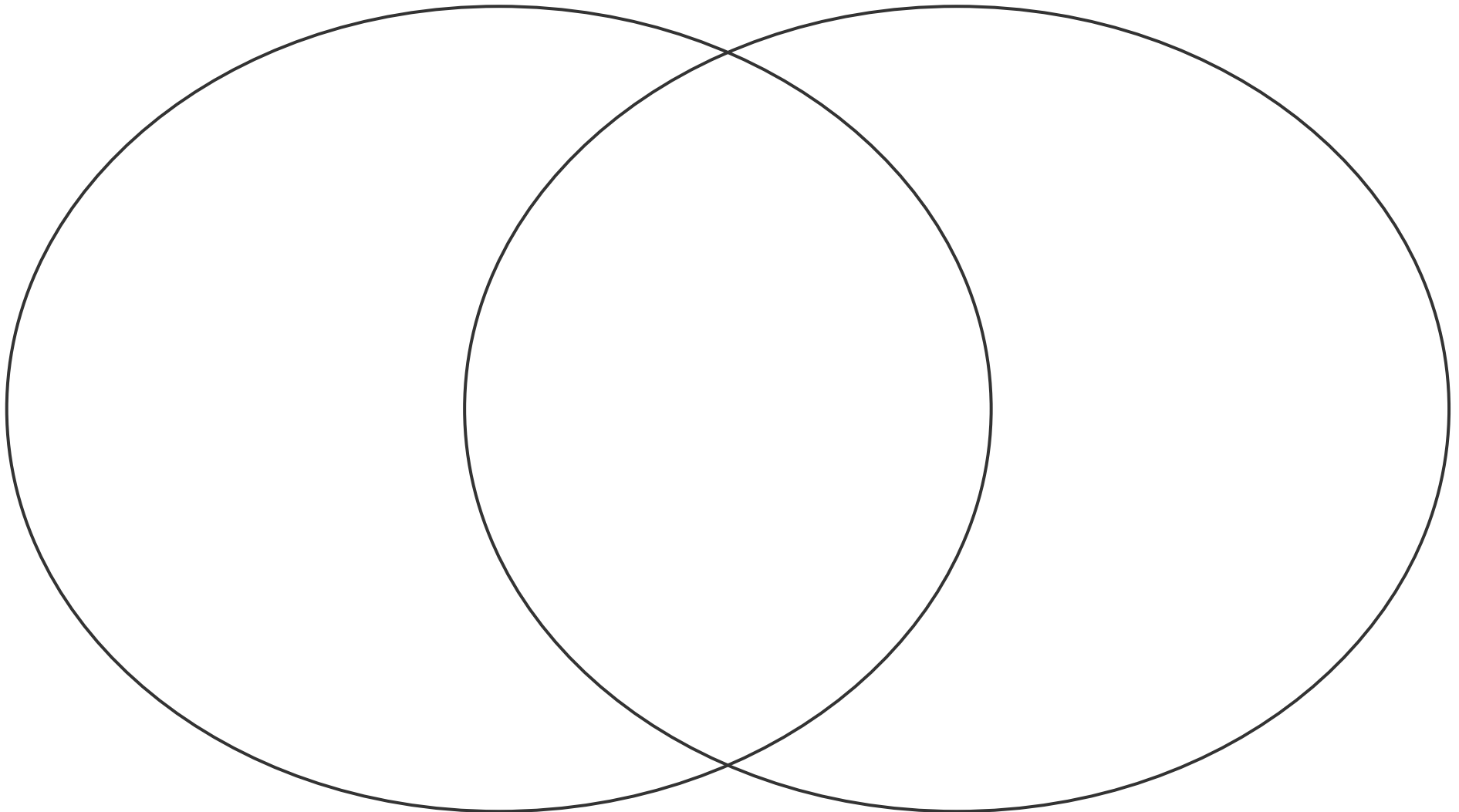


CAREGIVING vs CO-REGGING

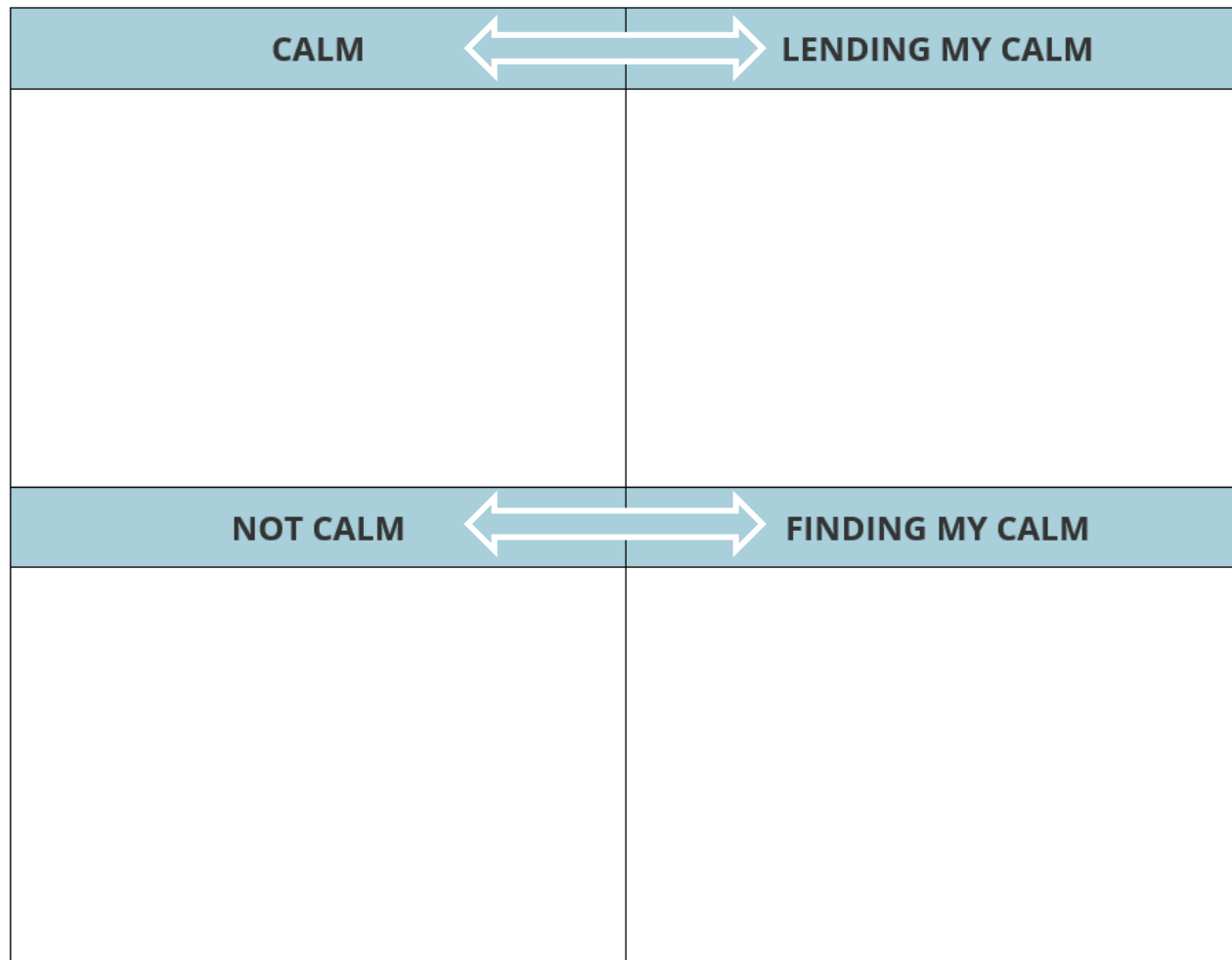
Using the below Venn diagram, explore the differences and similarities between *Caregiving* and *Co-Regulating*. Celebrate what you are already doing!

CAREGIVING

CO-REGULATING



EXPLORING LENDING MY CALM



RED BRAIN, BLUE BRAIN BALANCE

What would you tell someone to look for as signs that you are calm? When you're not calm?

CALM	NOT CALM

REFUELING

In Self-Reg we know that it is not selfish to care about yourself. You can't lend your calm if you are not calm yourself. Take a moment to think about what you need. What do you need now? Today? This Month? Next year?

