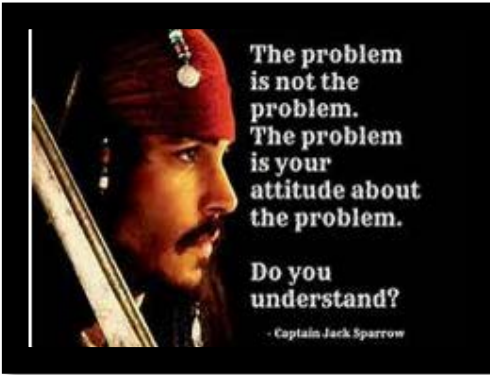


# Overwhelm & Regulation



*Feeling overwhelmed is normal. We care about the children and families we work with, so it matters to us. We all get overwhelmed, that's not the problem...*

*Our systems are not meant to stay in highly dys-regulated states for long periods of time.*

*That means we need to know how not to GET STUCK in these feelings of overwhelm.*

## What happens when you are overwhelmed?

If you loss control, melt down or find yourself feeling burned out, then you will likely continue to feel overwhelmed.

It starts with regulating ourselves.

There's a reason we're supposed to put on our own oxygen mask first!

Do you have a tendency to get hyper-aroused or hypo-aroused?

What does that look like?

What would help you get back to a state of regulation?

How could you re-connect to the higher regions of your brain?

What does your body want to do in that moment?



**Be authentic so you make sense & won't become a threat.**

*"I'm having a hard time right now."*

*"I'm not sure what to do."*

**Name what you are feeling.**

*"I'm feeling frustrated."*

*"I'm overwhelmed."*

**Notice what else is happening.**

*Look around the classroom.*

**Move your body.**

*Use the Nervous System Sheet*

*Sway, wiggle, use deep pressure, etc.*