

GUIDED PAUSE & REGROUP

4 steps to pause and regroup when it's taking everything you have not to lose it with your kids.



PMSS

*(It had to be PMS didn't it, F***ing PMS)*

1. PAUSE

The best way to stop yelling is to stop yelling, the best time is any time.

If you cannot catch yourself before you yell you are normal. Whenever you are able to catch yourself is the perfect time to pause.

2. MOVE YOUR BODY

Instead of trying to stop being angry, let the anger move through your body in a way that is healthy and does not hurt anyone.

Your adrenaline is pumping. Giving your body space to move will help your body begin to shift out of fight or flight.

Anger is a normal natural emotion just like any other, it is 100% ok to be angry, you are just trying to shift what happens next.

3. SHIFT YOUR THOUGHTS

Your brain is telling you this is an EMERGENCY! YOU MUST ACT NOW!

Unless you believe you need to call 911, this is not an emergency. Help your flooded brain shift with distraction by something /anything else, bonus if it's funny.

4. SELF-COMPASSION

As angry thoughts are beginning to slow those spaces might quickly be filled with self-critical thoughts. "What is wrong with me? Why do I get so angry? Why can't I stop yelling?"

Self-compassion is shifting from critical self-talk to reminding yourself you are actually quite normal and definitely not alone in how you are feeling or reacting to the situation.

5. BONUS TIP

You may want to shift into a new activity with your kids, let them play on their own or watch a screen for a while to help your brain continue to shift out of fight or flight. (It takes a minimum of 20 min for our brain to shift out of fight or flight.

If your kids are little and they are needing to reconnect with you, turn on music you love and dance with them.

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INFORMATION**

