






## Process stress effectively

### Apply the power of self-regulation and co-regulation

- **Self-regulation** is ability to recognize when you are upset and to calm your brain; ability to regulate mood
- **Co-regulation** consists of responsive interactions that provide support, coaching and modeling children need to understand, express and manage thoughts, feelings and behaviors

### When you are frustrated S.T.O.P.

			
<b>Stop:</b> Take a pause - no matter what you are doing	<b>Take a breath:</b> Feel the sensation of breathing - brings you to the present moment	<b>Observe:</b> Notice what is happening inside and outside of your body	<b>Proceed:</b> Having paused, breathed, and observed - proceed skillfully

### To calm your brain under stress create a practice

- Works best when practiced regularly
- “Stack” new habit on an established one
- 5 minutes twice a day
- Creates neural pathways/trains the brain
- The best technique is one you will practice

### Remember....

- Results are in real life - not during practice
- Practice is a tool for awareness and connection - not an end itself
- Goal is short, frequent moments of calm - not everlasting calm
- Give yourself permission to begin again





## Brain calming: Breathing

Bring attention to your breath

- Slow heart rate
- Lower blood pressure
- Override brain's alarm system
- Teach brain to respond to stress with focus on breath
- Strengthen capacity to self-regulate emotions and stay in thinking brain



## Progressive Muscle Relaxation

Bring attention to your body

- Soles of feet to top of head
- Notice each group of muscles
- Tense and relax
- Become aware of sensations in body
- Expect to notice more places in body as you practice and awareness grows

## Brain Calming: Mindfulness

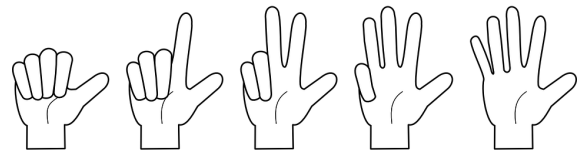
Bring attention to your thoughts/feelings

- Focused attention
- Purposeful
- Without judgment
- Attention is "captive" all day
- Greater interest in your own mind

## Ten Finger Breathing

Can be easily done anywhere

- Close your hands into fists - put them in your lap
- Open a finger for every breath cycle - in and out
- Takes about two minutes
- Starts with fight or flight fists - ends with calm open hands
- Repeat as needed



## Visit Your Happy Space

Find a quiet place to:

- Close your eyes
- Think of a place where you feel calm, safe, and happy
- Notice details - real or imaginary
- Use all 5 senses - immerse yourself
- Visit often - go deeper each time

