WHAT IS CO-REGULATION?

A Guide to Nervous System Harmony

The Role of Co-regulation

Co-regulation is a supportive process where one person helps another manage their emotions, behavior, and physical responses through warm, connected interactions.

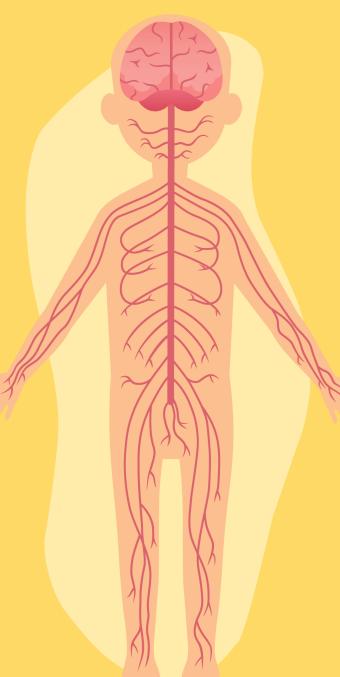
This shared experience helps individuals gradually develop self-regulation skills, making it easier to handle life's challenges on their own.

The Science of Co-regulation

The autonomic nervous system is key in regulating our emotional responses.

Co-regulation helps
balance our sympathetic
("fight or flight") and
parasympathetic
("rest and digest")
systems.

This helps us achieve a state of safety and calm.



Why It Matters

Co-regulation fosters a sense of **safety**, especially for people with attachment challenges or trauma backgrounds.

It provides tools to help us understand and regulate our emotions, which supports overall **emotional resilience**.



A regulated client is **better able to engage** in therapeutic activities and learning, and participate in daily life tasks.

Barriers to Co-regulation

and How to Avoid Them



Provider Dysregulation

Use grounding techniques to stay calm when a client is highly dysregulated.



Sensory Overload

Simplify the environment or use soothing sensory tools to ease co-regulation.



Emotional Escalation

Respond to aggressive behavior with empathy and clear boundaries to encourage calm.

