

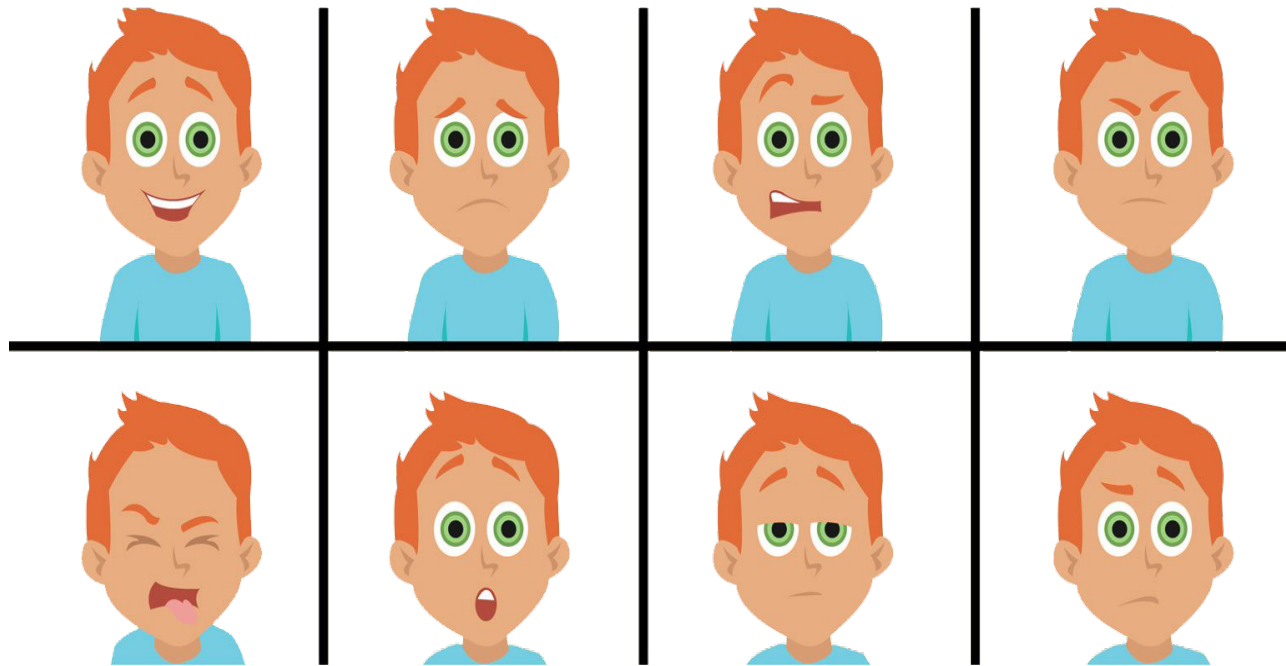
EMOTIONAL REGULATION FOR CAREGIVERS

Anne Peters, MS, LMFT

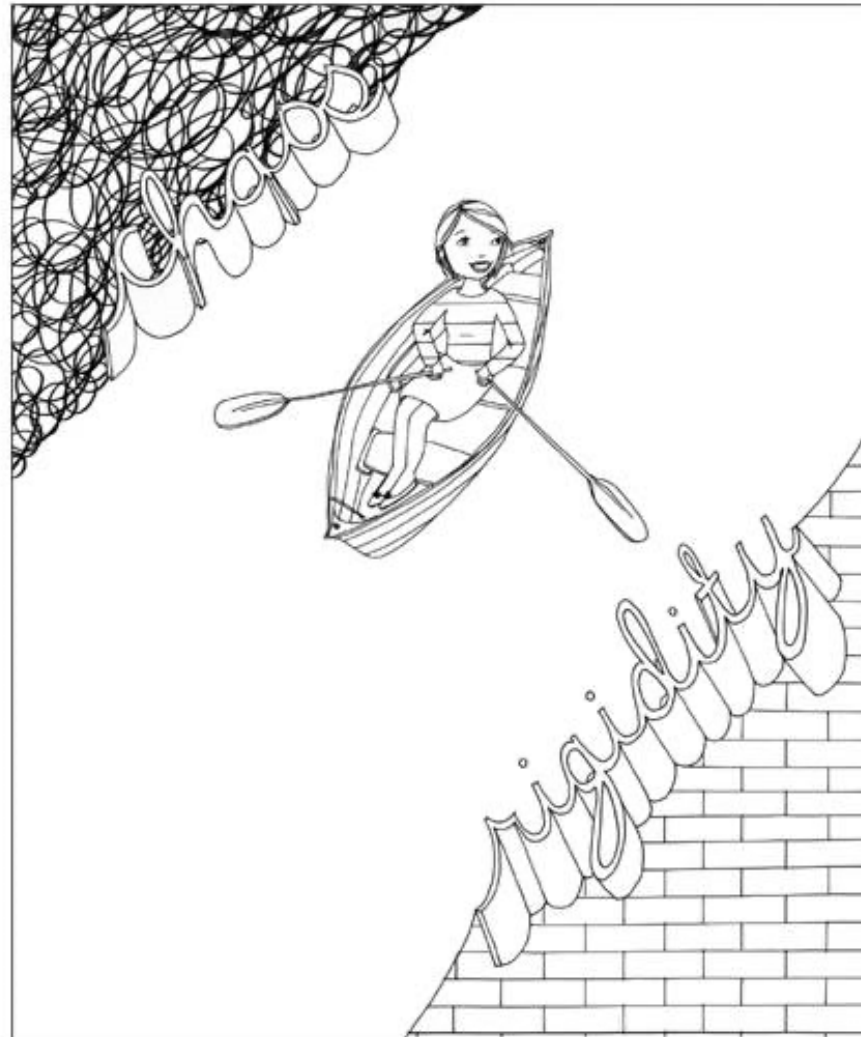


WHAT IS EMOTIONAL REGULATION?

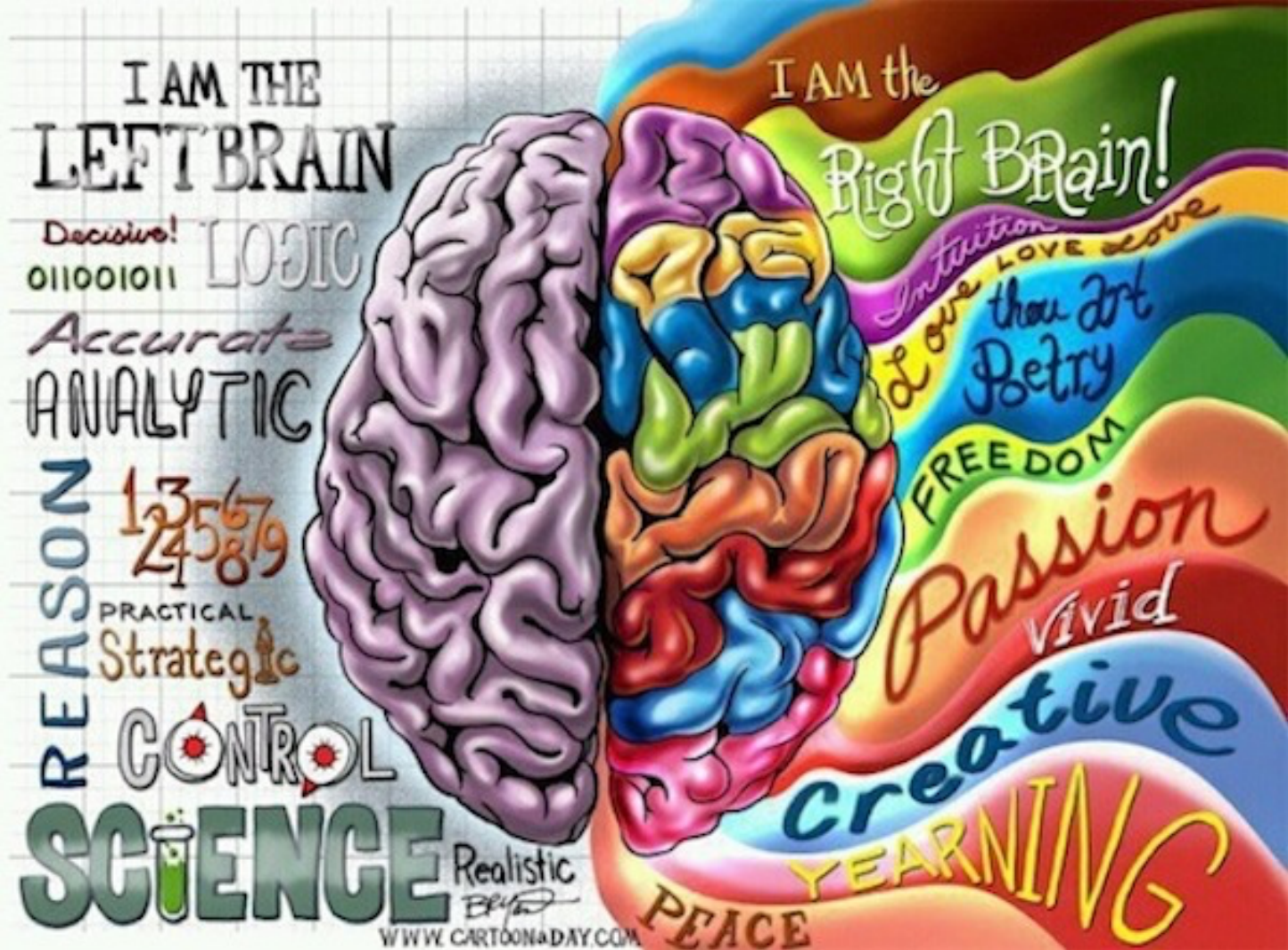
- Emotional regulation is the ability to exert control over one's emotional state



RIVER OF WELL-BEING - INTEGRATION

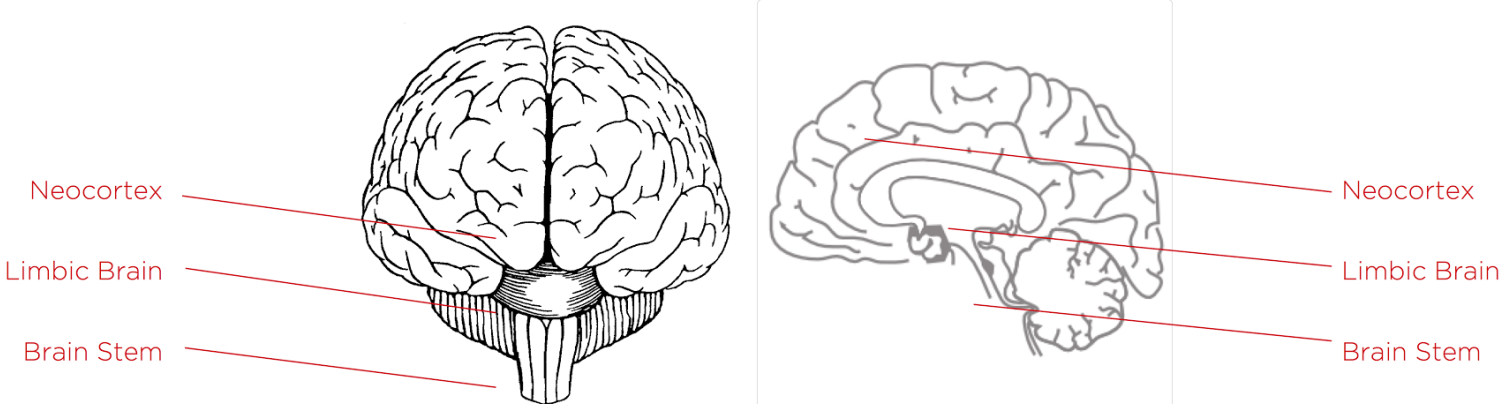


TWO BRAINS ARE BETTER THAN ONE



UPSTAIRS AND DOWNSTAIRS BRAIN

Dan Siegel's handy brain anatomy model



SELF-REGULATION

- Person's ability to provide control over his or her emotional responses to arousing situations
- Being able to do something because it is needed
 - Includes being able to:
 - Inhibit automatic responses
 - Control one's emotions
 - Control attention and cognitive processes
 - Plan and control behavior
 - Delay gratification



SELF-REGULATION

Thermostat

- Senses and measures temperature
- Compares reading to setting
- Communicates to furnace
- Active, intentional process (have to choose what temp to set it at)
- Device actively monitors the environmental temps
- Monitors conditions to maintain optimal temp

Self-Regulation

- Evaluate what you hear, see, smell, touch, and taste
- Compare to what you already know
- Communicates to motor and language systems
- Requires intentional decisions (“I will not raise my voice”) and active processes (walk away)
- Monitors conditions to maintain optimal arousal for given task



WHAT DOES SELF-REGULATION LOOK LIKE?

- Controlling actions when someone drives too close to you
- Controlling your words when your teenager is yelling at you
- Controlling your behaviors in an argument with a spouse
- Reflect on your own example



HOW DOES THE BODY RESPOND?

- Happens in the same part of the brain as reward and emotion processing (prefrontal cortex)
- Emotional responses happen on 3 levels
 - Bodily response (body's reaction to the emotion)
 - Increased blood pressure, increase heart rate, adrenaline rush, cortisol release
 - Behavioral (outward expression seen by person's actions)
 - Experiential (internal experience of an emotion)
- Example: You almost get into a car accident



HOW DO WE BUILD SELF-REGULATION?

- By caring for ourselves – SELF-CARE!

”Taking care of yourself is the most powerful way to begin to take care of others.”



WHAT IS SELF-CARE AND WHY IS IT IMPORTANT?

- Self care refers to activities undertaken with the intention of reducing stress, restoring health, and enhancing energy.
- Benefits
 - Greater capacity to manage stress
 - Increased resilience
 - Improved physical well-being
 - Increase self-worth
 - Taking care of your mind, soul, and body



MYTHS ABOUT SELF-CARE



Self-care is an indulgence



Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.



Self-care is selfish



When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.



Self-care is a one-time experience



Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.



Self-care is time consuming



Self-care does not require you to take out a huge chunk of time from your busy day.





6 Components of self-care



mental

Stimulate your brain with puzzles, reading, & problem solving.



physical

Stay healthy by eating right, exercising, sleeping well & hydrating.



emotional

Cultivate your feelings by writing in a journal, talking about your feelings or being creative.



practical

Keep up with necessary tasks such as work, organization, & making appointments.



relationships

Cultivate relationships by socializing with friends & talking regularly with others.



spiritual

Think about the bigger picture through meditation, nature walks, and/or a belief system that guides you.



EMOTIONAL

Allowing yourself to safely experience your full range of emotions.

- Writing in a gratitude journal
- Saying positive affirmations
- Diffusing essential oils
- Saying no
- Writing yourself a letter
- Connecting with a friend
- Seeing a therapist



PHYSICAL

Activities that help you stay healthy and provide you with energy

- Trying a new workout
- Taking an Epsom bath or long shower
- Eating nourishing foods
- Dancing around your room
- Getting extra sleep
- Laughing out loud



SPIRITUAL

This involves having a sense of perspective beyond the day-to-day of life.

- Going on a nature walk
- Attending a religious service
- Squeezing in a yoga practice
- Volunteering with a local organization
- Trying meditation or another mindfulness practice



PSYCHOLOGICAL

Activities that help you to feel clear-headed and able to intellectually engage with the professional challenges that are found in your work and personal life

- Keep a reflective journal.
- Seek and engage in external supervision or regularly consult with a more experienced colleague.
- Engage with a non-work hobby.
- Turn off your email and work phone outside of work hours.
- Make time for relaxation.
- Make time to engage with positive friends and family.



RELATIONSHIPS

Cultivate relationships by socializing with others regularly

- Going to a workout class
- Walking with friends
- Joining or starting a book club
- Working at a coffee shop
- Organizing a family dinner
- Reaching out to a new person



DEEP BREATHING TECHNIQUES

- Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.
 - 1. Sit or lie flat in a comfortable position.
 - 2. Put one hand on your belly just below your ribs and the other hand on your chest.
 - 3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
 - 4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
 - 5. Do this breathing 3 to 10 times. Take your time with each breath.
 - 6. Notice how you feel at the end of the exercise.



MINDFULNESS



Mind Full, or Mindful?

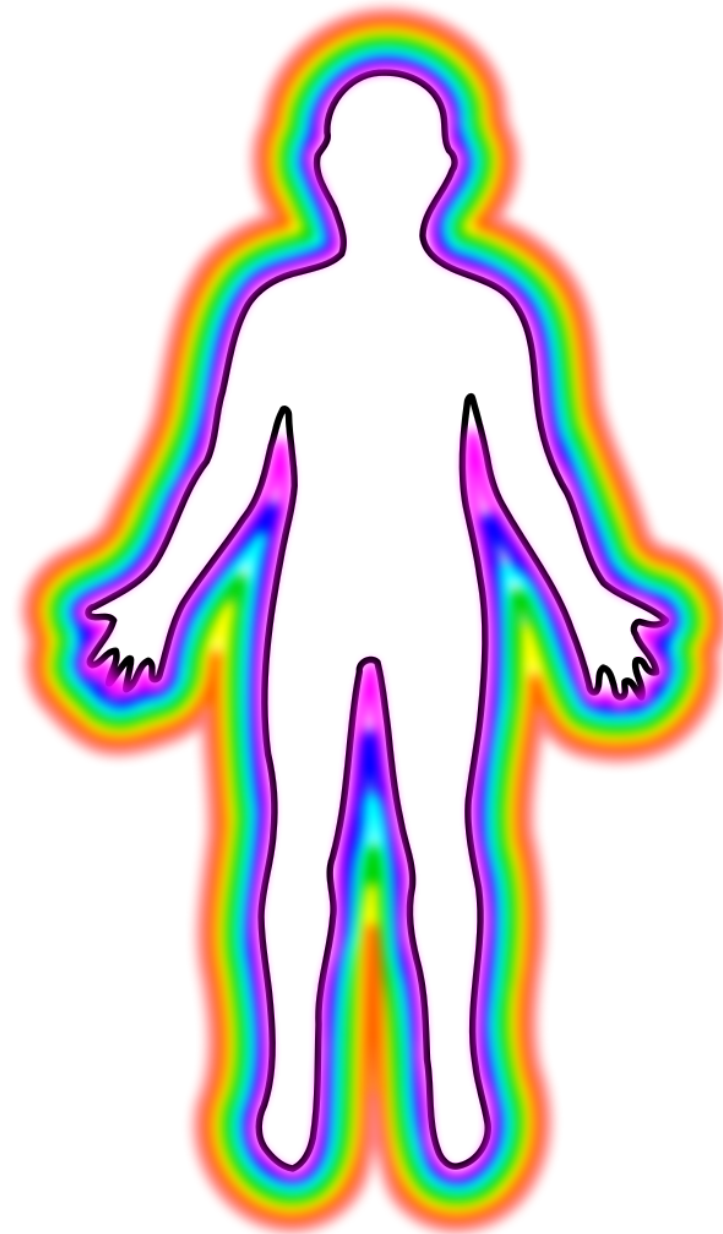


54321 ACTIVITY

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste



BODY SCAN



JOURNALING

- 30 things that make me smile
- What would I say to my teenage self?
- My favorite day would look like ...
- I can't imagine living without ...
- The kindest thing I can do for myself ...
- List of support people
- List of things that inspire you
- List of everything you'd like to say yes to
- List of everything you'd like to say no to
- Write the words you need to hear
- What makes you feel powerful?
- What makes you feel in control?
- What makes you feel calm?
- How do you recharge?
- How can you celebrate you today?
- How do you remind yourself that you are enough?



SET BOUNDARIES

- It's okay to say yes
- It's okay to say no



50 Ways to Take a Break

REST

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Write a Letter
- Learn Something **NEW**
- Listen to a guided relaxation
- Read a Book
- sit in **NATURE**
- 2x Move twice as slowly
- Take Deep Belly Breaths
- Call a friend
- Meander around Town
- Notice your Body
- Buy some Flowers
- Find a relaxing Scent
- Walk Outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some **ART**
- Eat a meal in **SILENCE**
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Examine an everyday object with Fresh Eyes
- Drive somewhere **NEW**
- Go to a Farmer's Market
- read or watch something **FUNNY**
- Make some **MUSIC**
- Climb a Tree
- Let go of something
- Engage in small acts of **KINDNESS**
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and **DANCE**
- Give Thanks



SELF-CARE INVENTORY

Worksheet 4: Self-Care Inventory

Rate the following areas by how often you do them:

- 5 = Often
- 4 = Sometimes
- 3 = Rarely
- 2 = Never
- 1 = Never even thought about doing this

Physical self-care	5	4	3	2	1
Eat regularly (breakfast, lunch and dinner)					
Eat healthy foods					
Exercise consistently					
Get regular medical care to prevent illness (checkups)					
Get medical care when I'm sick or hurt					
Take time off when I'm sick					
Dance, swim, walk, run, play sports, sing or do some other physical activity that I enjoy					
Take time to be sexual					
Get enough sleep (7-8 hours a night)					
Take vacations					
Take day trips or short vacations					
Wear clothes I like					
Make the space I live in beautiful to me					
Spend time in environments I think are beautiful					
Take a break during the day from phones, computers and technology					
Other:					

Emotional self-care	5	4	3	2	1
Spend quality time with people I enjoy					
Maintain contact and connections with people I value					
Allow myself to feel good when I accomplish goals or do something well					
Affirm that I love myself					
Reread a favorite book or watch my favorite movies					
Allow myself to express my emotions (laugh, cry)					
Other:					

Psychological self-care	5	4	3	2	1
Be aware of my thoughts and feelings					
See a psychotherapist or counselor about my own needs					
Write in a journal					
Read books or magazines that are not for work or school					
Do something where people don't depend on me to lead or be an expert					
Cope with stress in my personal and/or work life					
Notice my inner experience (listen to and recognize my thoughts, judgments, beliefs, attitudes and feelings)					
Show people different sides of my personality (communicate my needs and wants)					
Try new things					
Allow myself to accept help from others					
Improve my ability to say "no" to extra responsibilities					
Other:					

Spiritual self-care	5	4	3	2	1
Spend time away from daily tasks to reflect on how I feel and what's important to me					
Spend time outside, in nature					
Participate in a supportive community					
Feel and encourage my optimism and hope					
Be aware of nonmaterial aspects of life					
Identify what is meaningful and its role in my life					
Meditate or pray					
Contribute to causes I believe in (volunteer, donate)					
Read, watch or listen to inspiring materials (talks, music, etc.)					
Other:					

Workplace or professional self-care	5	4	3	2	1
Take breaks during my workday					
Interact with my co-workers					
Create a quiet time or space to complete my tasks					
Do projects or tasks that are exciting and rewarding					
Set limits and boundaries with clients and coworkers					
Make sure I am not working too much					
Make the space I work in comforting and beautiful to me					
Get regular supervision, consultation or mentoring					
Negotiate for my needs (benefits, bonuses, raise)					
Other:					

Adapted from Child Welfare Training Toolkit, original source unknown

SELF-CARE PLAN



blissingmanifesting

SELF CARE PLAN

PHYSICAL	PSYCHOLOGICAL
EMOTIONAL	SPIRITUAL
RELATIONSHIPS	WORKPLACE
OVERALL BALANCE	
WHAT MIGHT GET IN THE WAY?	
WHAT NEGATIVE STRATEGIES DO YOU NEED TO AVOID?	
IF YOU IMPLEMENT YOUR PLAN, HOW MIGHT YOU FEEL?	



QUESTIONS?

- Thank you!
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