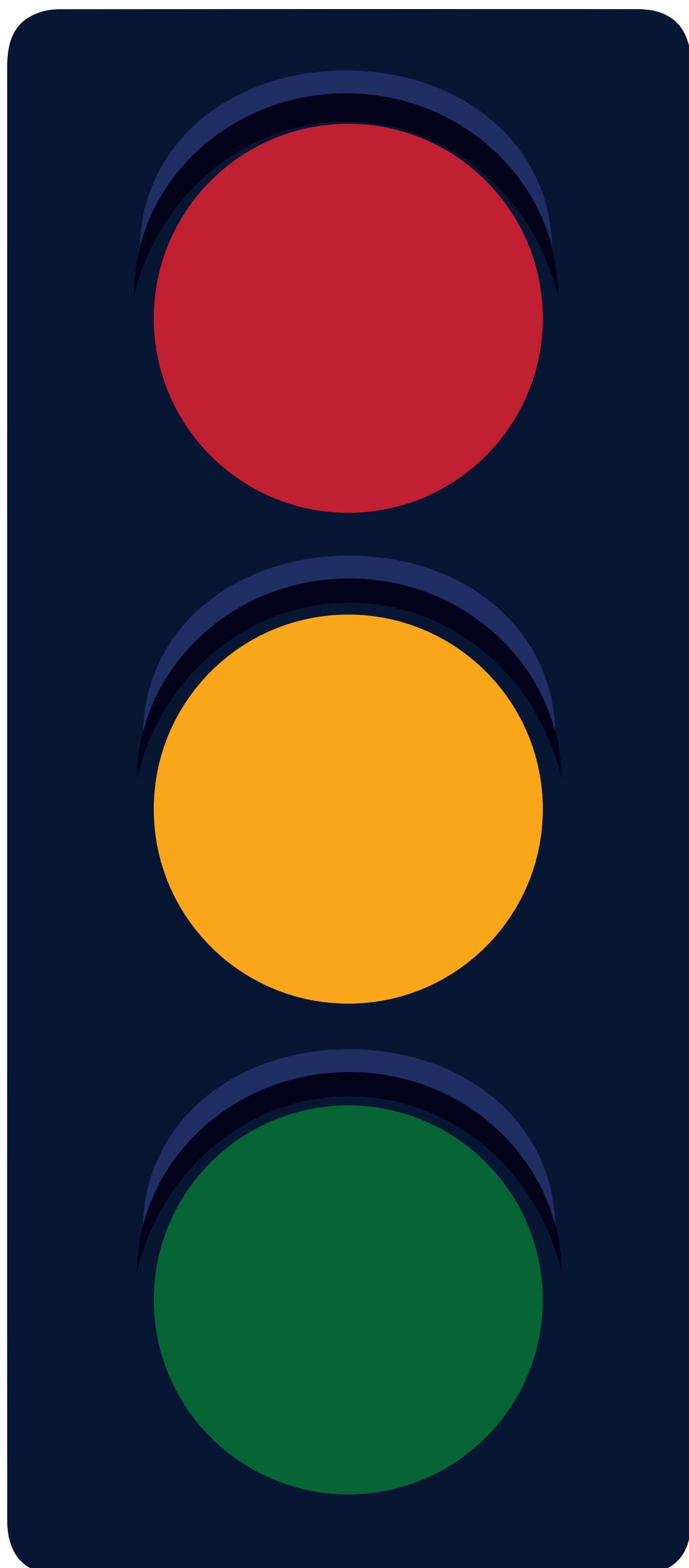


SELF REGULATION -&- EMOTIONAL AWARENESS

A ROAD TO COMPASSION

SOME CAUSES OF DYSREGULATION:

Hunger, Tiredness, Stress At Work, Trauma, Relationships, Environment, Noise



SHUT-DOWN STATE

Hopeless, Overwhelmed, Numb, Frozen

STRESS STATE

Fight or Flight, Reactive, Scattered Thinking

STEADY STATE

Open to Connection, Creative, Problem Solver, Clear-Headed, Acting Compassionately

Deep Breaths

Take A Break

Limit Noise And Stimulation

GO outside

Find Support

Breathe

Ask Questions

Identify the issue

Consider the options

Find Support