

SELF - REGULATION TOOLKIT

WORCESTER



Addresses Childhood Trauma

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WORCESTER ADDRESSES CHILDHOOD TRAUMA

SELF REFLECTION CHECK - IN

How are you doing?

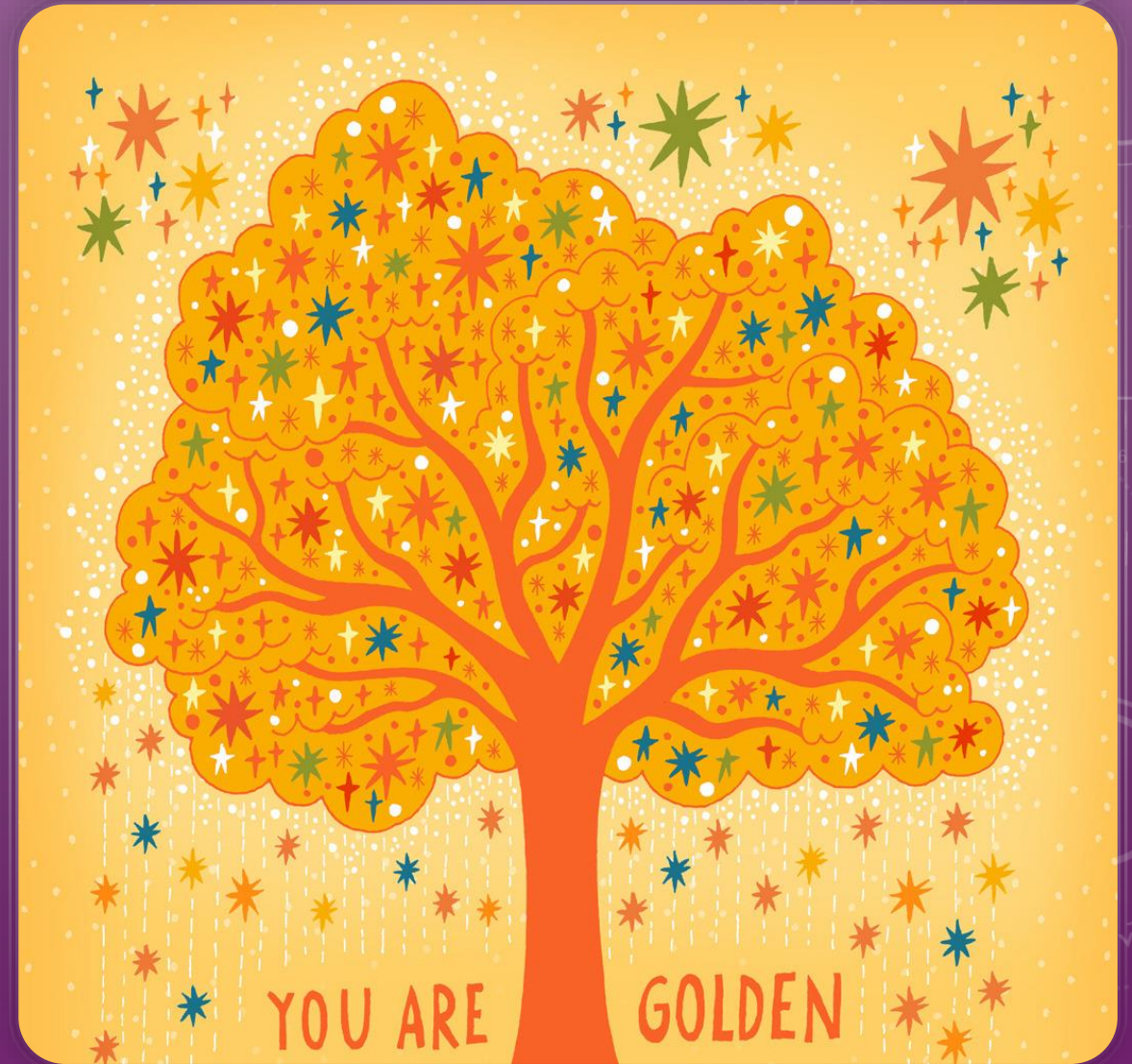
Would you like to shake out or exhale before we begin?

Do you need to attend to any other needs?



LEARNING OUTCOMES:

1. Increase emotional awareness to better recognize and manage your feelings.
2. Develop self-regulation techniques to align thoughts, emotions, and behaviors with personal goals and values.
3. Improve stress management by practicing with tools to stay calm and focused in challenging situations.



HOUSEKEEPING:

1. Take care of yourself!

This may include being off camera, using the restroom as needed, practicing the strategies presented, etc.

2. Practice Reflection

You likely know many of these tools and strategies, reflect on how you use them at home, at work, with your clients, or plan for how you'd like to use them in the future.

3. Build your Toolkit

If you'd like a tangible toolbox, you can use the notes app on your phone, a paper & pencil, or any other space of your choosing to record the tools that resonate with you.

DEFINITION OF SELF REGULATION

Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and promote well-being, such as staying calm, focusing, and handling frustration. It involves using cognitive skills to set goals, control impulses, and adapt to changing circumstances or environments.

not: being calm all the time

rather: knowing what state you're in + having options

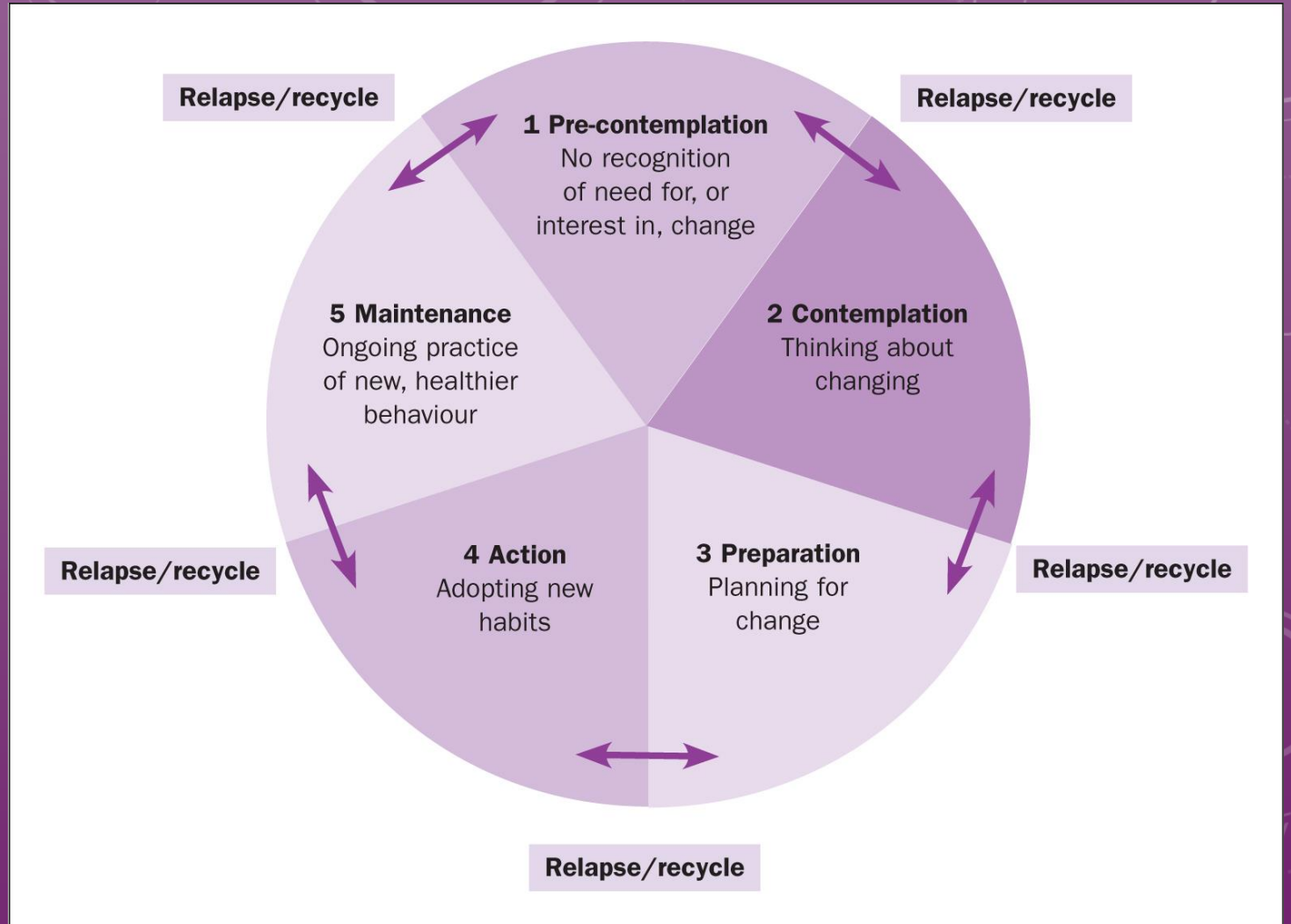


BASIC NEEDS

- Basic needs first: sleep, food, water
- Structure & Routine = Safety
- Be predictable
- Feeling seen and cared about matters immensely
- Reduce sense of present danger



STAGES OF CHANGE



MINDSET

All or Nothing Mindset

- Black or White, Right or Wrong
- Characterized by absolutes
- Doesn't leave space for "gray"
- Rigid, inflexible, extreme thinking

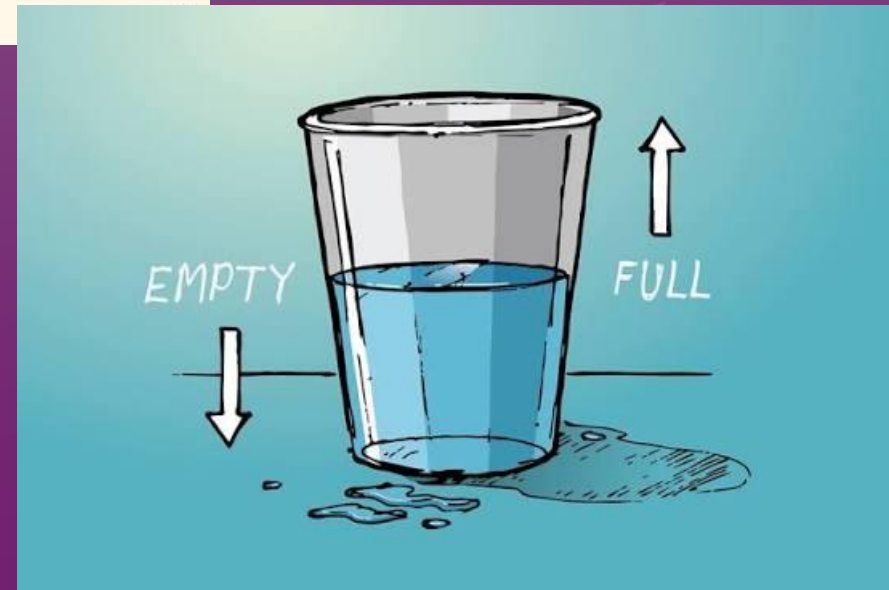
Positive Mindset

- Glass half full
- Characterized by optimism
- Builds resiliency
- General trust that things will work out

All-or-Nothing Thinking:

This cognitive distortion reflects a tendency to see the world in extremes, like "all good" or "all bad," with no middle ground.

- Example: "I missed one deadline: I'm terrible at my job."
- Impact: Real life is full of nuances and shades, but this black-and-white thinking oversimplifies this, limiting self-growth, straining relationships, and often leading to self-criticism.



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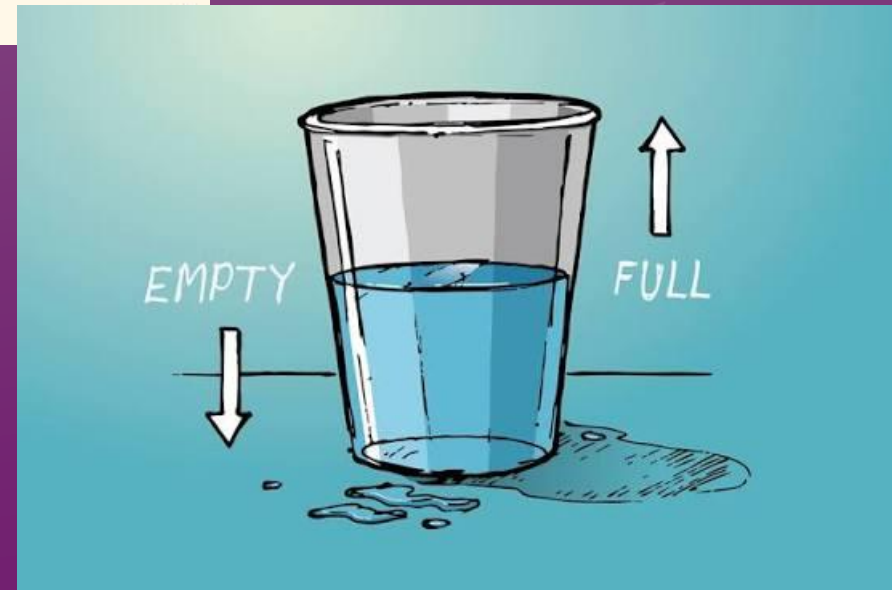
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RESILIENCY

The capacity to withstand or to recover quickly from difficulties

Creating your own Self-Regulation Toolkit can help build resilience and cultivate a positive mindset

Harm Reduction

- Makes things a little less dangerous and a little more safe
- It's a place to start moving away from an all or nothing mindset if needed



BREATHING

- Relax your body a little bit
- Relax your muscles by shaking out arms and legs, making them floppy and loose
- Roll your shoulders back and tilt your head to both sides
- Now we're ready to breath together!





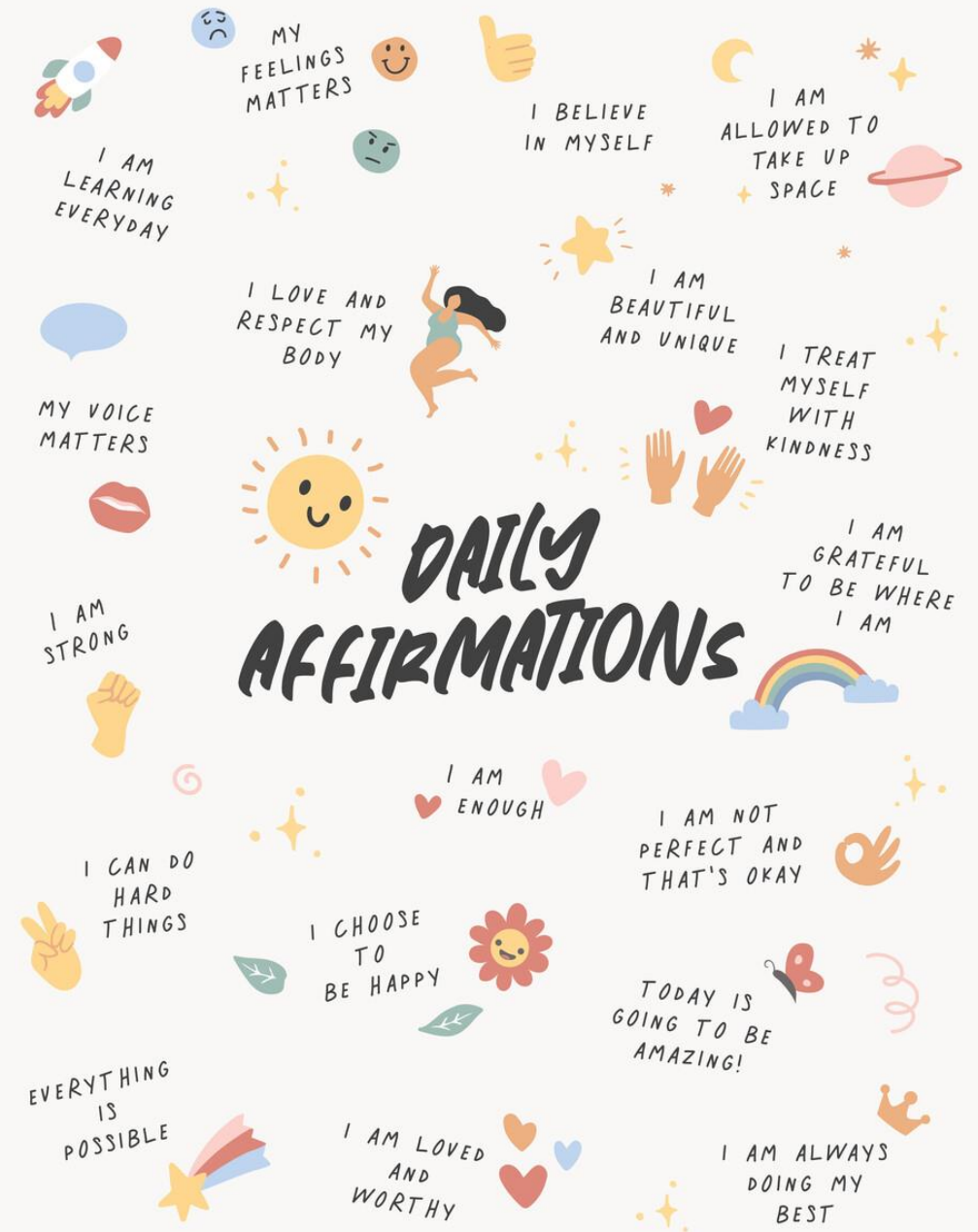
AFFIRMATIONS

statement or action that expresses support, approval, or agreement

Entails repeating a word or phrase to reinforce a sense of centeredness

Improves confidence, self-esteem, resilience, and boosts mood

AFFIRMATION EXAMPLES





ATTITUDE OF GRATITUDE

Cultivating an attitude of thankfulness and appreciation for the positive aspects of life, both big and small

There are lots of ways to practice gratitude:
Journaling, saying thank you verbally,
Meditation

Focus on the positive

Let's Do a Gratitude List!

GLIMMERS

A tiny example of a Gratitude practice

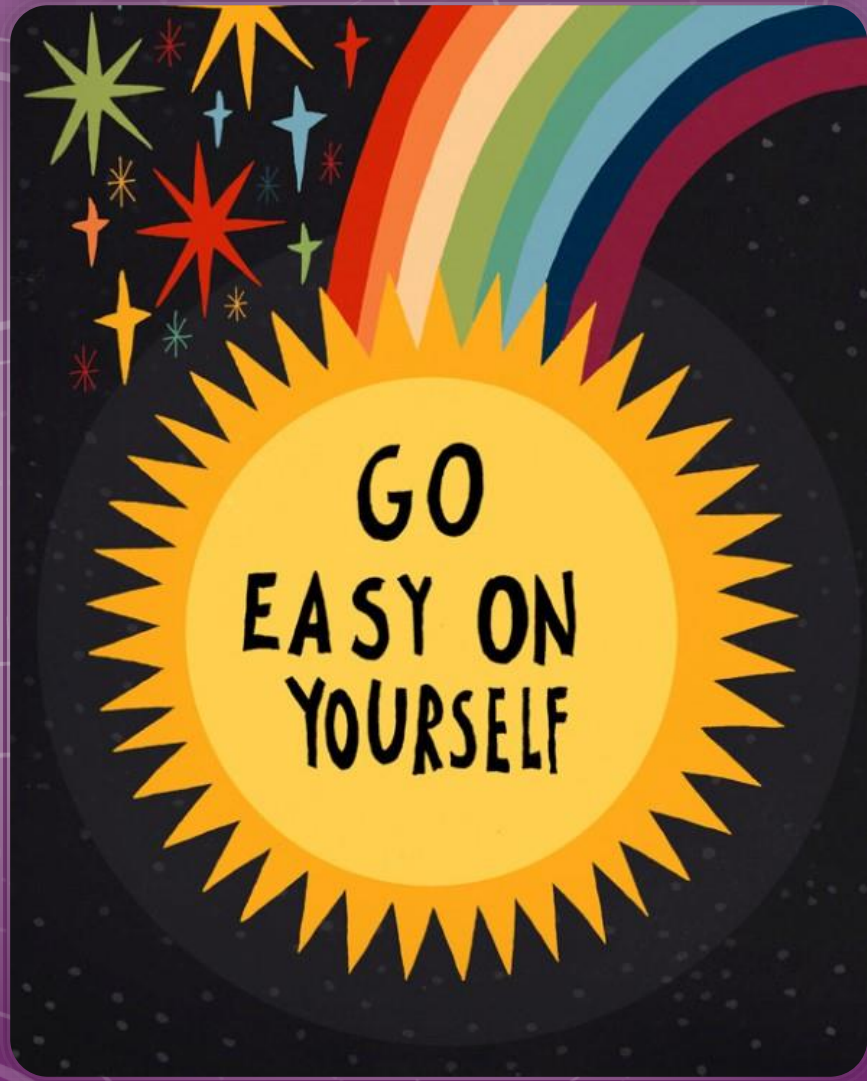
Some Examples:

- Sharing a smile with a stranger
- A warm cup of coffee
- Beautiful flowers
- Birds chirping
- Hug from a loved one

A little guide to glimmers:

- glimmers are the opposite of triggers.
- they are tiny moments of awe.
- they spark joy & evoke inner calm.
- they have a positive effect on our mental health.
- they are micro-moments causing tiny mood shifts.
- they send cues of safety to our nervous system.
- they bring feelings of ease & contentment.
- our body responds with positive energy.
- they allow us to feel hope when lost.
- our nervous system is strengthened by them.
- they can help increase our well-being.
- once we start embracing them it can become a beautiful way to see the world around you.

@h.e.l.e.n.m.a.r.i.e



QUICK BREAK

Movement & Brain Break

Take care of yourself



**Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.**

ATTENTION: THE SKILL OF MANAGING BEHAVIOR

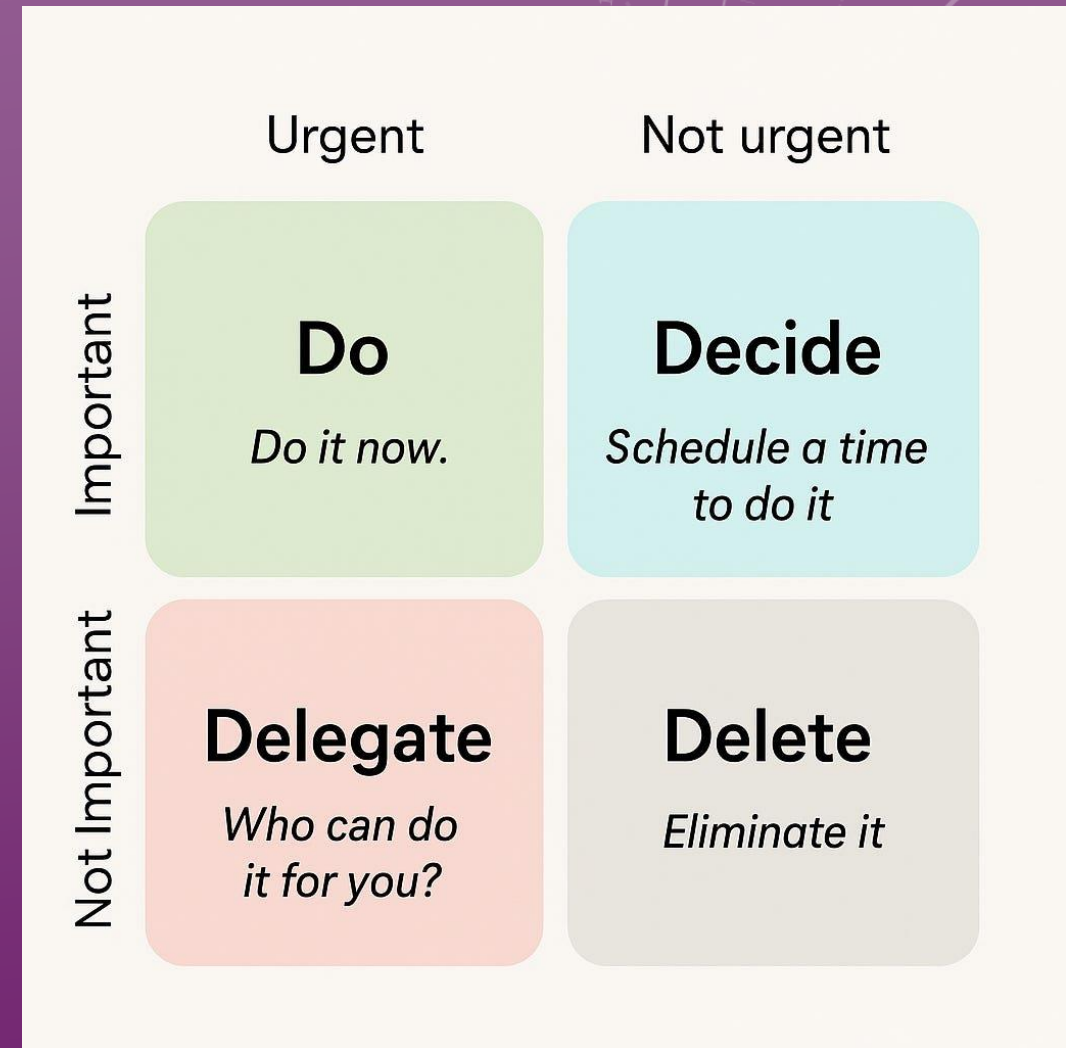
- Is a basic need
- Positive, negative, none
- Whatever you put your attention on, you give power to
- Paying attention to someone is one of the best things you can do (and it's free)
- The things you ignore go away (after an extinction burst)
- It's the most effective tool in your toolbox

CO-REGULATION

Their nervous system affects your nervous system, and vice versa.

A dysregulated person can pull others into fight/flight too. Suddenly you're speaking faster, becoming defensive, overexplaining, arguing, appeasing, or wanting to escape.

"You can care deeply about someone without absorbing everything they are carrying."



REFRAMING AND OPTIMISM

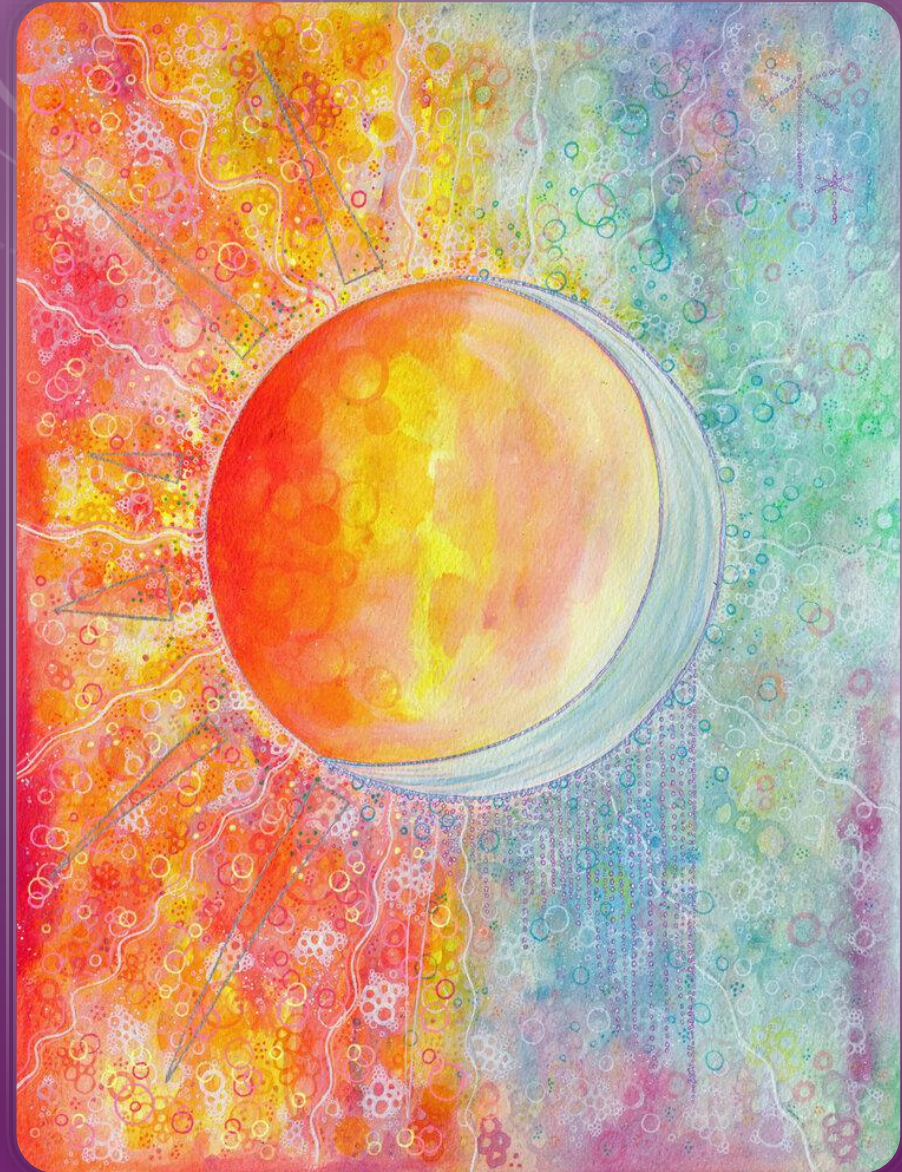
Ways to incorporate this skill include:

- Become aware of your thoughts and feelings.
- Match each negative thought with a positive thought.
- Identify your positive attributes (focus on the positive!).
- Count your blessings: What good things happened to you today?



TIPS TO INCORPORATE THE PRACTICE OF REFRAMING

- Ask yourself what can be learned from the situation.
- Take adequate time to grieve, and then move on.
- Make a list of positive aspects of a negative situation.
- Repeat a word or phrase to reinforce a sense of centeredness.

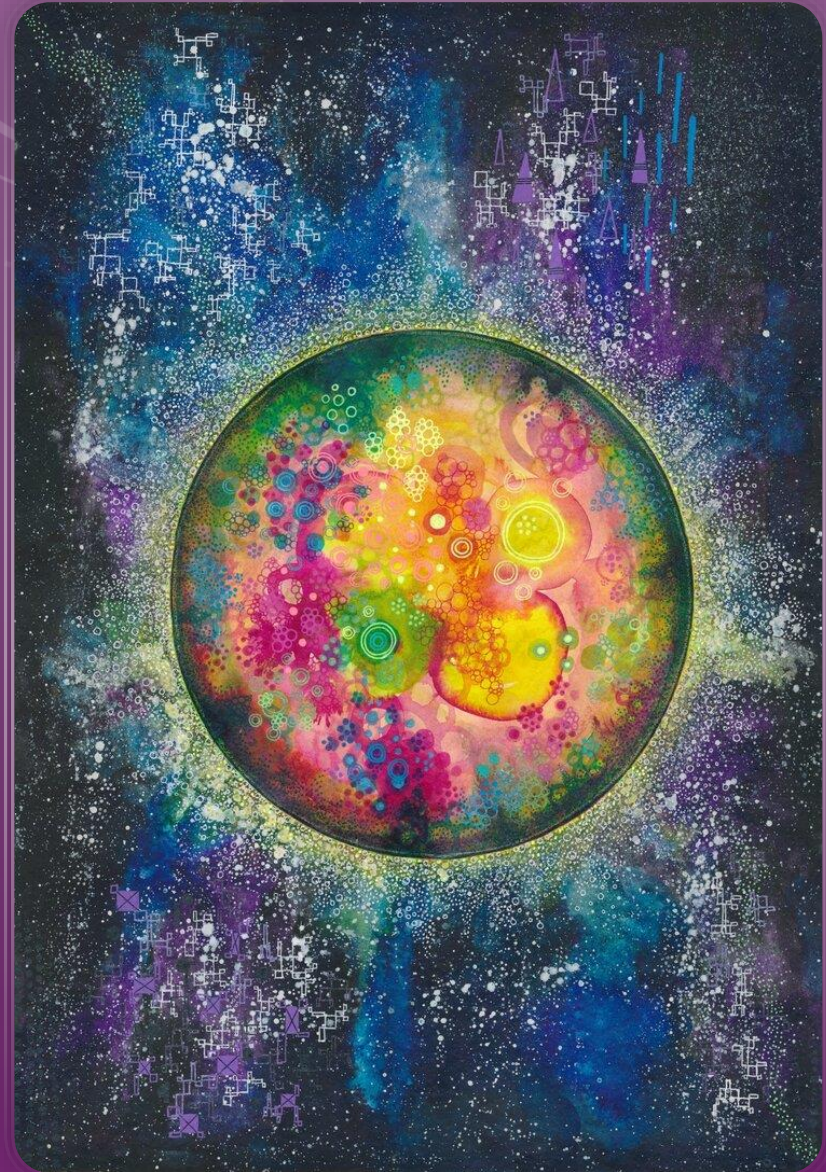


5 MINUTE GOALS

Promote Action

Reduce negative feelings like dread, delay, & procrastination

Can promote the release of Dopamine-
which helps improve mood





HOBBIES AND INTERESTS: FINDING JOY!

Hobbies help us make order out of chaos.
Hobbies help us transition from work to play.
We need to prioritize these activities

What does your relationship with hobbies look like today?
Do you want to make any changes?

COMMUNITY

Research shows that friends and family are essential to help buffer stress

provides a sense of belonging, support, and shared identity, which are crucial for individual well-being and societal strength.

fosters connections, offers a safety net during difficult times
contributes to overall happiness and mental health.

When we feel significant or important the body releases serotonin, another hormone that helps us feel good



SELF COMPASSION

Talk to yourself the way you would talk to a loved one.

You deserve the same kindness, respect, and care that you give others.

When in doubt you can always ask yourself: “What would I tell my best friend in this situation?”



MASTERY REMINDER

- Each stress reduction technique is a skill that requires practice.
- Patience and consistency are needed to build skills, please treat yourself with kindness when you're learning new things!
- The more you do it, the better you will become at it.





DISCUSSION

What resonates with you?

Do you already use any of these tools and strategies?

Is there anything you're hoping to try?

You can add any additional notes, reflections, or changes to your toolkit.

Feedback Request!



https://docs.google.com/forms/d/e/1FAIpQLScpPtYMHvWW59yXlky_nEP89Q6MzQPgWFOE9wfDoOmaJR6iVOg/viewform

ADDITIONAL RESOURCES

Worcester Addresses Childhood Trauma

- <https://www.worcesteracts.org/series/trauma-training-tuesday>

Lumos Transforms

- <https://lumostransforms.com>

Harvard University – Center on the Developing Child

- <https://developingchild.harvard.edu/resource-guides/guide-executive-function/>

