

# SELF REGULATION

When our children feel uncomfortable in their bodies, they need us to help them regulate their body. A dysregulated parent can NEVER regulate a child.



**REMINDER: When experiencing emotions we are in our emotional part of the brain. The Prefrontal Cortex is offline, which is the part of the brain responsible for reasoning.**

*More on this in course #1 called Brain Development.*



**EMOTIONAL  
CONTAGION**

## TRIGGERS AROUND EMOTIONS:

- Amygdala stored memories from childhood: emotional expression = unsafe.
- Our core belief from our childhood is that we need to make sure everyone is happy & that we are responsible for how others are feeling. We want our child to feel happy so we feel worthy.
- Our inner child has so much pain from not having felt safe as a child to express their emotions & this triggers this wound.
- We learnt to suppress our emotions. Whatever was shut down in us, we then want to shut down in our child & repeat this pattern.

*The way WE react has to do with what is going on in US and it is not a reflection of our child.*

We don't want to react when triggered & our body will make us feel like it's an emergency (4 F's response). **We can't control how we feel & the point is not to try to feel differently. It is to accept how we feel & then we are also capable of controlling if we are going to act on it or not.**

# WAYS WE CAN REGULATE:

PLEASE PRINT OUT EXERCISE SHEETS THAT GO HAND IN HAND WITH THIS PAGE.:

- Journaling
- Singing
- Listening to music
- Movement
- (Cold) shower
- Roaring
- Coloring / painting
- Meditating
- Being in the nature
- Smelling an essential oil that is pleasing to us

## On the moment:

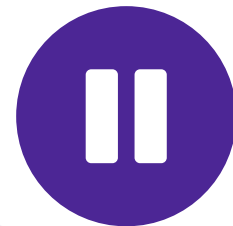
- Box breathing - any type of breathing.

Oxygen calms down the nervous system & brings a blood flow from the lower part of our brain to the higher part of our brain.

- Balance on one foot
- Using our senses
- Validating / Empathy
- Drink water / water on face
- **Mantra**
- Self validation & empathy
- Label our emotions (emotional wheel available to print)



IT IS ALL ABOUT  
TAKING A PAUSE.



We are rewiring our brain, creating new neural pathways.

The more consistent we are, the easier it will become.