

SECTION 3 - EMBODIEMENT, AUTONOMY AND REGULATION

IN THIS SECTION WE ARE PROVIDING A PAUSE
FOR THOUGHT AS WELL AS SOME BASIC
INFORMATION AROUND SIMPLE WAYS TO
ORIENTATE TO SELF REGULATION AND NURTURE.

OVER TIME WE WILL ADD TO THIS SECTION AND
DIRECT YOU TO ADDITIONAL INFORMATION.

IT IS IMORTANT TO NOTE THAT THE
SUGGESTIONS HERE APPLY TO ALL AGES

THINGS TO BE CURIOUS ABOUT

WHEN I FEEL SAFE

I am cheerful

I am helpful

I inspire others

I am encouraging

I make people laugh

I have energy

I want to do things and be involved

I feel pleased when others do well

I listen carefully

I can give other people my attention

I notice how other people feel

I can laugh at my mistakes

I feel grateful for the good things in my life

I share meaningful moments with friends and family

I am creative

I am brave enough to try new things

I feel joy doing things that I love

I am creative

I am able

I feel proud of things I can do or have done

WHEN I AM SCARED

I tell lies

I make up stories

I lose my temper

I won't look at you

I stop speaking

I spoil things for others

I go quiet

I refuse to do things

I shout

I throw things

I run away

I become impatient

I speak sharply

I give up

I make fun of people or things

I attack others

I explode with anger

I get my own back

I am unable to make decisions

I can't concentrate

I am demanding

I lash out

I am mean

I say hurtful things

I laugh at others

I criticise others

I can't focus

I get stuck on something and can't let it go.

(applies to all ages)

I AM SCARED OF

Getting into trouble

Doing something wrong

You not liking me anymore

You making fun of me

You getting cross with me

Disappointing you

The sound of your voice if you are impatient or angry

You disapproving of me

You leaving me

When no one will help

If we are not friends anymore

If you like someone else better than me

If I am not good enough

Being misunderstood

AND SENTENCES

I am a really good swimmer

AND

I am grumpy getting out of bed

I am helpful in the house

AND

I lose my temper sometimes

I am cheerful and make people laugh

AND

I have a very messy bedroom

I remember all my friends' birthdays

AND

I get huffy when things seem unfair

People are rarely all good or all bad, in fact nothing is all one thing or another. Most people, relationships and situations are several things all at one. Practice using AND in sentences when describing things and consider both or all things to be true.

SOME THINGS WE CAN SAY WHEN SOMEONE IS STRUGGLING OR DISTRESSED

Are you able to tell me more?

Is there anything that you want to say?

Can you help me understand?

Are you hurting?

Is there anything you can tell me that will help me to
know you better?

Can you describe how you feel inside?

What story is your head telling you just now?

THINGS WE CAN DO TO HELP OURSELVES AND EACH
OTHER

A DAY OF CONTENTMENT AND SATISFACTION

If you were to plan a day where you felt completely content, without any worries, knowing that everyone you love is happy and safe, that they have everything they need, where you have no tasks or jobs to do and you are free to enjoy all of your favourite things..... What would you do?

What would you choose to eat?

What kind of furniture or equipment would you need? A comfy couch or a space outside?

What would you be wearing? What are you most comfortable in or what makes you feel your best?

Who would you be with? Who are your favourite people or pets? Whose attention would you want and who would you want to share your time with?

What would your favourite thing be to do? What makes you feel relaxed? What helps you daydream or lose track of time? What is the most fun and makes you laugh?

(caveat – not a screen even although some games are great like Fall Guys, and I could play any one of you!!!)

A DAY OF TRIUMPH

What things have you done that have made you feel triumphant?

Chose a time that you punched the air or shouted Yeah or couldn't stop smiling because you were bursting with happiness or pride.

Do you have something that reminds you of that day?

A lucky jumper, a hat, a medal, a certificate, a gift, a card?

What makes you feel alive?

What makes you say 'I could do that; I can do that!'

What things would you try if you knew that you would definitely succeed?

What things seem exciting or interesting that you would love to have a shot of?

SELF-HOLDING

(source Peter Levine)

1. Side of Head Put your hands either side of your head. Imagine they are a container to hold your thoughts. Notice the sensation between your hands.

2. Front and Back of Head Now move your hands to the forehead and back of your head. Feel your hands containing your thoughts. Notice how your hands feel against your head.

3. Forehead and Heart Take your hand and gently place it on your heart. Think about how it feels holding your hands here, notice your embodied emotions. Bring your attention to the space between your hands, notice the connection.

4. Heart and Stomach Place a hand on your stomach. Notice how this feels in your body. Perhaps you notice a warmth or a pulsing sensation. Be aware of the safety you are creating within your body.

5. Solar Plexus and Base of Head One at a time, place your hand on the back of your head and move the other to your solar plexus region (just below your rib cage.) We experience a range of emotions here.

6. Solar Plexus and Stomach Put your hand to your stomach. Notice the warmth of your hands and the calming sensation they provide. Direct your breath into this area. Try to breathe with compassion and acceptance.

SNUG SWAY SOOK

Cross your arms over your body and squeeze your shoulders with your hands.

Sook on a sweetie – remember, now NO chewing!

Sway gently from side to side while you enjoy sooking on your sweetie.

How does your body feel? You can do this on your own or with others.

If you do it with others you will probably smile and chat too – so what's not to love?

TAPPING

with scripting Self-scripting while tapping helps to process emotions during moments of personal distress and upset.

This technique can help with 'emotional hangovers' - the blocked feeling you experience when your body just can't seem to shift the lingering emotion.

The "even though I feel" gives acceptance and acknowledgment to the emotion.

The follow up statement helps to release it. Write down the emotion or emotions you feel.

Give them a number out of ten to reflect their intensity.

Choose the most intense emotion to begin with.

As you tap on each point say out loud the following...

Tap on head

Even though I feel (anxious) I choose to feel less
(anxious)

Tap on eyebrow point

Even though I feel (anxious) I accept it

Tap on temples

Even though I feel (anxious) I choose to let it go

Tap under eyes

Even though I feel (anxious) I thank it for protecting me

Tap under nose

Even though I feel (anxious)

I thank it for being there

Revisit the intensity of your emotion and score it.

Is there another emotion that comes through, is there something different to tap on. Repeat as many times as you wish, or ideally until the intensity has reduced to 1.

Tap on chin

Even though I feel (anxious) I choose to take control now

Tap under collar bone

Even though I feel (anxious) I need that energy for me

Tap under arm

Even though I feel (anxious)

I choose to let it go Tap karate chop Even though I feel (anxious) I'm releasing it

BUTTERFLY HUG

This simple but lovely technique is effective in helping to reduce anxiety and bring the body back to a place of regulation.

Begin by crossing your arms over your chest so that the middle finger of each hand is placed below the collarbone and the rest of your hand covers the area from your shoulder to your sternum or breastbone.

Hands and fingers must be vertical and pointing towards the neck and not your arms.

You can interlock your thumbs to form the butterfly body and your hands will be the wings.

Your eyes can be closed or looking down towards your nose or the floor in front.

Next you can alternate the tapping of your fingers so that your hands are flapping like the gentle butterfly wings.

Breathe deeply and slowly and begin to feel into your body.

Let all your thoughts float through your mind, let them pass, don't hold onto them.

Notice as your body begins to feel calmer.

FEATHER BLOW

Using a feather, place it on your hand and blow it to the person beside you. If your hands are sticky, place the feather on the back of your hand. See how many friends want to join in or choose a favourite person to have a go. Can you do it further away from each other?

FEATHER TOUCH

Together we are going to play a game to see where the feather touches your skin. Close your eyes and see where you can feel it? It's ok to keep your eyes open if you feel unsure. (Adult models for the child eyes closed. Only touch exposed skin e.g. hands, face, arms, legs. We often talk about it being a bit tickly)

5 Things

Put your feet on the floor and feel your weight sink into the chair.

Can you name 5 things that you see around you?

Can you name 4 things that you can hear around you?

Can you name 3 things that you can feel?

Can you name 2 things that you can smell?

You can even eat something and concentrate on the taste.

Do you notice that you feel more present and grounded?

There are many things you can do that are nurturing for your body and will help you to live in a place of ease where your body is balanced and coherent.

Some other suggestions to explore are;

Play

Sing

Draw

Story massage

HeartMath

Theraplay

Movement – whatever you enjoy

Body work

Cranio-sacral therapy

Mindfulness

EMDR

Brainspotting

QEC

We will expand on and upload additional information in 2025