

ENGAGE
MORE CONTROL | LESS IMPULSE

Emotional Regulation

a neuroscience session...

SEPLA Conference
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HOW LONG.....?

EMOTIONAL REGULATION

- The ability to 'bounce back' from difficulties
- 'Bounce back' = return to state of emotional control
- To 'return' requires us first to go somewhere

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Activating the Stress Response

STRESSOR

...increased chance going to **DIE**

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FIGHT / FLIGHT RESPONSE

Dry Mouth

Breathing Changes

Stomach purges

Bowel/Bladder may empty

Sight and Hearing Sharpen

Heart Beats Faster

Temperature Change

Blood increase in large muscles of arms & legs

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Intolerable Zone = OSR

Tolerable Zone = Regulation

Need Relationship to Identify

Need Relationship to know how to calm

THE MORE OSR = THE MORE RELATIONSHIP IS NEEDED

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OVER-SENSITISED STRESS RESPONSE OSR

One where the stress response is over-activated **FREQUENTLY**
and/or for **LONG PERIODS** of time

Plus

There is absence of attuned **ADULT SUPPORT**



How to Keep The Survival Brain Calm...

- S**ome **S**ee me....
- B**oys Show me I **B**elong...
- H**ate Tell me what is **H**appening
- C**arrots Give me some **C**ontrol



LOWER BRAIN HAPPY

=

UPPER BRAIN ENGAGED



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