

Regulation

Regulation is the “resetting” process whereby most of us are able to know when we are within our **Just Right State**, know when we are at risk of being taken out of it, and know what self-regulating actions we can take in order to remain in or return to our Just Right State. Regulation is not only about regulating our level of arousal when the autonomic nervous system is activated, it is also about regulating our affect (our underlying experience of emotion or mood) in the company of others. As infants, most of us learn **self-regulation** via the reciprocal process of **co-regulation** with our primary caregivers. Those of us with capacity to do so use co-regulation and self-regulation frequently over the course of our day. Both processes support the development and function of higher-level brain functions including academic learning, problem-solving, abstract thought, imaginative thought, flexibility, empathy, social interaction and emotional connection. For each of us, being reliably able to self- and co-regulate is essential if we are to respond flexibly and adaptively to stressors, both the stressors that we may encounter over the course of a normal day as well as stressors that are potentially traumatic.