



Emotional Regulatory Healing, ERH

Mindful and Trauma Informed

Training

Key Notes

Organizational Development

Coaching and Counseling

Elongate the Exhale



Inhale, allow the breath to linger where there is tension remaining in the body, and then elongate the exhale. Breathe out twice as long as you breathe in, slowly. This increases the release of oxytocin and serotonin to balance out the stress hormone, cortisol. Do this throughout the day, every day, all day to maintain emotional regulation.

Slow and Low

Slow down in every way, slow your rate of speech, slow down your gross body movements, slow down your speed; Lower your tone of voice, lower your volume.

When in a very stressful situation, consider lowering your body so as not to pose a threat to the other. Live Slow and Low



Stop Drop and Roll



When all else fails, Stop Drop and Roll:

Stop talking, stop fighting, stop yelling, stop moving; STOP

Drop into our breathing and return to elongate the exhale in order to regain emotional regulation more quickly.

Remain in the Drop until you are Slow and Low again, and then

Roll back into Relationship. From this place of Slow and Low, Elongating the Exhale, you are primed for a more positive outcome, every time.