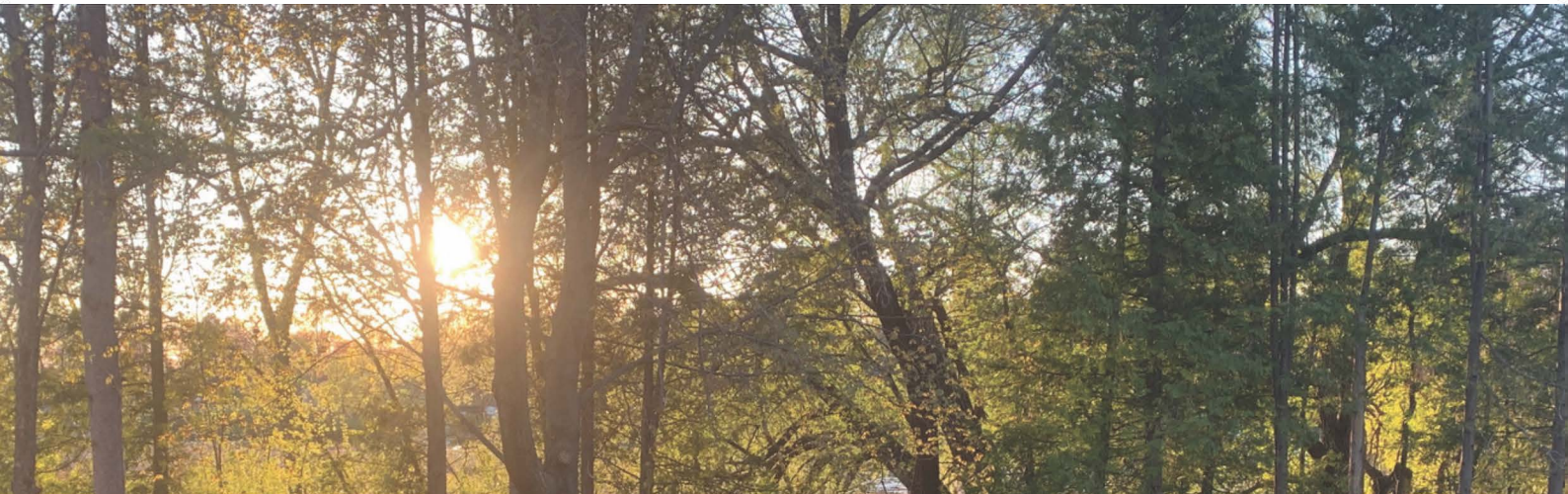


# Expressive Therapies LLC

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Creating a brave and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma-informed care: music therapy, art therapy, dance-movement therapy and psychotherapy, to improve health and well-being.

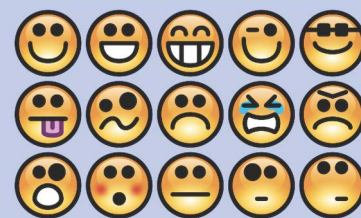


## REGULATION: PART 2

The March 2023 newsletter gave a general definition of regulation and briefly explored how music therapy and art therapy can support healthy self-regulation. Two important parts of successful self-regulation are awareness of one's present state of being and an understanding of what is needed in order to achieve a desired, regulated state. This may include emotional awareness and physiological insight; what emotion is being felt, how that emotion is experienced in the body, what or how someone would like to be feeling, and what someone can do to regulate and achieve that desired feeling. Regulation is a necessary skill for individuals of all ages and abilities in order to successfully manage and respond to the different feelings, emotions, and sensations that are experienced every day. *This newsletter explores some skills that can be helpful for youth!*

### Feelings & Physiological States

When anyone is feeling an emotion (brain states), they also experience related physiological or body sensations. These may include: racing heartbeat, breathing too fast, sweating, fatigue, sluggishness, shaking, or many others. Physiological states can offer insight about a person's emotional state, and also help inform what regulation skills may be needed in order to return to a "just right" emotional and physiological state. Regulation may be considered like a scale, and each person has their own "just right" state somewhere on the scale. If someone's emotions and physiological sensations have them higher up the scale--too fast, stressed, out of control, tense--they'll need a regulation tool that slows them down or brings them back to "just right." If the opposite is true and they are lower on the scale--too slow, sluggish, heavy--then the needed regulation tool is one that speeds them up to get back to "just right." What emotions might correspond to feeling too fast/stressed? Too slow/sluggish?



# Alerting, Grounding, & Calming

To help ourselves or someone else return to a "just right" state, we can use an alerting, grounding, or calming regulation strategy!

- Alerting strategies help someone speed up if they feel too slow or sluggish.
- Grounding strategies help someone to "ground" themselves if they feel "all over the place" or distracted.
- Calming strategies help someone slow down if they feel too fast, stressed, or tense.



## Regulations Tools for School

The new school year has begun! For some students, difficulty with regulation may make it hard to engage fully and learn at school. Here are some strategies that students can use to help them regulate in the classroom!

- **Bunny Breathing:** Take 3 quick breaths in through the nose, then exhale quickly through the mouth to help "alert" and "wake up" your body! (Helpful for alerting when a student is feeling slow, sluggish, or tired)
- **Find the Rainbow:** Red, orange, yellow, green, blue, purple! Take a moment to look for and notice something of each color in the room to help "ground" yourself in the present space. (Helpful for grounding when a student has a lot of energy or is distracted/unfocused, to bring them back to the learning space)
- **Breathe and count to 10:** Either while taking deep breaths for each number or just counting quietly, slowly count from 1 to 10. Maybe close your eyes or count on your fingers as you go! (Helpful for calming when a student is upset or high energy - repeat a few times if needed.)

## Welcome!

A wonderful, new art therapist has joined the Expressive Therapies team!

David joined the team as an art therapist in June. David enjoys going to farmers markets on the weekends, spending time outside, and playing board games.

Say hello if you see him around the office!

**Stay tuned for future newsletters exploring more about regulation & tools for adults!**

## Thank you for reading our newsletter!



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**Take care and be well!**