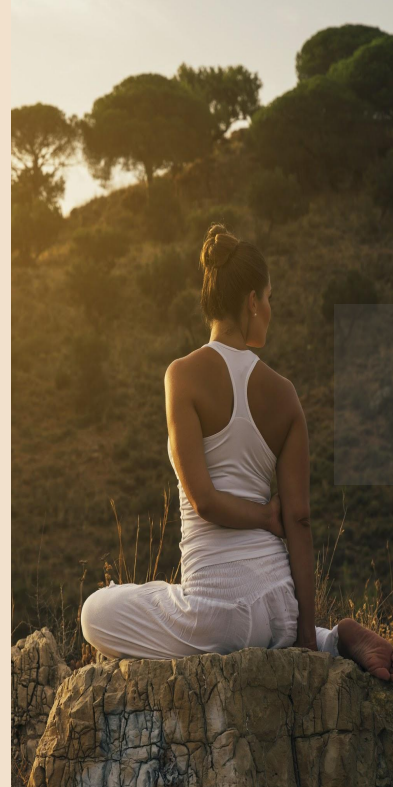
### CHLOE DOE

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

**US**



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

**THEM**

## STRENGTHS

Jupiter is the biggest planet in our Solar System

S

W

## WEAKNESSES

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

O

T

## OPPORTUNITIES

Neptune is the farthest planet from the Sun

## THREATS

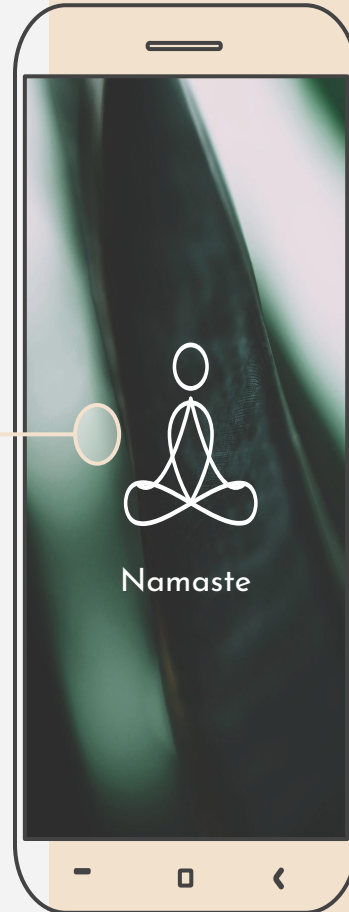
Saturn is composed mostly of hydrogen and helium





## PRODUCT OVERVIEW

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

**FREE**



**BASIC**

Jupiter is the biggest planet  
in our Solar System

**\$5.95**



**PRO**

Saturn is composed of  
hydrogen and helium

**\$9.95**

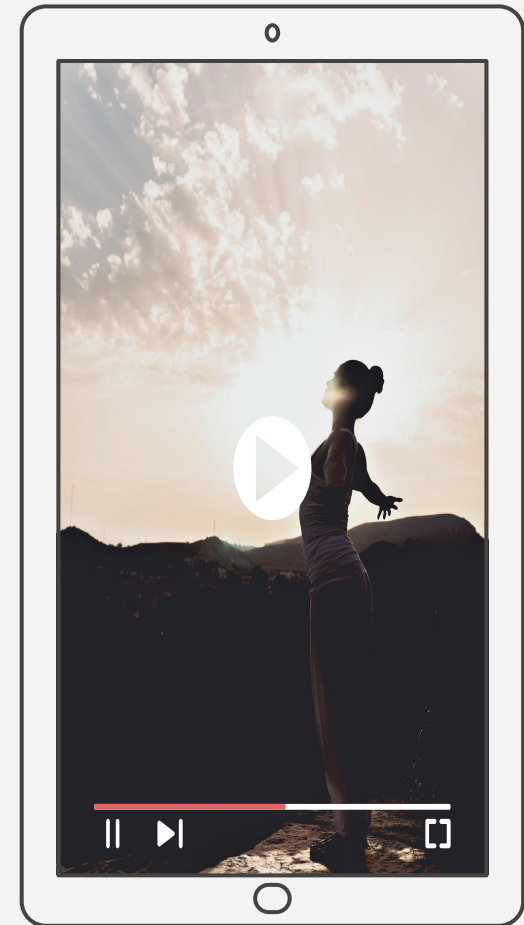


**PREMIUM**

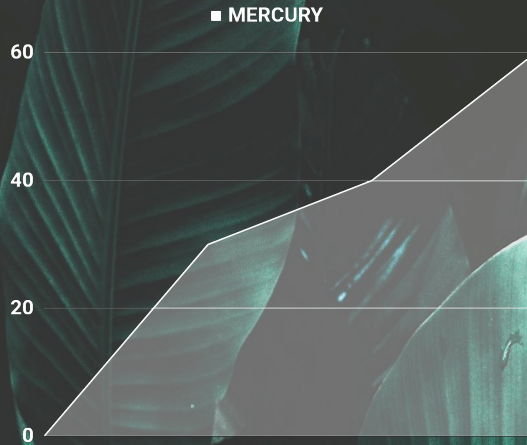
Neptune is the farthest  
planet from the Sun

## DEMO

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



Insert your multimedia content here



**\$150,000**

Ad revenues in 2017-2018

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**58,000**

Monthly users



**2,500**

Daily active users



**2,200**

Posts in social media



**25,000**

Total app downloads





## 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





## CLIENT 1

Mary Roe, 27

"Saturn is a gas giant  
and it's composed mostly  
of hydrogen and helium"



## CLIENT 2

Timmy Jimmy, 32

"Neptune is the fourth-largest  
planet by diameter in our  
Solar System"



### **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

45%

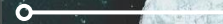
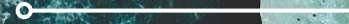
Yoga lessons

30%

Reiki lessons

25%

Meditation lessons





## GENDER



40%



60%

## INTERESTS



## AVERAGE SPEND PER CUSTOMER

\$50.00

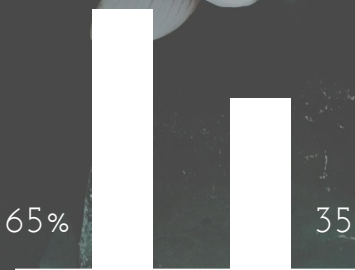
## AGE

25-45

45-65

65%

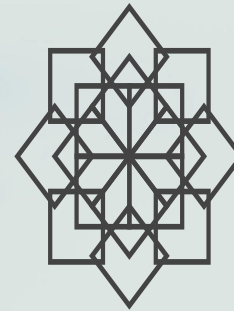
35%





## 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





## FREEMIUM

Despite being red, Mars is a cold place, not hot. It's full of iron oxide dust



## IN-APP ADVERTISING

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



## SUBSCRIPTIONS

Mercury is the closest planet to the Sun and the smallest one in our Solar System

## Day 2

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

## Day 1

Neptune is the  
farthest planet from  
the Sun

## Day 3

Mercury is the  
smallest planet in  
our Solar System

## Day 4

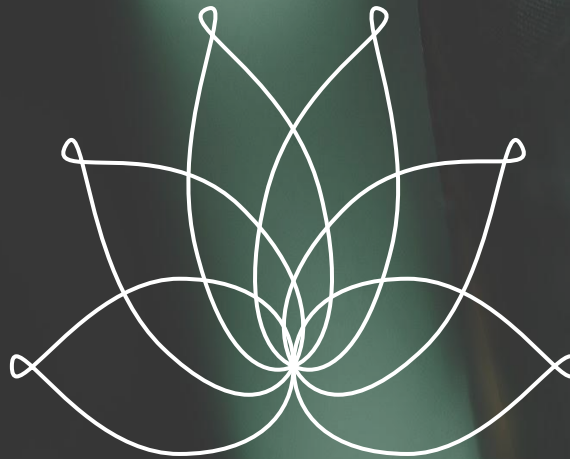
Saturn is composed  
mostly of hydrogen  
and helium

## 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



**20%**

2019

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

**30%**

2020

Neptune is the farthest  
planet from the Sun

**50%**

2021

Saturn is composed of  
hydrogen and helium



## INVESTMENT

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the data and replace it



- Mars
- Mercury
- Jupiter



A silhouette of a person in a yoga pose, specifically a seated twist, against a background of a sunset sky with soft, white clouds. The person is wearing a dark, sleeveless top. The overall mood is peaceful and contemplative.

# THANKS

Does anyone have any questions?

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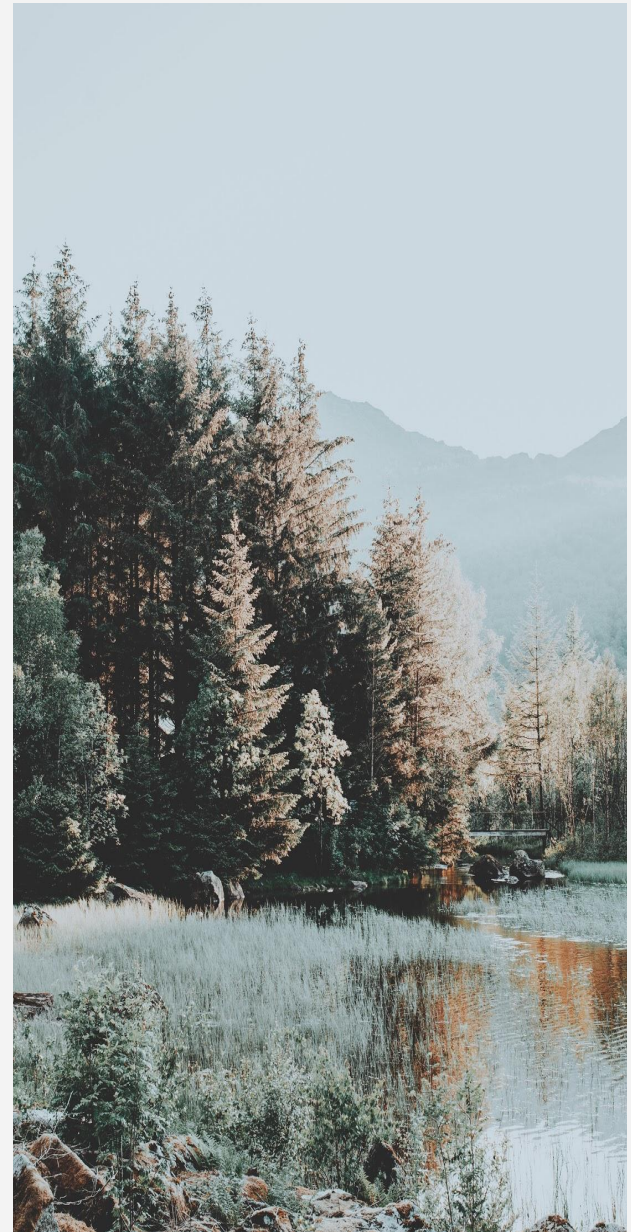
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- Group of water lilies and white flowers
- Top view rocks and moss background
- Close up view of peaceful woman
- Woman in grass with hands up
- Woman enjoying yoga and nature
- Woman doing yoga and stretching her body
- Beautiful tropical plant macro 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

## VECTOR

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

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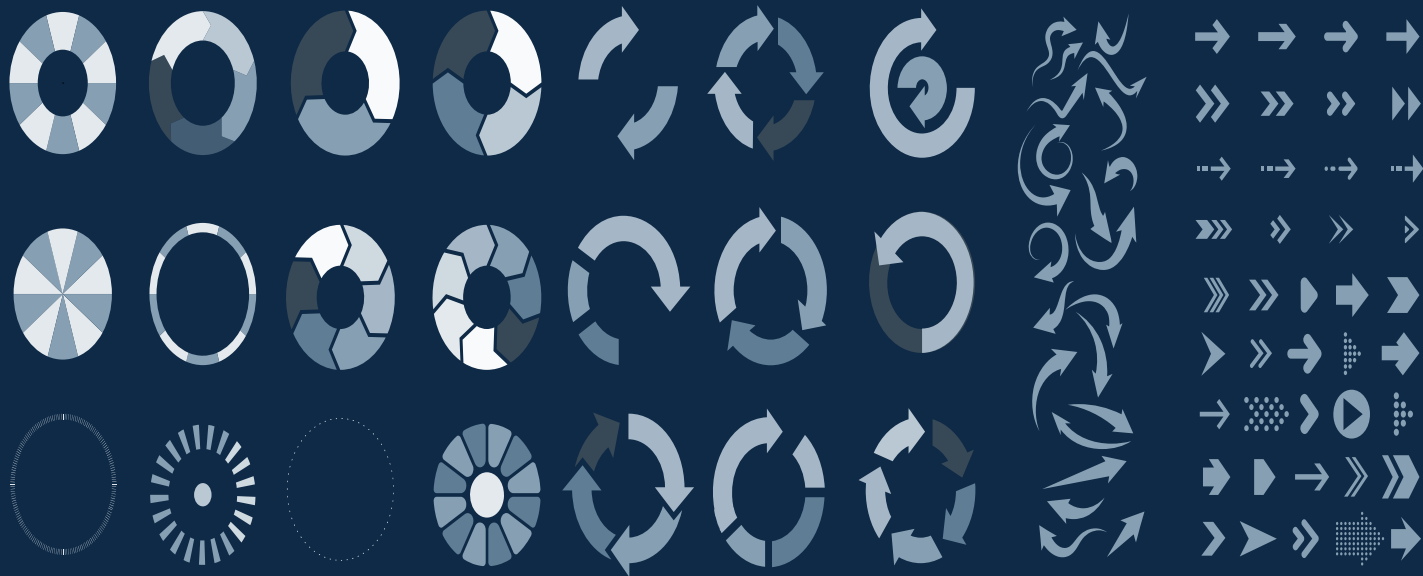
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