



# SELF-REGULATION PRACTICE OVERVIEW



1. **Pause**
2. **Focus**
3. **Calibrate**

## Priming Yourself For Connection

Think of this Self-Regulation Practice as a way of building self-awareness and preparing yourself for conscious communication, so that you can match your intentions to the impact you desire to create in the world. **Priming Yourself For Connection**, is a foundational ritual that builds your neuro-pathways so you can quickly and effortlessly connect with self and others. It underpins your mastery as a Conscious Early Education Leader!

## Opening your capacity to Connect

### Step 1. Pause:

**Pause to prime yourself before initiating a conversation.** Creating a mindful state that brings you into the present. Breathing s-PACE into the moment, so you can be calm, gain a wider perspective and open your ability to be influenced.

### Step 2. Focus:

**Focus from a place of curiosity and reflect on these questions:-**

- Q1. How am I? (How is my head, my heart, my gut - Energy)
- Q2. What is my inner juice like? (Your neurochemical cocktail)
- Q3. How do I want to BE? (Aspire & Intentional)

### Step 3. Calibrate:

**Calibrate and synchronize, regulating yourself into an optimal state of coherence. i.e. heart, mind and emotions are aligned.** The steps below provide a quick and powerful HeartMath Institute, Quick Coherence Technique® you can use to calibrate and connect more deeply with your own heart and with others.

**Step 1.** Focus your attention in the heart area. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. **Suggestion:** Inhale 5 seconds, exhale seconds (or whatever rhythm is comfortable)

**Step 2.** Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. **Suggestion:** Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease.

The Quick Coherence® puts your heart rhythms into a more coherent mode. Ready to self-calibrate so you can up-regulate yourself into an optimal state, aligning your heart, mind and emotions, so you are in a place of TRUST and ready to connect.

*"Like a pebble dropped in a pond, our intentions set off an energetic vibration that radiates outwards from our heart centers and shifts everything in our path." Dr Debra Reble*

(This resources was co-created by Anne Harvey & Sarah Moore)

