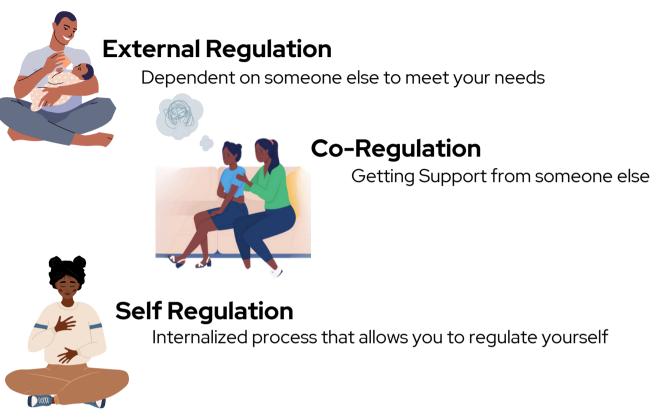


What is Regulation?

Regulation is a term that describes a person's ability to understand and effectively manage and respond to an emotional experience.



The 3 Rs of Emotional Regulation Sequence of Engagement

Regulate

Reinforce safety and support regulation of the nervous system helps to calm the reptilian brain's from flight, fight, freeze, and fawn responses.

Relate

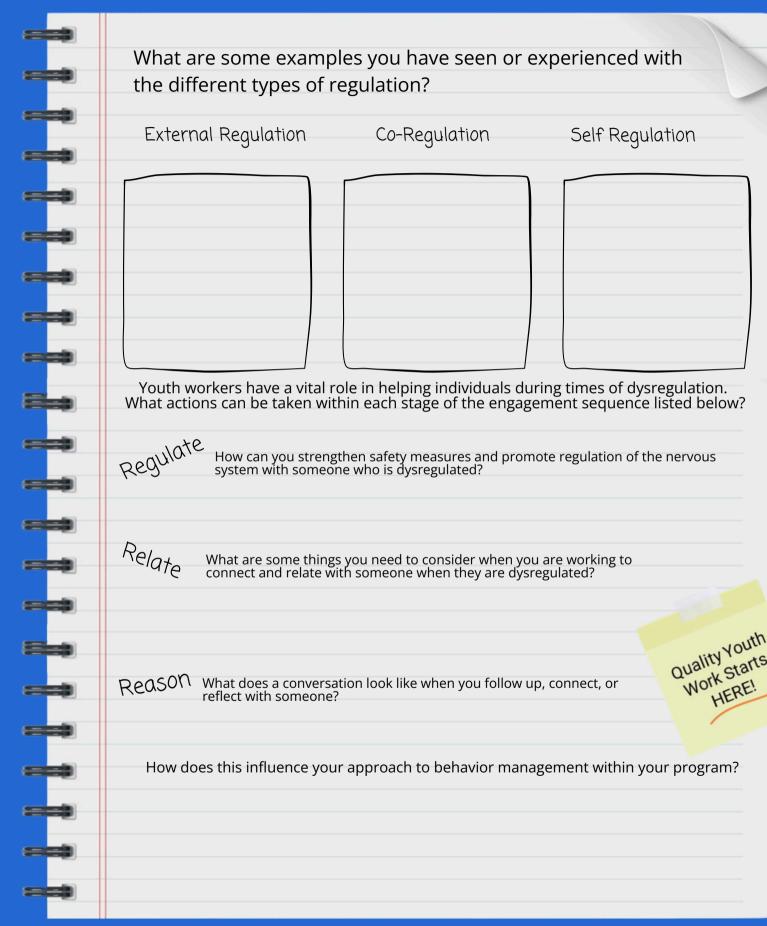
Relationships matter. Connecting with trusted people and a supportive routine helps support the limbic/ mammalian brain.

Reason

Reflection and collaborative or supportive problem-solving.

By Dr. Bruce Perry, M.D., Ph. D.

Co-Regulation



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