

Pro-D
MODULE FOUR

Self-Regulation
For
Co-Regulation



OUR CALM INVITES THEIR CALM

Created by Kristin Wiens
@kwiens62

OVERVIEW

The main focus of these 4 modules is on your own self-regulation.

We believe strongly that the best way to help a child become regulated is for the adults to first be regulated themselves.

These four modules were created as part of my personal learning of [Shanker Self-Reg®](#) through [THE MEHRIT Centre's Foundations and Facilitator Program](#). I have been given permission by The MEHRIT Centre to share these modules with my community.

OVERVIEW

Daily Schedule

1. Breathe
2. Reflection
3. Self-Reg Learning
4. Self-Reg for You
5. Choice Activity
6. Wonder Child
7. Connect & Reflect

OVERVIEW

DEMONSTRATE YOUR LEARNING

Options

As you work through the material you may want to respond to the questions, prompts and learning materials in a way that best suits you.

Consider the following options:

- A reflective journal - paper & pen
- A digital journal - open a new file especially for this
- A blog post
- An art journal
- Sketchnote(s)
- Other reflective practice

Please feel free to record as much or as little as works for you today.

We hope that you will be able to enjoy this mini learning journey.

OVERVIEW

THIS WEEK

Each day we will touch on one part of Self-Reg based on the work of Stuart Shanker from the Mehrit Centre. (Find more information [here](#).)

This plan may be subject to change. Together we will navigate the week ahead and whatever comes our way.

Module 1:

- Self-Reg: Reframe the Behaviour

Module 2:

- Self-Reg: recognize Stressors - 5 Domains

Module 3:

- Self-Reg: Reduce Stressors

Module 4:

- Self-Reg: Reflect & Respond

Module 4

Schedule

1. **Breathe**
2. Reflection
3. Self-Reg Learning
4. Self-Reg for You
5. Choice Activity
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7. Connect & Reflect

BREATHE



Schedule


1. Breathe
- 2. Reflection**
3. Self-Reg Learning
4. Self-Reg for You
5. Choice Activity
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REFLECTION

Reflection

Consider the following list (next page):

1. What is one point that was a good reminder?
2. What is an action step you might take in response?
3. What would you add to the list (or create a brand new list)?

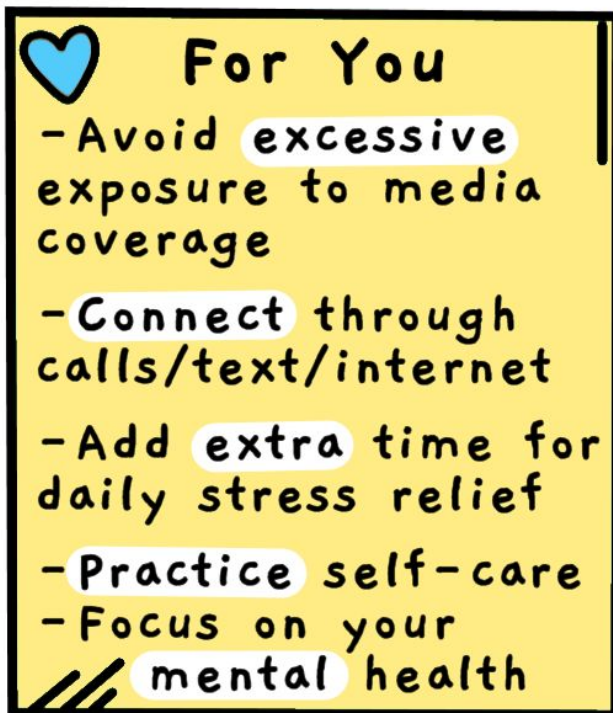


The word "HOPE" is written in a hand-drawn, blocky font. Each letter is filled with a different color: 'H' is teal, 'O' is yellow with a pink heart inside, 'P' is light green, and 'E' is light blue. The letters are outlined in black.

@kwiensb2

Reflection

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting



For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure



For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

By Dominee of Blessing Manifesting

Go back and look at the 3 reflective questions

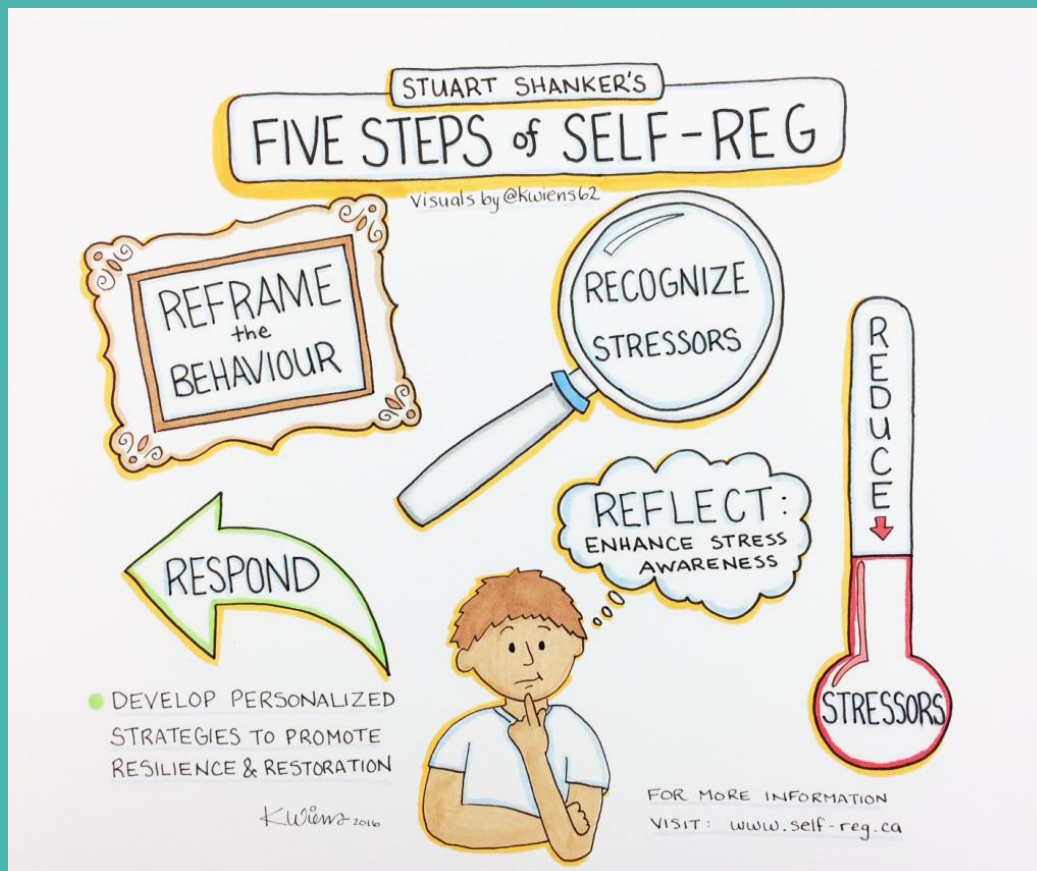
Schedule

1. Breathe
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SELF-REG LEARNING

Shanker Self-Reg®

- Together we have looked at two practices: Reframe the Behaviour & Recognize the Stressors.
- We explored the idea of “Reframing the Behaviour”. Instead of “misbehaviour” can we see “stress behaviour”?
- We examined stressors in 5 domains: biological, cognitive, emotion, social & prosocial.
- We explored ways to reduce the stressors.
- In this module, we will look at the next two practices:
 - **Reflect** and Enhance Stress Awareness
 - **Respond** with Personalized Ways to Support Restoration and Resilience



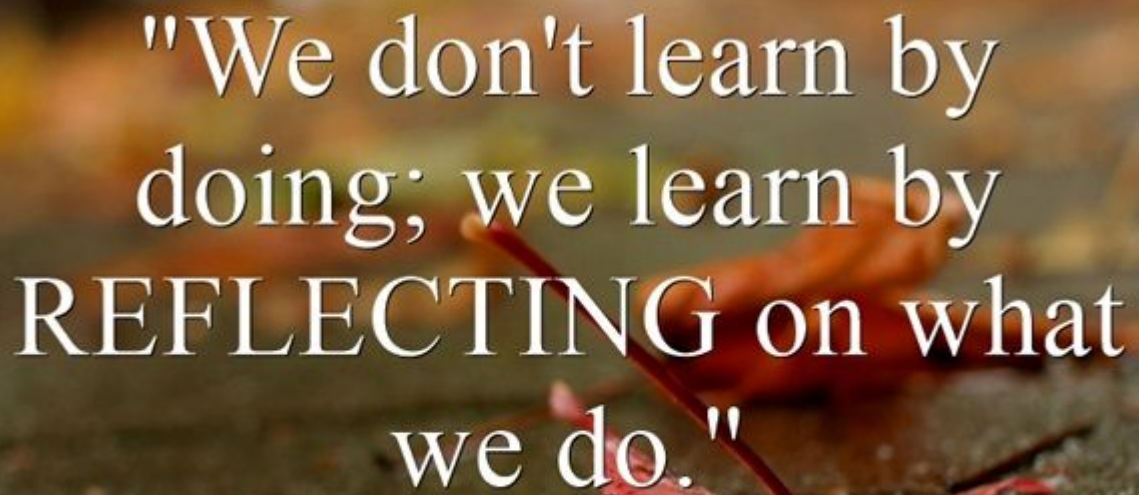
Reflect

Reflect

REFLECT AND ENHANCE STRESS AWARENESS

- In the fourth practice of Stuart Shanker's Self-Reg model, we intentionally think about our stress.
- More than just *thinking* about our stress, we **reflect** on our experience with stress.
 - How does it feel when you are experiencing calm?
 - How does it feel when your stress level seems unmanageable?
- Stress and calm will feel different for each of us.
- If you become more familiar with what calm feels like for you personally, perhaps you will notice sooner when you are moving away from calm.
- Noticing when our stress level is increasing can give us an opportunity to respond wisely and kindly. We may be able to avoid “flipping our lids”.

Reflect



"We don't learn by
doing; we learn by
REFLECTING on what
we do."

Dewey

Respond

Respond

Respond with Personalized Ways to Support Restoration and Resilience

The 5th practice of Self-Reg is **respond**. Using the knowledge we have gathered in the previous four practices, we intentionally plan to maintain a healthy and regulated lifestyle.

This lifestyle includes awareness of our stress load and a commitment to **respond** in restorative and self-nurturing ways.

Respond

- When you create a plan to respond to the stress in your life, avoid strategies that rely on self-control.
- Exerting self-control actually drains your energy, especially over time. In fact, it can lead to an even higher level of stress.
- Additionally, when we “run out of self control” we tend to judge ourselves and become self-critical.
(Self-Criticism is not good for our Self-Reg.)

SELF-REGULATION MAKES SELF-CONTROL POSSIBLE (not the other way around)

Self-regulation seeks to identify and reduce the causes of problems in mood, thought, and behaviour.



Self-regulation is always searching for hidden stressors.

Self-control seeks to inhibit or manage such problems only when they arise.



Self-control looks only at surface behaviours.

The image above is one section of a larger infographic available from The MEHRIT Center. If you are interested, you can see the full chart on their website. [View Here](#)

Respond

Watch this video: Dr. Shanker explains the important distinction between **self-control** and **self-regulation**.

[Video Link](#)

(5 mins)



Self-control is about trying to inhibit impulses.

Self-regulation is about reducing the incidence and intensity of impulses in the first place.

DR. STUART SHANKER
www.self-reg.ca

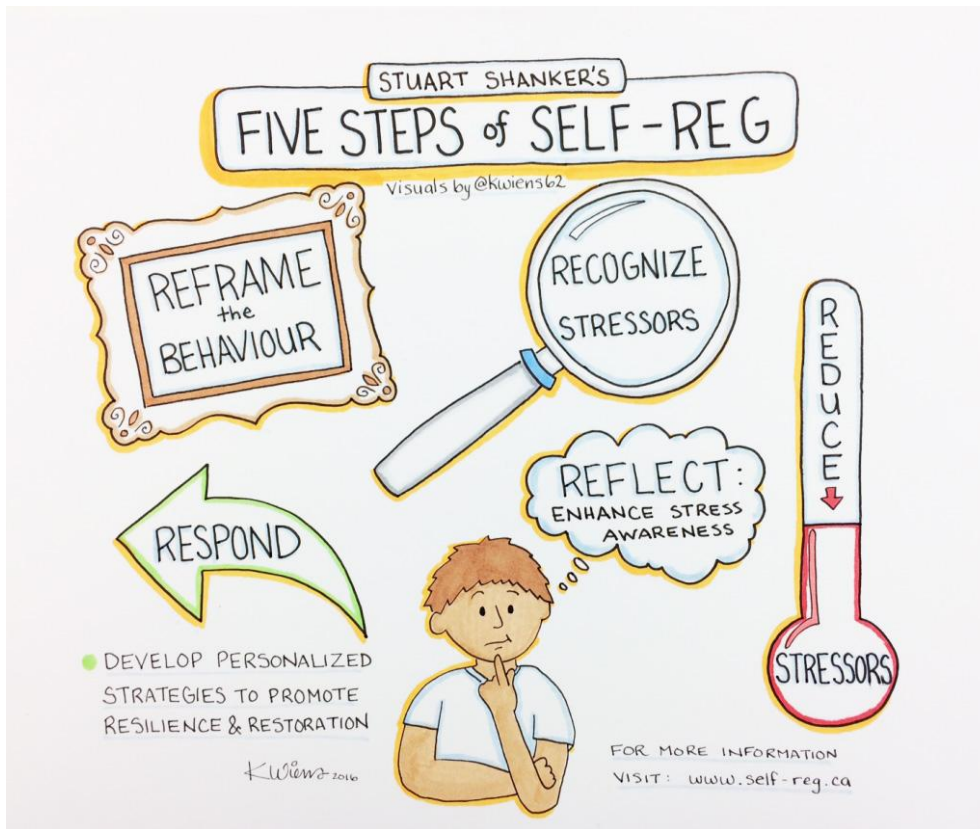
Reflect & Respond

Select **one** of the options
on the next two pages:

Self-Reg Learning
Option A: **Videos**

Self-Reg Learning
Option B: **Articles**

Self-Reg Learning: Option A



Option A: Videos

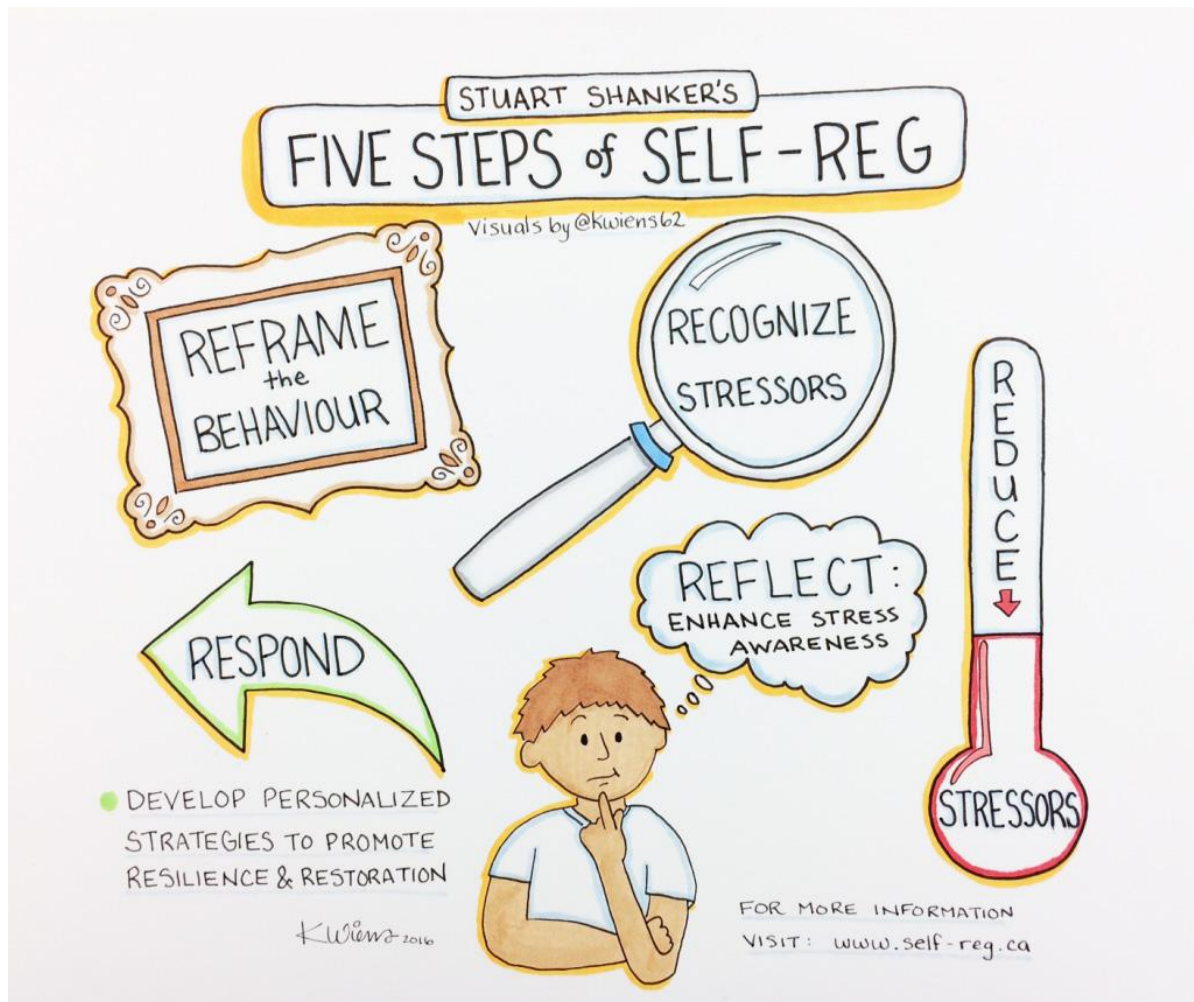
"Lend Them Your Calm": A Conversation on Excessive Stress and Schools with Susan Hopkins

Part 1: [Video Link](#) (10.5 mins.)

Part 2: [Video Link](#) (14 mins.)

(*Optional*) Part 3: [Video Link](#) (16.5 mins.)

Self-Reg Learning: Option B



Option B: Read Article

**How to Cultivate Well-Being in Teachers and Students BY JILL SUTTIE | JULY 21, 2014
(Greater Good Magazine)**

[Article Link](#)

Reflect & Respond: Action Step

Take a few minutes and start creating a plan to **reflect & respond** to stressors in your life.

Creating your plan over a period of time is often best.

There is no need to complete this in one sitting.

On the following slides are some **options** for templates you may want to consider **OR** you can record your plan in a way that best suits you.

Reflect & Respond

Sample

DAILY SELF-CARE

To-Do List

Physical Needs

Emotional Needs

Affirmations

Today I Feel...

"Quote"

BlessingManifesting.com

Water: ○○○○○○○○

[Free Download](#)

Reflect & Respond

Sample

Self-care list

♥ NAME

♥ SELF-CARE THINGS

♥ THIS MAKES ME HAPPY

1

2

3

4

5

6



♥ AFFIRMATION

♥ INSPIRATION

BALANCE IS NOT SOMETHING YOU FIND, IT'S CREATED

[Website Link](#)

Reflect & Respond

Sample

 30 Minute *Self Care*
Fill in the boxes with activities you can do to cope for each section.


Rest/Relaxation


Expression

I need..


Health/Spirituality


Companionship

[Free Download](#)

Reflect & Respond

Sample

SELF-CARE

BODY * MIND * SOUL

BODY

MIND

SOUL


JILLCONYERS

[Free Download](#)

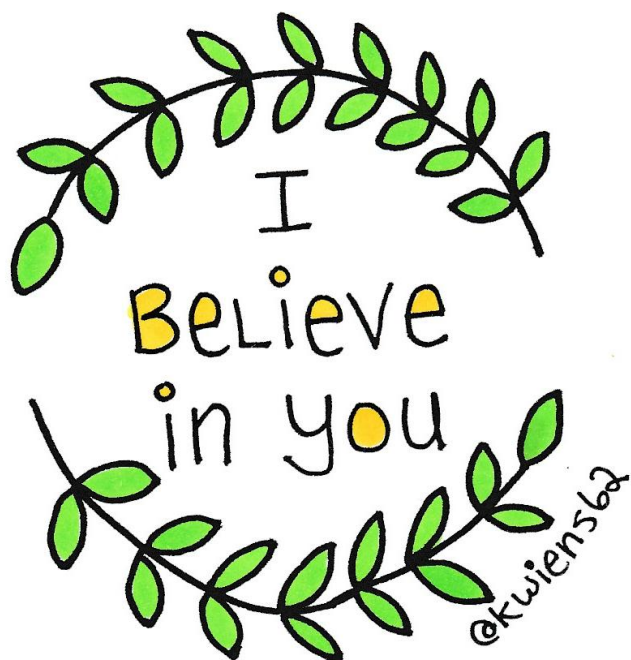
Reflect & Respond

The best plans are always plans that are flexible and adjust as our needs change.

There are a lot of changes in all of our lives right now. At times like this, finding room in our days for restorative and self-nurturing practices is more important than ever.

We have adjusted to big and small changes before. We can do it again.

With a Self-Reg plan in place, we can navigate the changes with greater strength, kindness and compassion.



Schedule

1. Breathe
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SELF-REG FOR YOU

Self-Reg for You

Are your answers today different from yesterday?

Think back to yesterday and reflect on the following:

- When do you remember feeling the most calm?
- What did it feel like in that moment?
- What factors contributed to that moment being the most calm?
- Can you create similar conditions at any point today?
- If you had a friend in the exact same situation as you are in right now, what would you recommend to them that would help them be a little bit calmer?
- Can you do this?



Self-Reg for You

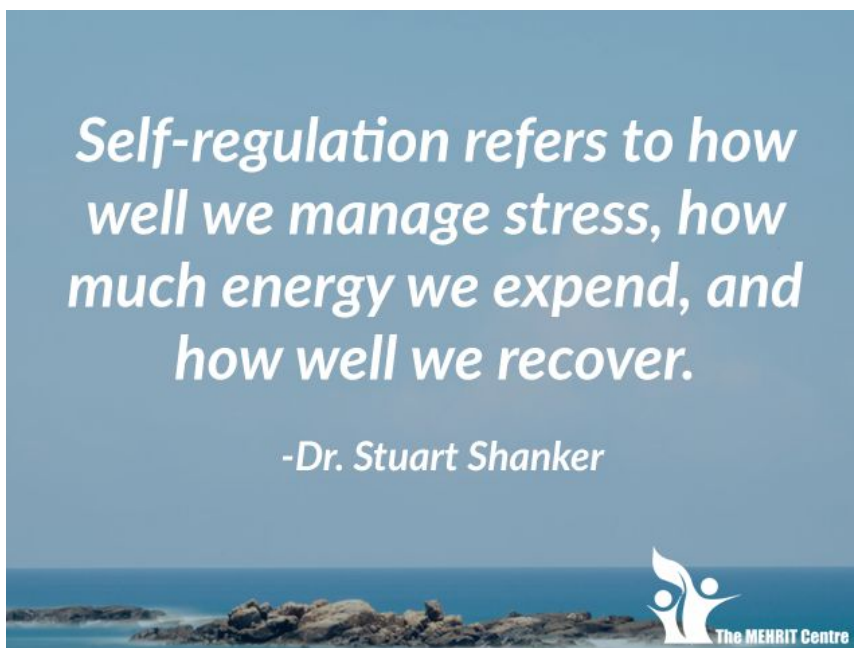
Add one thing to today's schedule that would be good for your own self-regulation. **You can add the same thing that you added previously or try something different.**

Things to consider:

- Kitchen Dance Party
- Prepare a healthy meal
- Nap
- Storytime & snuggles with the kids
- Writing 3 gratitudes
- Create a playlist that makes you smile
- Facetime a friend or family member
- Art Journaling
- Guided meditation practice: [audio link](#)
- Mindful yoga (37 mins.): [video link](#)
- Mindful yoga (20 mins.): [video link](#)
- **Something that is restorative to you**

Self-regulation refers to how well we manage stress, how much energy we expend, and how well we recover.

-Dr. Stuart Shanker



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CHOICE ACTIVITY

Choice Activity

(These options will remain the same all week.)

Videos / Podcast:

- Brene Brown podcast (*NEW* covid-19 specific): [web link](#)
 - I highly recommend this one
- Self-compassion: [video link](#)
- Treating yourself with kindness: [video link](#)
- Self-Care: What it really is: [video link](#)

Explore one of these professionals online (google search, YouTube, websites, etc):

- Dr. Daniel Siegel
- Dr. Jody Carrington
- Dr. Vanessa LaPointe
- Barbara Coloroso



Choice Activity Continued...

(These options will remain the same all week.)

Kid Friendly options:

- Create a visual schedule for your new at-home routine(s)
- Watch Inside Out (make connections to Self-Reg):
 - Disney + or YouTube
- Watch Finding Owen 20/20 special: [video link](#)
 - And/or watch "Life, Animated": [video link](#)
- Watch Temple Grandin: [video link](#)
- Make a collage with your kids about things that make them happy
- Make a gratitude jar or journal: [link to "My Gratitude Jar"](#)
- Create a calm down kit full of items that help you and your child feel calmer
- Do a kids yoga video together: [website link](#)



NEW

CHOICE ACTIVITIES

DR. DANIEL SEIGEL

Mindfulness and Neural Integration:

TEDx

This video looks in more detail at the concept of “flipping our lids”

[Video Link](#)

(18.5 mins)

SELF-REG ARTICLE

“Why It’s Self-Reg, Not Self-Control

That Matters Most”

by Barbara King

[Article Link](#)

PALOUSE MINDFULNESS

Free Online Course

Mindfulness-Based Stress

Reduction (MBSR)

(This is a **free** 8-week/ self-paced certificate program.)

You can also just check out the resources.

[Website Link](#)

CHOICE ACTIVITY: OPTIONS



5 MOORE MINUTES!
With Shelley Moore

5 Moore Minutes Quarantine Book Club

Instagram Live: 9:00 am every day:
@FiveMooreMinutes

You don't even need to read the
book to benefit from this time.

Current book: Uniquely Human
by Barry Prizant

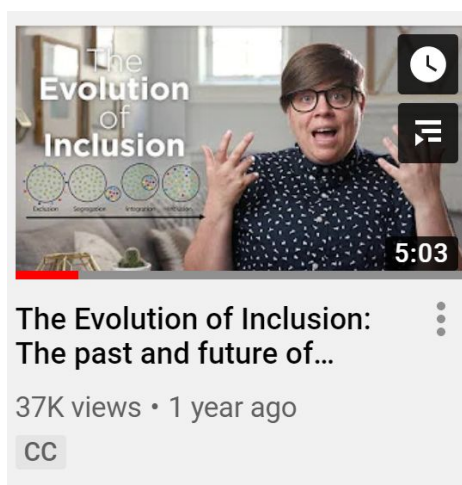
Next book: Kids These Days
by Jody Carrington

Previous sessions are available here:

[YouTube link](#)

CHOICE ACTIVITY: OPTIONS

MOORE SHELLEY MOORE Options



Video Series [Link](#)

ABOUT 5 MINS. EACH



The Sweeper Van by Shelley Moore

YouTube Videos [Link](#)

CHOICE ACTIVITY: ADDITIONS



Therapy In A Nutshell:
Coronavirus Anxiety and
Your Ancient Brain: 10 Skills
to manage anxiety when the
news is scary

[Video Link](#)

(15 mins.)

**This channel has a
lot of other good
videos about stress
and the brain.**

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WONDER CHILD

Wonder Child

Think of a student or child in your life.

For a moment, think to yourself:

- I wonder when this child feels most regulated?
- I wonder what new ways I can connect with this student?
- I wonder how I can more effectively co-regulate with this child?



Schedule

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7. **Connect & Reflect**

CONNECT & REFLECT

Connect & Reflect

You may wish to connect with a colleague to discuss your thoughts about your professional development explorations today. Alternatively, you may prefer to reflect on your own.

Possible topics to discuss:

- Reflection
- Self-Reg
- Self-Reg for You
- Choice Activity
- Wonder Child

Feel free to post your thoughts or creations on social media and tag me.

I would love to see what you are thinking, creating or sharing.

Twitter: @kwiens62

Instagram: kristin.wiens

Facebook: LongStoryShortz

Learn more about Self-Reg, Stuart Shanker and The MEHRIT Centre

Website: self-reg.ca

Courses: [Link to course information](#)

Join their mailing list: [Registration Link](#)

Join the Co-Reg Community (free for 3 months):
[Registration Link](#)

Follow them on social media:

Twitter: @stuartshanker @self_reg

FaceBook: [Link to page](#)



Thank you for taking the time to look after yourself.

“If we want our kids to regulated,
they need to be around people who are regulated”

~Shelley Moore~