



— CONNECTION VS —
CORRECTION

SIMPLE STEPS TO SELF-REG AT HOME



Everyone Has Stress In Their Home, Why Do I Have To Do Something About It?

You are absolutely right about everyone having stress in their home. Why do **YOU** have to do something about it?

Simply; because you are worthy. As worthy as your kids are worthy of a life that contains connection. Lives that are nourished with happiness, joy, peace, calm, fulfillment and love.

Those sound like trending words, and you may not think this is achievable, but fellow Parent; if I can do it you can do it!

I was moving through a mechanism. Wife, Mother, Professional, Daughter, Friend; balancing everything for everyone else other than me. My mind was "strong", but then my body, well it began to present otherwise. Fortunately, I had the chance to choose to help my body give it what it was in desperate need of: CONNECTION WITH MYSELF.



The well-being of children is inseparable from the well-being of all the critical adults in their life.

DR. STUART SHANKER



When I wasn't prioritizing myself, I was impacting every relationship I had. I gave, gave, gave, and depleted my energy without awareness that this was happening. My work environment was stressful, balancing work life and home life was like walking a tightrope. My son one day told me how much he resented my job. Yup - my brilliant, insightful 8-year-old at the time, told me, "I hate your work". When I asked why reasoning my job gives us so many great things including flexibility to be home early, he answered "You're always on Mom!".

He was right. Working on my phone while on a school trip, on my laptop while cooking dinner, and no real-time with him between all the other responsibilities; I was always "on".

The time I did have, I spent most of it focused on correction "Do this not that".

Now, I felt guilty and irresponsible.

My ego was telling me I was fine, life is great, but my kid was calling me out on what I couldn't see!

It was time to shift my perspective for me and my family.

I asked myself:

- **What stress can my kids see that I can't?**
- **How am I raising my kids if I can't manage my stress? Am I actually present in raising them?**
- **How can I help them not feel the energy of my stress? They are sensing what I am feeling.**
- **What do I need to change in my life to make the quality of my children's lives better? What do I do to be more present?**

Even though I felt grateful and positive, I was operating like the wheels of a car, getting where we need to go but forgetting to fill the wheels with air.



Where did I start? Self-Regulation and the 5 Domains

Terminology First or Last...Up To you!

Homeostasis: The ability of an organism or system (including you a human) to seek and maintain a condition of equilibrium in the face of outside influences. In stress management, it refers to the ability of the stress management system to help the body and mind return to normal calm alertness after a stressful event.

Dysregulation: Occurs when stress levels are so high that various systems for thinking and metabolic recovery are compromised. The signs of dysregulation can show up in our physical well-being, behaviour, mood and attention level.

Down-regulate: To reduce another person's level of arousal (or your own)

Up-regulate: To increase another person's level of arousal (or your own)

Mindfulness: The state of being in and fully attending to the experiences of the present moment. In Self-Reg, mindfulness is about looking non-judgmentally at not only our own mind, but also the mind of another and the feeling of calmness that comes from attending to and experiencing another person's calmness.

Allostatic overload: A state that occurs when a person is stressed to the point where demands on the homeostatic system are so great that recovery mechanisms are overstretched and become compromised

Co-Reg: A shared state of calmness between individuals within which, as a result of our understanding of Self-Reg, we reframe the other's behaviour, identify and reduce their stresses, and help them shift from maladaptive to restorative modes of self-regulation

Soft eyes: In Self-Reg, a phrase that describes how the compassion that you naturally feel towards people (especially children) is aided and enhanced by the Self-Reg lens which helps you see past the child's behaviour, to the stresses that are behind the behaviour and their impact on the person's energy and tension levels

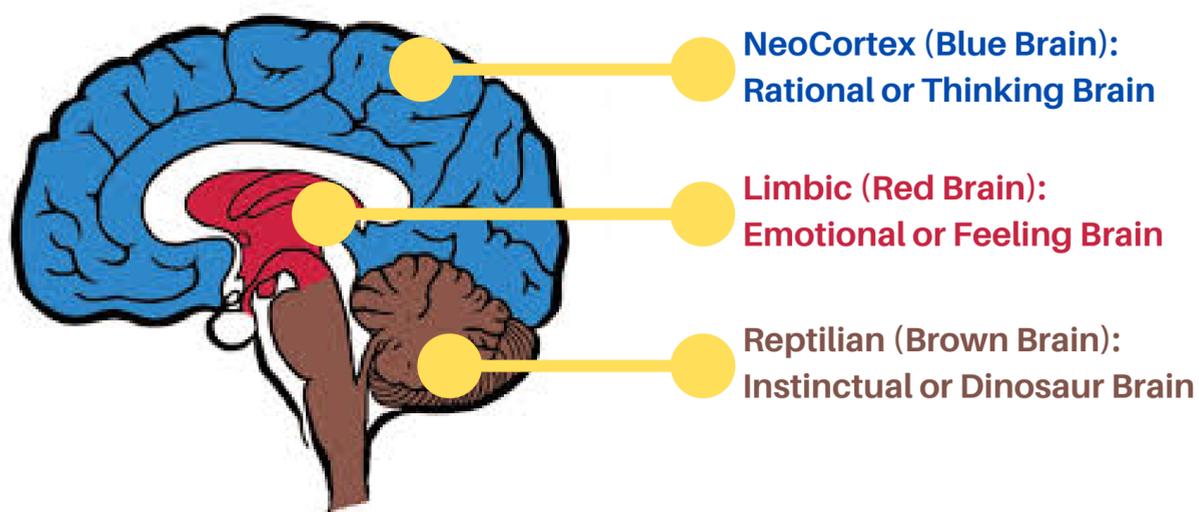
Self-regulation: In the original psychophysiological sense, it simply refers to how we manage stress. This is said to be "maladaptive" if it constrains possibilities of growth (e.g., gaze aversion). Mindful self-regulation refers to how people manage energy expenditure, recovery, and restoration in ways that enhance growth. Mindful self-regulation requires learning to recognize and respond to stress in all its many facets—positive and negative, hidden and overt, and minor and traumatic.

Stress: Anything that requires the body to burn energy in order to keep a system in its optimum functioning range. The non-specific response of the body to a demand imposed on it; also, the emotional or physical strain and tension associated with demands or adverse circumstances

Stress behaviour: Behaviour that is reactive or caused (versus intentional) and has excessive stress at its roots

Stressor: Anything that causes a brain-body stress response

Shanker Self-Reg Science



Neuroscientist Dr. MacLean introduced the idea of "The Triune Brain". That our human brain is composed of three distinct sub-brains - NeoCortex, Limbic and Reptilian. These sub-brains evolve at different times in a person's life and serve different needs. Shanker Self-Reg uses the Triune Brain as a metaphor to help us understand how the neocortical and subcortical functions process and influence each other. We refer to **Blue Brain** when the systems supporting higher functions (ie// language, self-awareness, reflection) are dominant; **Red Brain** when the limbic system (ie// reactive behaviours, strong emotions, urge and motivation) is dominant and **Brown Brain** initiates the fight-flight-freeze response (survival).

It is important to also know about the limbic alarm called the **Amygdala**. It is a part of the limbic system which makes very fast and sometimes inaccurate evaluations of whether a stimulus, situation or person is a threat, and initiates a stress response if it detects a threat. When we can recognize our red brain alarm is being triggered, we have to be able to respond by turning it off. The practice of Shanker Self-Reg is to restore our blue brain/red brain balance before we activate the brown brain and shut down.

What's In It For You?

The goal of self-reg is to find your centre, where you feel balanced so that you can **parent from response versus reaction**. By restoring our energy, and reducing our stress we also build stronger connections with our children.

You will not be able to avoid stress, so why not live a life where you can manage it? It takes commitment, it takes effort and it takes accepting that we are always evolving, always learning. So when we slip, we forgive ourselves and move forward *from where you left off*.

Self-Reg is not a program; it is ongoing lifelong process. However, when we live by the steps of this process, we are able to practice more self-compassion and compassion for our kids. Seeing misbehaviour as stress behaviour.

Our connections with one another, especially ourselves and our children, should be led with joy and love; not unconscious hurt, resentment and anger. As we develop ourselves, by understanding our stress and managing our energy and tension; we live freely, without suppressing emotions.

Some believe self-control is most important to teach when raising our kids. If you are a child of the 80's or earlier, my bet is that it you were raised this way. It is important you understand the difference between self-reg and self-control as they are often misunderstood:

<p>Self-regulation seeks to identify and reduce the causes of problems in mood, thought, and behaviour.</p> <hr/>  <p>Self-regulation is always searching for hidden stressors.</p>	<p>Self-control seeks to inhibit or manage such problems only when they arise.</p> <hr/>  <p>Self-control looks only at surface behaviours.</p>
--	--

When little people are overwhelmed by big emotions,
it's our job to share our calm, not join in their chaos.

L.R. KNOTT

What You Resist Will Persist

Life is not so easy. It is definitely different from generations past and they had their hardships too. We just seem to get stuck. Somehow, we are no longer a participant in our lives. We get taken over: Work, parenting, taking care of our aging parents, extra curricular commitments, responsibilities of the home, and socializing. For most during this phase, we lack self-care. Right before we burn out, we tend to succumb to easy: fast food, prepared foods, and dare I say...couch potatoes. We neglect not only our physical well being; we also neglect our mental well being. Excuses become our language without awareness: Time to read? I just fall asleep. Walk? It's too cold. Exercise? I don't like to exercise at night. Meditate? I can't settle my mind, it will never work.

Change is uncomfortable but to get unstuck, we have to change something. One small step.

We want to adopt methods and practices that help us process our emotions while staying balanced. Tools to help us in the moment of heightened stress, and practices help us over time.

Parenting causes us some of the most dysregulation! Not in fault. Kids get hurt. They lie. Their struggles become our struggles. We fear and worry about their every move. We fear and worry for their futures. We lose sleep when they don't get enough sleep. We fear they will experience what we did or even worse, we worry we are screwing them up!

Though they can be our biggest triggers, they are also the most important reason we need to learn to regulate. They are the most important reason to also heal ourselves and our wounds so we don't pass down our wounds, our pain, our belief systems that does not serve them, our experiences that are not theirs.

So we can show up for them as they need us; not from our stress state.

Tool: Tapping In The Moment

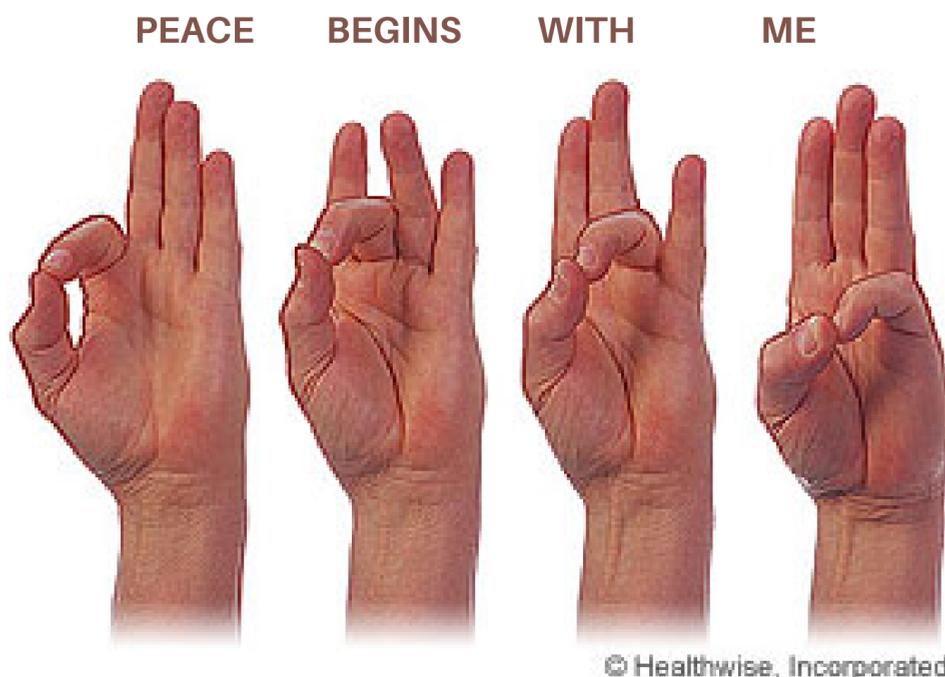
With each touch (thumb to finger), we repeat a statement:

Peace
Begins
With
Me

You can change the words if you choose to statements like:

Calm Starts With Me
Love Lives Within Me
I Am Very Special

The thumb-to-finger contact and the affirming statement reduce the stressors and direct us back to blue brain, similar to acupuncture. One of the best things about this tool; you can tap discreetly.



© Healthwise, Incorporated

Practice Recommendations 12 Simple Habits To Relieve Stress At End

How Do I Find Out Where My Stress Is Coming From? Start Here

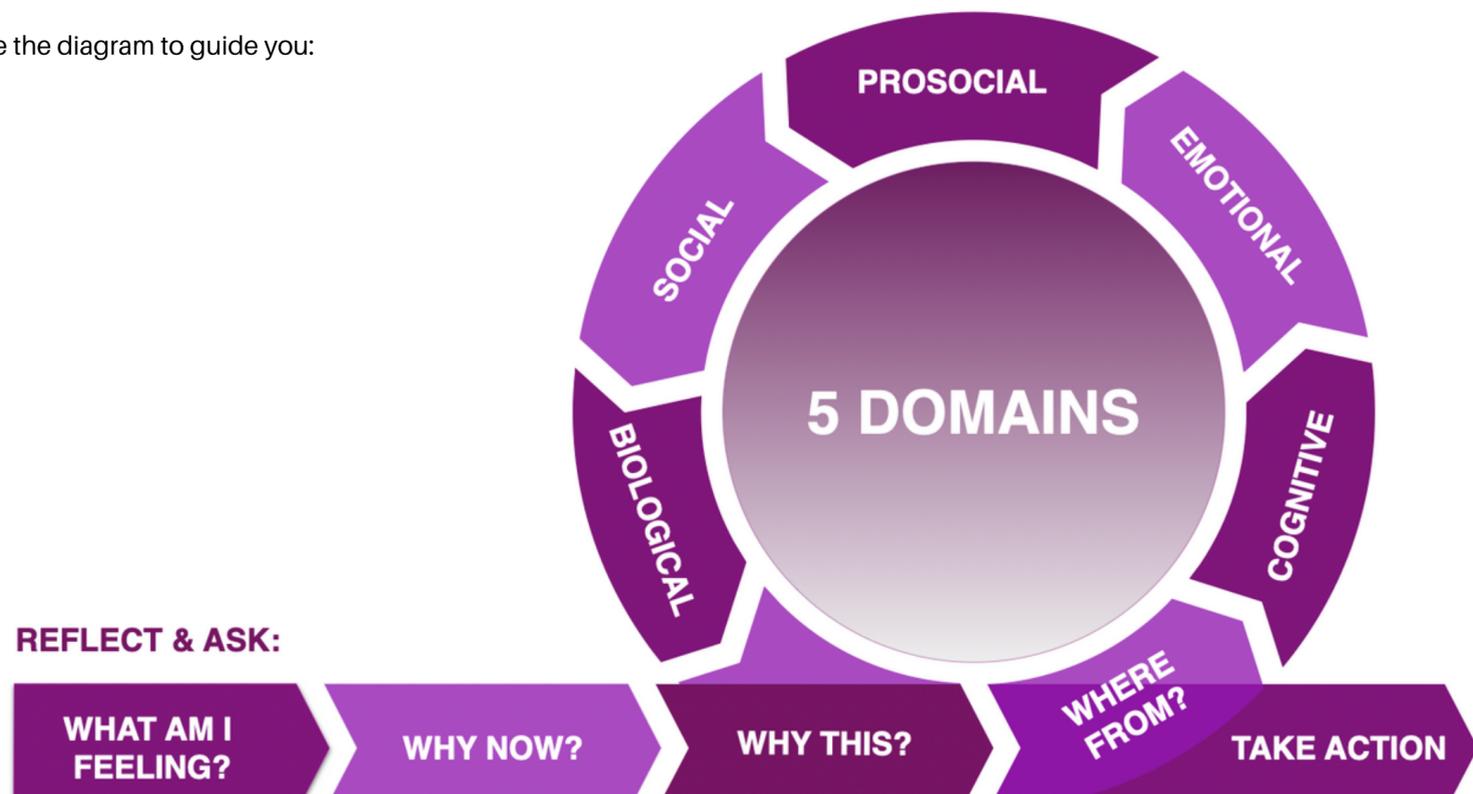
First step is *awareness*: Yes, I am stressed out!

Ask yourself:

- What am I feeling?
- Why now?
- Why this?
- Where from?

These questions will lead you to the areas in your life, (this can be more than one), are contributing to the experience that is causing you to be out of balance.

Use the diagram to guide you:



You're not alone! Common examples to:

What am I feeling?

"I am behind at work. The house feels dirty and messy. I don't know how to keep this in order with no one's help. They leave their crap everywhere no matter how often I tell them to put it away. I'm just so tired of nagging."

Why now?

I feel like there is never enough time.
I can't keep up with all the demands.
I have no energy.
No one helps.

Why this?

I'm stretched.
I have bills to pay.
I don't care.
It's important for the kids to be busy. If they are not busy they'll get into trouble.

What am I feeling?

"I just can't keep the kids off their devices. No matter what I try, I place limits; they don't listen. I take them away, we just argue. And I can't talk to anyone because my friends have it all together and their kids give them no issues."

Why now?

I feel like I don't know what I'm doing.
I'm the only one who does not have it all together.
I'm failing.
No one listens.

Why this?

I'm afraid my kids will fail.
I'm afraid they won't be able to provide for themselves.
I'll be embarrassed if they end up working in a factory.
I'm afraid they will become addicts.
I can't take care of them forever.

What am I feeling?

"This is so hard. Parenting does not come natural to me. I don't remember my parents giving a crap on how well or not so well I didn't do in school. They were there, but not really there. Not the way I want to be there for my kids now."

Why now?

They are becoming more independent.
They give me more attitude and resistance.
I feel like I'm losing the connection we had.
I have less control.
I remember this age and I hated it.

Why this?

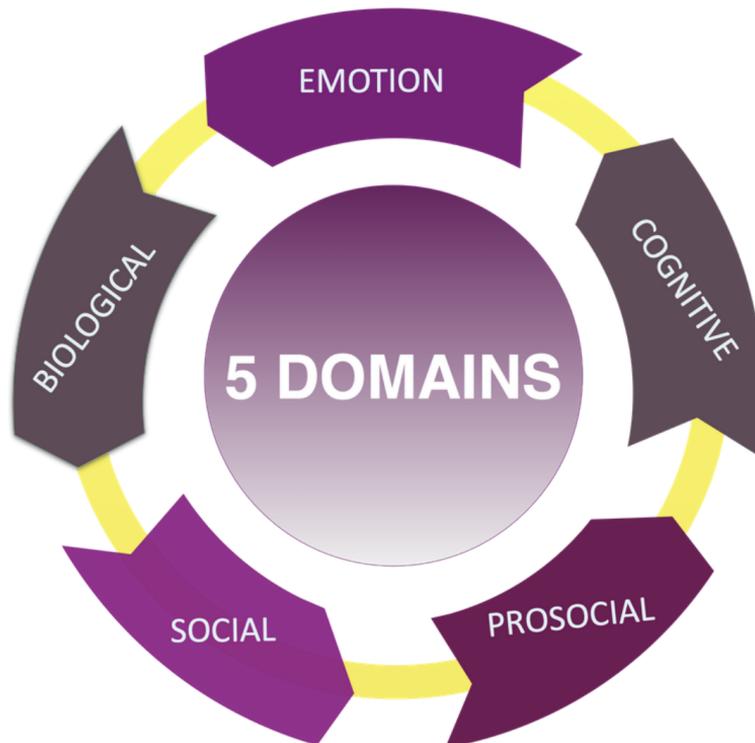
I'm afraid they are going to get into trouble or hurt.
The attitude angers me, so ungrateful. They can't see how much I do for them?
What if we don't end up close?
What if they don't let me know they are hurting and decide to act on it.

Before we move on to "where from", let me teach you the five domains to support where your stress is coming from.

"Where from?"...Let Me Introduce The Domains

The Five Domains

Your stress is coming from one or many of these areas:



Listed below are examples of stressors (where you are depleting energy) that are related to these areas. Understanding where your stress is coming from is the key to action. Once you can identify where your energy is being depleted; you can begin restoring. Once you begin restoring, you make room for patience, calm, compassion, and improved connection with your kids.

This is the tool that will help you identify where your stressors may be coming from. Consider if any of these stressors come from your childhood experiences. Learn these domains and use these suggested examples to help guide you to the success of the Shanker Self-Reg practice.

BIOLOGICAL

It's no surprise that when we don't feel well; our systems are not balanced. Our physical well being, nutrition, proper sleep, and exercise all help our neurological system.

Stressors can be:

- asthma
- bright lights or fluorescent lighting
- caffeine
- chronic pain
- extreme weather conditions
- food intolerance or sensitivities
- hormonal changes
- hunger or thirst
- insomnia
- loud voices
- smells or scents
- traffic
- travel
- visual noise (busy walls)

COGNITIVE

Our brain is constantly processing all types of information. Think of how often we have to maintain our attention, manage timelines, and remember things.

Stressors can be:

- ability to organize
- being put on the spot
- competition
- confusion
- deadlines
- information overload
- interruptions
- learning something new, such as a language
- making decisions
- memory lapses or issues
- pattern recognition
- reading challenges
- understimulation
- visual problems

SOCIAL

This is not just about how many friends we have. This is about our interaction with others, understanding feelings, our intentions, our communication, recognizing accountability and having empathy.

Stressors can be:

- adjusting to retirement
- being bullied
- being in a social setting alone
- confrontation
- confusing social situations
- crowds
- difficulty reading others' cues
- disagreements with a partner
- hostility
- lack of friends
- large family gatherings
- learning the norms of a new group
- peer pressure
- small talk at social events

EMOTION

Emotions use energy and that's what is referred to in this area; not the event that triggered the emotion or the emotions itself.

Stressors can be:

- anticipation or overexcitement
- anxiety or fear
- confrontation
- depression
- disappointment
- divorce or separation
- doubtfulness
- embarrassment
- grief or loss
- helplessness
- loneliness
- moving or relocating

PROSOCIAL

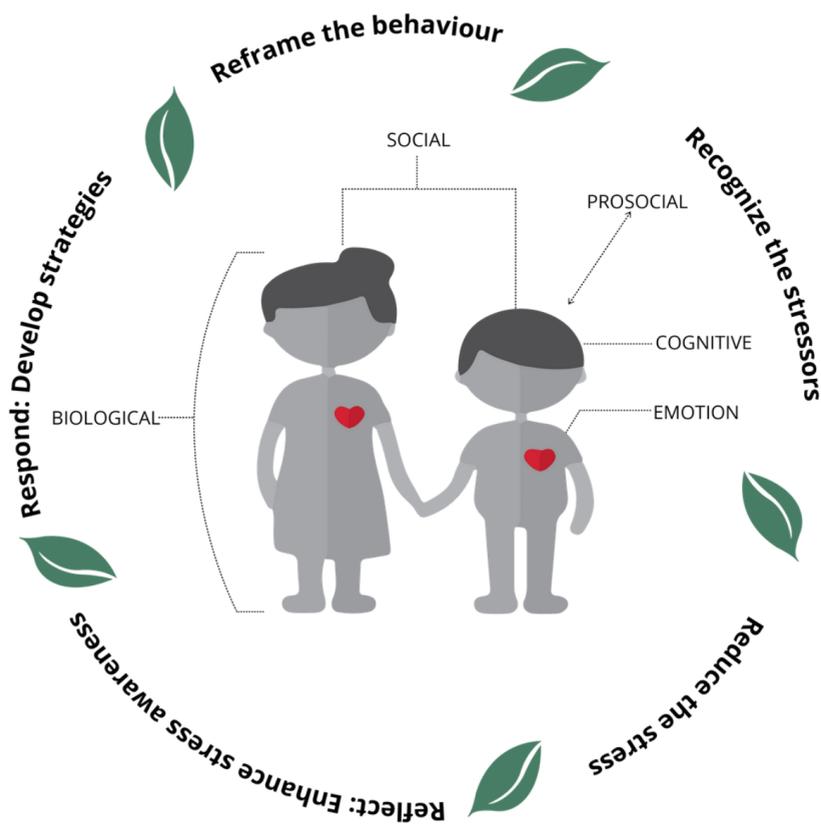
If the dialogue in your mind is "shoulda, coulda, woulda" as it relates to your connection to others, the sense of justice or injustice this is the domain to check in with.

Stressors can be:

- being exploited by people or organizations
- compromising your needs to help out another person
- dealing with others' strong emotions
- expectations of others
- feeling empathy or sympathy
- feeling responsible for other people's happiness
- feeling unprepared
- giving a gift
- jealousy
- sick child

Now Let's Put The Five Practices of Self-Reg In Action!

REVIEW



THE FIVE PRACTICES OF SELF-REG:

1. **REFRAME** the behaviour.
2. **RECOGNIZE** the stressors across the five domains.
3. **REDUCE** the stress.
4. **REFLECT** and enhance stress awareness.
5. **RESPOND** with personalized ways to support restoration and resilience.

When aware of where your stress is coming from, you can be honest with yourself and respond instead of react. This is **Step 1: Reframing**. You see, you may have "lost it on them" because they didn't make their bed this morning or left the kitchen a mess after they ate a snack, but perhaps that explosive reaction was also from the pressure at work, the lack of time, having to take care of your own parents while parenting your kids, not sleeping because you have work and chores to catch up on, oh and have to attend an event when all you want to do is stay home in your cozies and veg.

Reframing helps you "pause". It helps you ask yourself "where is this behaviour coming from". This is **Step 2: Recognize**. The domains are the areas that offer you insight to support finding your way back to homeostasis. Look carefully, sometimes the stressors are hiding.

A gentle reminder; *have self-compassion*. It is often difficult for parents to admit wrongs, or that something else is the reason for our high tension.

Exploring ways to **Step 3: Reduce** the stress, can be uncomfortable as well as fun! There are practices like breath work, taking a walk, or tapping to down or up regulate (yes, up meaning we can be out of balance in a low energy state, not just high) if you become aware you're "in the moment" of stress. This is when you have to think bigger than in the moment though. What regular, day-to-day practice positively supports you in reducing your stress? Maybe having music playing in the background, a regular exercise routine, or cooking?

Step 4: Reflect and observe to enhance your awareness. What does your body feel when you are calm and what does your body feel when you are stressed? As you continue to develop your awareness through reflection, you'll continue to grow and adopt the self-reg process.

The first four steps, over time, will become second nature. **Step 5: Responding** will help you maintain balance and continue to discover ways to protect and restore your energy. You will learn and prioritize how important self-care is. You will begin to feel happier and healthier. This is where the magic happens! As YOU begin to embody peace and joy, you will witness the impact your practice of self-reg has on the all people you have relationships with. Even the stranger who cuts you off on the road.

Though the five practices are listed as steps, they can take place in any order. This just made everything easier for you to start!

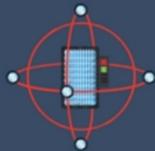
When we choose accountability for our own misbehaviours,
and recognize the cause as stress behaviour;
we open our minds to change behaviour.

SABRINA BELO

12 SIMPLE HABITS TO RELIEVE STRESS

(backed by science)

DO STUFF THAT FEELS GOOD



GO ON DIGITAL + SMARTPHONE DETOX

Heavy internet users are 5x more likely to suffer from depression



READ A BOOK INSTEAD

Stress declines by 68% after reading for just 5 minutes



OR ENGAGE IN A CREATIVE ACTIVITY

45 min of creative activity lessens stress in the body

BUILD UP HEALTHY HABITS



EAT FOODS THAT REDUCE STRESS

Avocado, lemon, dark chocolate, oatmeal, almonds



BUT EXERCISE EVERY DAY

It takes 5 min of moderate exercise to get mood enhancement



AND GET YOUR SLEEP BACK IN CONTROL

REM sleep (when you dream) decreases levels of stress hormones

RESTORE MINDFULLY



FOCUS ON YOUR SENSES A FEW MINS/DAY

There's a strong correlation between positive mood and breath counting



OR SPEND TIME OUTSIDE

Studies on "Forest bathing" show it decreases levels of anxiety



AND TAKE MORE BATHS

Being horizontal in water mimics the womb conditions & improves mood and optimism

LET HORMONES GO CRAZY



DANCE LIKE NO ONE'S WATCHING

Partner dance & musical accompaniment release endorphines & promote stress relief



LAUGH YOUR HEAD OFF

Laughter releases hormones known to reduce stress, boost immunity & strengthen social relations



PET YOUR PET

It increases levels of stress-reducing hormone oxytocin and decreases stress hormone cortisol

FOR REFERENCES: WWW.CORALIESAWRUK.COM



Resources & References:

Self-Reg, How to Help Your Child (And You) Break The Stress Cycle and Successfully Engage With Life, Dr. Stuart Shanker
Self-Reg Schools, A Handbook For Educators, Stuart Shanker & Susan Hopkins

Self-Reg Foundations Certificate Curriculum

www.self-reg.ca

<https://www.coraliesawruk.com/habits-relieve-stress/>

THE FIVE PRACTICES OF SELF-REG:

1. **REFRAME** the behaviour.
2. **RECOGNIZE** the stressors across the five domains.
3. **REDUCE** the stress.
4. **REFLECT** and enhance stress awareness.
5. **RESPOND** with personalized ways to support restoration and resilience.

Let's Put Self-Reg Into Action

Reflect on the most recent situation where you have reacted to your child's behaviour. Perhaps a time where you witness misbehaviour. Write down exactly what happened, including how your child was interacting with you and how you interacted with them.

Reviewing what you wrote, let's **reframe**; **Step 1**: Ask and answer:

What was I experiencing when this happened? What was my child telling me? (Example: I was exhausted. My child was telling me he was hungry.)

Step 2: Recognize.

For both you and your child; where could this behaviour be coming from? Where is your stress coming from? If you need some help opening your mind to possibilities, refer back to page 7. Be honest with yourself and remember to be gentle with yourself while answering as it can be difficult to take accountability; however, this is growth!

CHILD:

PARENT:

PRACTICE

Now, what are ways that you can support reducing the stress, **Step 3: Reduce**. Don't overthink this. Think about the things that bring joy to your child and to yourself; such as playing music or getting fresh air. But if you need help, refer to page 9 for some ideas. After writing them down, incorporate at least one or two practices immediately.

This is the best part! Well - there are a lot of "bests" to this lifestyle! This is the moment where you will fine-tune the first few steps but you will feel good about even the smallest change. As you **reflect, Step 4**, and observe your efforts you also enhance your awareness. Observe your own levels of calm or stress, are you responding differently? Has your child's energy shifted?

So how will you maintain this positive change going forward? **Step 5: Responding** keeps you accountable for how you show up. List some ways that you will care for yourself and some ways that your child can enjoy their own restoration of energy.

Parent:

Child:

About Little 'Ole Me

A human being who understands you and doesn't want you to feel alone on your life journey.



Mom, wife, dog-lover, with a few certifications in Shanker self-reg, the conscious parenting method, grief counsellor, psycho-spirituality and transitional support (you can ask her what that means lol).

Sabrina finished studying Psycho-Spirituality and began her coaching practice, working with kids to help develop their self-esteem and self-confidence. After spending time with her students and own children, she witnessed there was an unconscious disconnection between a child's self-worth and the mindset of their parents.

In 2020, Sabrina was accepted into the Shefali Coaching Institute and became a Certified Coach Practitioner. She now teaches adults how to let go of their control and fears to have better conversations and long-lasting connections with those they love.

She invites clients to shift their perspective and understand the fears that create miscommunication in their life.

I didn't know I had so much to heal until I was faced with some frightening health issues. I had to go deep, get uncomfortable and fully own who I was.

Parenting does not come easy to me, I work at it everyday as I should.

I was projecting my pain, my experiences, my fears onto my kids and husband. Something had to change because I knew my life had to be different than the belief systems and conditioning which was projected on to me.

I'm so grateful I did this work, continue to do this work, because this life is really good. Yes of course there are still hardships, that is life! The difference is I have strategies, practices and a new mindset to support me through.

So I "get" you. My professional coaching and counselling services will provide you with the guidance and support to assist you in the development of long lasting conscious relationships with you, your partners, your children and all the other people in your life, who mean so much to you.

You will reduce anxiety, reduce stress, build connection and rediscover happiness without sacrificing yourself.

Testimonials

I JUST WANTED TO SAY THANKS FOR CREATING SAFETY IN OUR CONVERSATION TODAY. IT WAS HARD TO WITNESS AND TAKE ACCOUNTABILITY BUT SINCE OUR SESSION I FEEL IT WAS EXACTLY WHAT I NEEDED. I TOOK SOME TIME TO SIT WITH "----" AND ENJOYED EVERY MOMENT LISTENING WITH INTENTION AND NOT SUGGESTING, RELATING, LIKE YOU SUGGESTED. WOW! IT WORKED! SHE SHARED MORE THAN SHE VER HAS BEFORE.

- CURRENT CLIENT, NOT NAMED FOR CONFIDENTIALITY

THROUGH INDIVIDUAL COACHING AND HER GROUP CLASSES / MEDITATIONS, SABRINA SUPPORTED MY HEALING TO RETURN TO LOVE, HEAL PAST RELATIONSHIPS AND GAIN A SENSE OF PEACE IN WHO I AM. SABRINA DOES NOT WORK FROM ARROGANCE OR JUDGMENT. YOU WILL FEEL HER SAFE AND TRUSTING ENERGY AS SOON AS YOU MEET HER.

- OLIVIA P.

WORKING WITH SABRINA BELO HAS PRODUCED AMAZING RESULTS. SHE LISTENS WITH EMPATHY, UNDERSTANDS THE BIG PICTURE, OFFERS CONCRETE AND PRACTICAL SOLUTIONS AND IS CONSTANTLY ENCOURAGING. SHE IS WONDERFUL AT SHIFTING PERCEPTIONS WHICH LEADS TO A MORE FULFILLING LIFE. I WOULD HIGHLY RECOMMEND SABRINA IF YOU FEEL BLOCKED OR ARE STRUGGLING.

-ANGELIKA T