

## 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

What practices are you comfortable with that help regulate or reinforce safety? What practices do you use, or could you use, to support young people before dis-regulation?

Relate

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

Reason

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

Quality Youth  
Work Starts  
HERE!

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