

Co-regulation vs Self-regulation

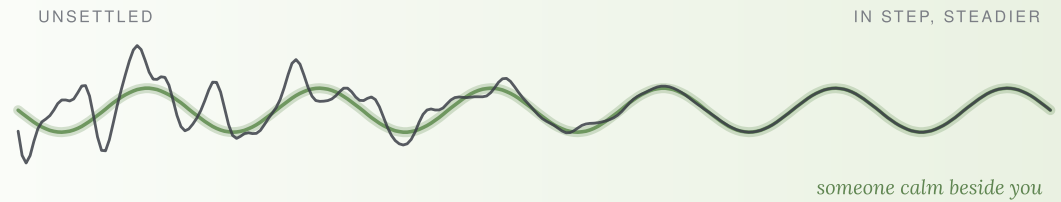
Two ways to find your rhythm again

When we're unsettled, our inner rhythm speeds up and scatters. We can find a steadier rhythm in two ways: by settling alongside a calm person, or by settling into a rhythm of our own. Both lead to the same place.

Together

Co-regulation

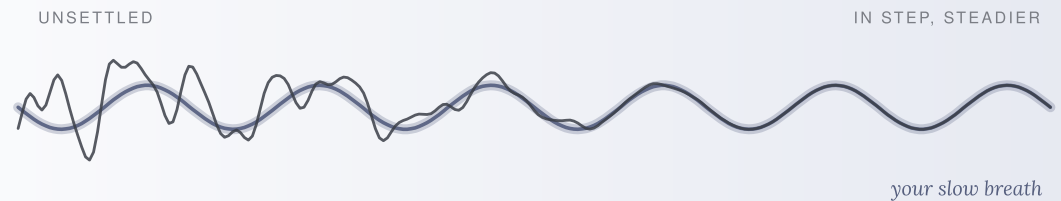
A calm person lends their steady rhythm



Within

Self-regulation

You find a steady rhythm of your own



The dark line is you. Over time it falls into step: with another person's calm, or with a rhythm you create.

Co-regulation *calm, borrowed*

HOW IT WORKS

Emotions pass back and forth between people. A settled, attuned person helps bring both back into balance.

EXAMPLES

A calm voice; being listened to without being fixed; sitting quietly with someone; a walk or call with a friend; therapy.

MOST HELPFUL WHEN

Feelings are overwhelming, or it's too hard to think clearly on your own.

Self-regulation *calm, grown*

HOW IT WORKS

Noticing what you feel, then using your own strategies to shift it, or to stay with it until it passes.

EXAMPLES

Slow breathing with a longer out-breath; grounding through the senses; naming the feeling; movement; kind self-talk.

MOST HELPFUL WHEN

Managing everyday stress, when no one is around, or as a first step before reaching out.

My Steadying Plan *Fill this in on a calm day, so it's ready when you need it*

EARLY SIGNS I'M UNSETTLED

HOW UNSETTLED AM I RIGHT NOW?



Low: start within · High: reach out first

Together

People who help me feel steadier

What they do that helps

How I'll ask (e.g. "Can you just sit with me?")

Within

Tools that work for me

When and where I'll practise them

A kind thing I can say to myself

Calmer together. Steadier within.