



Your Wellbeing and Regulation

Before you read this, go and make yourself drink or get yourself a snack, and sit down in a comfy seat. Make sure you use your favourite mug (it's probably the one with tea stains on the inside, that's got a chipped handle), or your favourite glass that fits perfectly in your hand for a nice cool drink. Don't underestimate how important these home comforts are.



The purpose of this is to give you some space to think about your own regulation. We need to be regulated in our self before we can be in a position to co-regulate others. We are not talking about children's regulation in this. **Think about yourself for just a few moments.**

The first part of regulation is awareness; recognising when you're feeling calm and grounded, and when you're not; perhaps overwhelmed and withdrawn, or maybe overwhelmed and frantic or agitated. A key principle of Sensory Attachment Intervention is to enrich your environment with opportunities, and reminders, to regulate. Little interruptions of stress with nurture. The little things add up.



Use your senses. Use nature. Think about how things smell, how they feel. You can interact with plants, bushes, flowers, outside air, in ways you haven't before. Really take a moment to think about the qualities of the nature that you have access to.



Use your tactile sense and tune into your sense of touch. Explore your environment. Hold things in your hands; how does it feel? Smooth or rough? Hot or cold? Heavy or light? Tune into its qualities, and how it makes you feel; close your eyes and do this for a few moments. You can do this with things that you have in the house, or things that you find when you're out.



Challenge your balance – stand on one leg for a few moments, even if you need to lean against the wall. Practice using your body assertively against gravity. Get a sense of mastery and feel your muscle strength.



Trees are nature's trapeze bars, climbing frames, and bolster swings. We don't need a clinic or equipment! Hanging and climbing are organising for our body– you don't need to lift your feet from the floor. Hanging from a branch, a doorframe, a bar, provides us with proprioceptive sensory input. This is calming and organising for us.



Wrapping yourself around a tree trunk like a fire pole brings your body into the middle. You need to use your muscles in your whole body to squeeze together. This is one of the most organising things we can do! You don't need to lift your feet from the floor if it isn't comfortable.



Keep a special hand scrub or handwash by your kitchen or bathroom sink to remind you to take a moment to yourself regularly during the day. Take your time when washing your hands – give yourself a massage. Notice the scent of your soap, cream, or scrub. Use a fresh towel & squeeze your hands dry for a calming experience or rub them dry for an alerting experience.



When you're walking around, think about the surface you're on. Is it soft carpet? Hard wood? Spongy mud? Dried grass? Tune into your other senses – how does it sound when you take steps?



Key things to hold in mind;

- Regulation is not about making big changes. It is about being mindful of the things that make us feel safe, and calm, and present, whilst living our everyday life.
- We have a tendency to put others before our self. If we're not regulated and feeling safe, our ability to be mindful of others is compromised, and we might not respond in ways we usually would.
- As humans, our nervous systems are connected in the most sophisticated and intrinsic manner. If someone around us is feeling unsettled, we will perceive that – we sometimes call that our 'gut feeling'. Whilst we are living in perhaps a more restricted way, it becomes even more important to make sure that everyone is feeling safe and regulated.

Please speak to your Sensory Attachment Intervention Therapist for further support and advice.