

"Refill Your Cup"

Intentional Self-Regulation with Mindfulness and Movement to Boost Your Self-Care

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Acknowledging Challenges and Reactivity

- ▶ Framework Essentials
 - ▶ Behavior as a skill-set – can be learned, practiced and improved
 - ▶ Intentional skill-development and practice put the individual in the best position to successfully manage challenges
 - ▶ Reducing **REACTIVITY** is important to increasing success, promoting resilience and reducing suffering

$$P \times R = S$$

Self-Regulation Training System

Physical Regulation

- ▶ Skill #1 - Recognizing Your Warning Signs:
 - ▶ How to recognize your early warning signs of upset
 - ▶ Understanding your threat detection system
- ▶ Skill #2 - Create Calm and Safe:
 - ▶ Ingredients for Calm and Safe Activities
 - ▶ Practice techniques to help you shut down the threat response

Emotional Regulation

- ▶ Skill #3 - Identify and Label Emotions:
 - ▶ Accurately identify emotions
 - ▶ Validation of emotions
- ▶ Skill #4 - Healthy Emotional Expression:
 - ▶ Understand healthy and unhealthy outlets for emotions
 - ▶ Be intentional about developing/using healthy outlets (gratitude)
- ▶ Skill #5 - Ownership of Emotions:
 - ▶ Understanding that other people and events do not dictate our emotions and behaviors... we do
 - ▶ Focus on intensity and duration of the our emotions

Cognitive Regulation

- ▶ Skill #6 - Identify, challenge, and replace unhealthy extreme thinking:
 - ▶ Identify your patterns of thinking that are extreme and unhealthy
 - ▶ Explore, challenge and replace them with more healthy thoughts
- ▶ Skill #7 - Get basic emotional needs met in healthy ways:
 - ▶ Understand basic human needs and motives
 - ▶ Identify unhealthy patterns and healthier ways to get these needs met

Chapin, 2011 – Self-Regulation Training System

A Moment on "Threat"

- ▶ Challenge (Stress) – Threat
- ▶ We are built to respond to threats
- ▶ Response to Physical threat and Emotional threat is the same
- ▶ What does the physical response to threat look/feel like?

Physical Regulation: Skill #1 – Recognizing My Warning Signs

- ▶ My Physical Response to Threat
- ▶ What are the signs?
- ▶ Where do I feel it?
- ▶ Specific and concrete about what I can recognize

Physical Regulation: Skill #2 – Create Safe and Calm

- ▶ Can use in response to threat and also as proactive prevention
- ▶ Combine powerful elements to create a sense of safety
 - ▶ Patterned, rhythmic, repetitive
 - ▶ Predictability
 - ▶ Breathing
 - ▶ Engage Senses – grounding
 - ▶ Distraction/Humor/Attention – Why are we so good at attending to threat?
 - ▶ Muscle movement
 - ▶ Examples: exercise, music, simple (healthy) repetitive tasks, nature, prayer, breathing exercises, guided imagery, meditation

Integrating Mindfulness Practice

- ▶ Key elements of mindfulness
 - ▶ Awareness and attention on the present moment
 - ▶ Allowing what is, and what comes up
 - ▶ Not reacting, but observing
- ▶ Practices
 - ▶ Body Scan – examining qualities of body sensations
 - ▶ Meditation
 - ▶ Sitting – Focus on the breath
 - ▶ Naming - Labeling areas of body sensations
 - ▶ Walking meditation – “lifting, moving, placing, shifting”
 - ▶ Monkey Mind Video

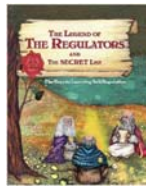
Practice

- ▶ Qi Gong
- ▶ Yoga
- ▶ Progressive Relaxation
- ▶ Body Scan
- ▶ Meditation
 - ▶ Focus on the breath
 - ▶ Walking
 - ▶ Naming
- ▶ Hand Massage
- ▶ Guided Imagery

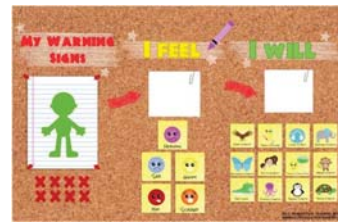
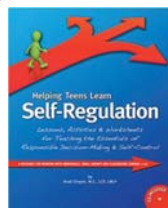
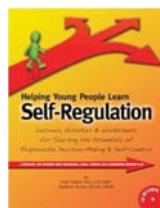
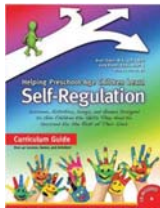
Self-Regulation Resources



Search Self-Regulation Training
& Challenge Software on FACEBOOK



Challenge Software



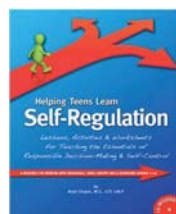
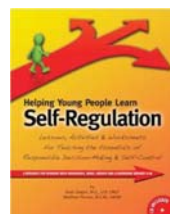
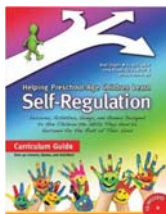
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Thank
You 😊

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