



Coping Skills & Co-Regulation

"Practice the Pause"
- Lori Deschene

What is Co-Regulation? Why is it Important?

Co-regulation: This superpower refers to the way we can use our own emotionally regulated state to affect the emotional state of others.

The simplest example might be the way an infant will settle when picked up and soothed by a loving caregiver. You may have noticed when you are calm or excited, the people near you may join you in that emotional state.

This practice works on the brain and nervous system and happens whether you are aware of it or not. So, why not use the power with intention and purpose.

Importance of co-regulation: Once you discover the power of co-regulation, you can employ this strategy when helping an upset child, reducing the emotional charge in a meeting, or building excitement for others. The key is to recognize when you are contributing to helpful or unhelpful co-regulation experiences.

Community Supports

Services, Programs and Resources

services, programs and resources

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

- L.R. Knost



Coping Skills

Coping Strategies

Breathing

Brainstem Calmers

The Three R's

Breathing Calm

Down Cards

"The goal isn't to get rid of all your negative thoughts and feelings; that's impossible. The goal is to change your response to them."

- Marcandangel

Video Links

Children

[A—Z of Coping Strategies](#)

[4-7-8 Breathing Exercise by GoZen](#)

Adolescence

[Coping Mechanisms](#)

[Feeling Anxious? Ways for Children and Teens to Cope](#)

Adults

[Ode to Failure](#)

[Flipping Your Lid](#)

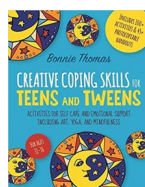
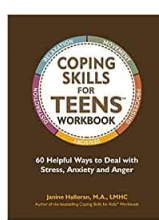
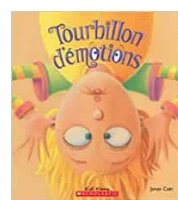
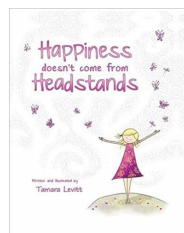
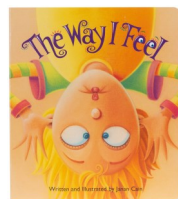
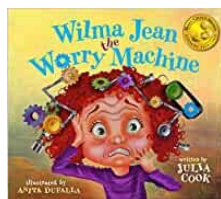
[Relationships Co-Regulation](#)

Literature Links

Adult

Adolescence

Children



[Check Out the Palliser Regional Library!](#)

"We don't have to do all of it alone. We were never meant to." - Brene Brown

"The ability to regulate through the comfort of another is called co-regulation. This on repeat wires up the brain for self-regulation, emotional intelligence, empathetic responses, rational thinking and problem solving."

- Lelia Schott

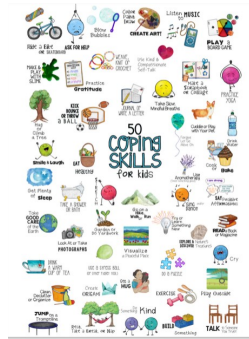
Research

Co-Regulation From Birth to Young Adulthood

The Importance of Emotional Competence and Self-Regulation From Birth: a Case for the Evidence-Based Emotional Cognitive Social Early Learning Approach

The Role of Co-Regulation in Parenting

Resources



"Peace is not the absence of conflict, but the ability to cope with it."

- Mahatma Gandhi