

Regulation Reset

Five strategies you can use without leaving the room

You can't always step out. You can't always take a break. But you can reset in the moment. These are real strategies for real situations – when you have 30 children in front of you and your own regulation is slipping.

1. Ground

Press your feet firmly into the floor. Feel the weight of your body. Notice three things you can see. This pulls your attention out of your head and into the present moment.

2. Breathe

Inhale for 4 counts. Hold for 4. Exhale for 6. The longer exhale activates your parasympathetic nervous system. You can do this while standing, while talking, while the room is loud.

3. Widen

Soften your gaze. Instead of focusing on the point of stress, expand your peripheral vision. Look at the edges of the room. This shifts your nervous system from threat mode to awareness mode.

4. Cool

Cold water on your wrists or the back of your neck. Hold a cold drink. If you have access to cold water, use it. Temperature change is one of the fastest ways to interrupt a stress response.

5. Name

Silently name what you are feeling. "I am overwhelmed." "I am frustrated." "I need a moment." Naming an emotion reduces its intensity. This is not weakness – it is regulation.

A dysregulated adult cannot consistently deliver a reflective response. Resetting yourself is not selfish – it is the first step in supporting someone else.

SAND brings understanding, reflection, and alignment together to support behaviour and wellbeing.