



5-minute video explaining strategies and additional copies of printable card available at:
<https://synergeticeducation.com/managing-our-own-dysregulation-one-foot-in-one-foot-out/>

Know the clues in your own body: How do I know when I am dysregulated? How do I know when I am regulated?

CORTEX-Based "strengthening top-down modulation capacities by strengthening and myelinating the connections between the higher and lower brain regions."	Thinking Out Loud – becoming curious about what is happening in your mind. Describe your mental faculty either out loud or in your head. "My brain feels foggy." "My attention is wandering." "I am having a hard time focusing."	Voice My Choice – tracking and naming what you are doing to help you orient to the here and now. "I'm sitting at my desk." "I'm looking around and see the clock on the wall."	Being Reflective with a Broader Perspective – Looking around to find additional pieces of the puzzle you did not originally notice. Example of having been upset because you couldn't find something in the room. "I'm noticing that I left a stack of papers on that counter." "Now, I see that there are lots of things covering my desk."
LIMBIC-Based Working to bring the social engagement system back online by identifying connections.	Recognizing Relationships – becoming aware of what is happening in relationship with others and naming it out loud or in your head. "When I looked at that person across the room, they smiled at me." "If I want I could call or text (someone specific) and let them know I'd like to talk." Speak Through a Parts View - Naming that more than one thing is true in this moment.	Example of being angry that you must stay after school for a meeting. "Part of me is mad that I've been working all day and have to stay late, and part of me gets that this is the only time that everyone is available." Be Real About How You Feel - becoming mindfully aware of what you are feeling and naming your feelings out loud or in your head. This forces you to move up from the lower regions of your brain, so the intensity of the emotion decreases. "I am really frustrated."	Communication of Physical Sensation – becoming mindfully aware of what is happening in your body. "My heart is being fast." "My shoulders feel tense." "It's hard to breathe."
MID-BRAIN and BRAINSTEM Based Creating cues of safety by modulating from the bottom-up.	Remember to Regulate You – practice strategies including the first 2 skills involved in self-regulation: 1) stabilizing and 2) monitoring energy and attention. Use Breathe, Sound or Movement to regulate yourself. Try things that activate that vagus nerve, like laughing, humming, or splashing cold water on your face.	Name it to Tame it - Naming what is happening in the moment. "This is really hard." "This is overwhelming." "I'm not sure what to do."	



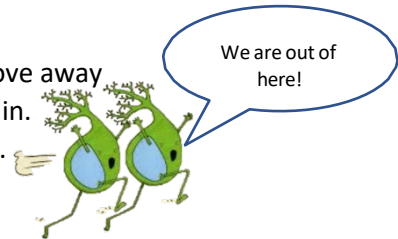
One Foot In and One Foot Out: Caring for Our Nervous Systems Throughout the Day

What do we mean by one foot in?

Having one foot in the dysregulation means we are allowing ourselves to experience it we're not trying to avoid it.

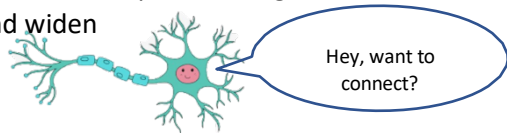
Why not just avoid it?

Neurons link together creating networks and patterns of behavior. If our pattern is to move away from certain experiences, this pathway is activated and strengthened over and over again. This pattern of avoidance reinforces the perception that we can't handle that experience.



What do we mean by one foot out?

Having one foot out of the dysregulation, and instead in a regulated state, allows us to experience regulation in the midst of dysregulation. This allows us to make a new connection in that moment and widen our window of tolerance. We begin to believe we can handle the experience.



One foot in and One foot out re-patterns nervous systems and shifts perceptions from "I can't handle this," to "I can handle this."