

# Co-Regulation: Being present to lend calm and support relationships.



Our brains are *wired to connect and respond to each other.*



We can send and receive signals with our body language, tone of voice and facial expressions to feel safe and connected.



We mirror each other's emotions; when we feel calm ourselves, we can help others find their calmness.



Co-regulation is a soothing *two way* interaction that helps to buffer stress and form *trusting relationships.*





**Amygdala\* detects threat.**

(Visible or hidden stressor.)

**Stress alarm turns on.**

(Fight or flight response/ safety-seeking behaviours.)



**Co-regulation cues safety and stress alarm turns off.**

**Thinking, learning, problem-solving brain becomes accessible.**

## Take a Pause

Benefits of taking a pause when co-regulating:

It invites us to expand our awareness, connect with self and others and respond with calmness.

It shines the light onto the present moment with compassion.

It gives our “thinking brain” time to get activated.



### TO FIND YOUR CALM:

## Take a Pause

- **Breathe**  
Inhale deeply, exhale slowly – repeat six times.
- **Sense**  
Notice five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- **List/Name/Count**  
Favourite shows, fruits and vegetables, books, count backwards from 20, etc.

### TO LEND YOUR CALM:

## Remember ABC's

- A Awareness**  
Actively listen with your ears and eyes, stay present, look for stressors and reduce them.
- B Breathe**  
Pace your breathing and model this for the person you're with.
- C Cue physical and emotional safety**  
Slow down your movements and words, use a calm tone of voice, and relate to the feelings being expressed.

\*Amygdala – a part of the limbic system / mid-brain connected with the body's fear and stress response.