

What is Regulation?

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



External Regulation

Dependent on someone else to meet your needs



Co-Regulation

Getting Support from someone else



Self Regulation

Internalized process that allows you to regulate yourself

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.

Co-Regulation

What are some examples you have seen or experienced with the different types of regulation?

External Regulation

Co-Regulation

Self Regulation

Youth workers have a vital role in helping individuals during times of dysregulation. What actions can be taken within each stage of the engagement sequence listed below?

Regulate

How can you strengthen safety measures and promote regulation of the nervous system with someone who is dysregulated?

Relate

What are some things you need to consider when you are working to connect and relate with someone when they are dysregulated?

Reason

What does a conversation look like when you follow up, connect, or reflect with someone?

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How does this influence your approach to behavior management within your program?