

## Self-Regulation Skill-Building for Practitioners and their Patients

### Regulation Definition:

The ability of the brain-body to maintain a stable internal environment despite ordinary and extraordinary challenges. Brain-body stability requires continuous sensing of internal and external conditions and responding (adjusting) to these conditions to keep brain-body in the optimal zone. All human beings have the capacity for self-regulation and develop it through relationships, initially in the context of the Caregiver-Child dyad.

### Regulation Occurs

- Within a person (or any living being)
- Between two living beings (co-regulation)
- In groups (also co-regulation)



<b>Regulation In Vivo</b>	
<i>Awakening</i>	Upon awakening from sleep, one feels rested and refreshed. Alert, calm optimistic with good recall of the plan for the day ahead
<i>Body sensations/ Interoception</i>	Continuously aware and in touch with one's body. Feels hunger, thirst, pain, fatigue commensurate with signal intensity. Able to restore self as needed.
<i>Emotional Balance</i>	Able to sense name and modulate one's emotions. Holds self in positive regard. Able to restore self as needed
<i>Relationships/ Co-regulation</i>	Able to interact calmly and positively with others and maintain boundaries and safety. Able to form attachments and relationships and resolve differences with others.
Attention/ concentration	Able to concentrate and acquire new knowledge (learn) Prioritize and accomplish tasks at home, school, and work
Memory	Able to retrieve memories without being triggered Free from intrusive memories
Sleep	Able to fall asleep easily and sleep continuously for 6-8 hours

# Self-Regulation/Co-regulation Basics

## Successful Regulation Activities Are:

- *Rhythmic*— based on natural rhythms like heart-beat, breathing, day and night, etc
- *Repetitive*— patterned and occurring over and over
- *Rewarding*-- pleasurable
- *Relational*-- safe and enhanced by relationship(s))
- *Relevant*-- matches current individual abilities, are controlled & predictable
- *Respectful*-- of the individual, family & culture

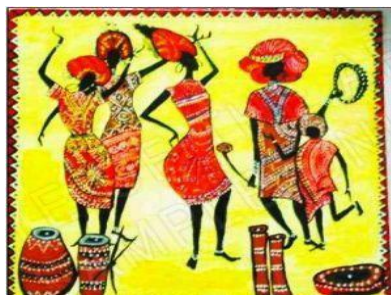
### Reading Together



### Sports and Games



### Creative Expression—Music, Art, Dance, Writing, Theater



### Gardening



### Yoga and Meditation



### Knitting, sewing, crocheting





## Regulatory Exercise Possibilities

Diaphragmatic Breathing Script and Progressive Muscle Relaxation

[http://www.psychology.uga.edu/sites/default/files/CVs/Clinic\\_Diaphragmatic\\_Breathing.pdf](http://www.psychology.uga.edu/sites/default/files/CVs/Clinic_Diaphragmatic_Breathing.pdf)

Relaxation Response <https://www.youtube.com/watch?v=nBCsFuoFRp8>

Tapping <https://www.emofree.com/eft-tutorial/tapping-basics/how-to-do- eft.html>

Creating Rhythms David Emerson <https://www.youtube.com/watch?v=xsPjWMkh9YQ>

Writing with Non-Judgment <https://eymtherapy.com/blog/dbt-mindfulness-exercises/>

Coloring-- <https://www.justcolor.net/>

Tuning In—Mindful Listening

Visualization—Safe Place or Focus on Good

Mindful eating—raisin or chocolate or corn chip

<https://www.dukeintegrativemedicine.org/dukeimprogramsblog/wp-content/uploads/sites/4/2017/08/Mindful-Eating-Transcript.pdf>

Kirtan Kriya-- <https://www.learnreligions.com/kirtan-kriya-1729281>

54321 Grounding Exercise

<https://static1.squarespace.com/static/530782c6e4b05512e6e90a18/t/56d06ceb37013b97b19f7c21/1456499947764/54321+Grounding+Exercise.pdf>

Balance Auditory Visual Exercises <https://vimeo.com/195326481>

Marching, bouncing, jumping

