

Body Up! Co-Regulation Online: A Practice Session Outline with Guidelines

You have invited someone to co-regulate with you and they said yes! Now, you have an opportunity to practice the physical exercises online or in-person, and TALK! about them. Talking about your nervous system is an essential aspect of the co-regulation.

Here is a structure for a basic co-regulation session:

Remind yourselves that **you can not do this wrong**. It is fine to adapt the exercises to work for you or to stop in the middle. Co-Regulation is only co-regulation when it is good for both people.

Start with a **verbal contract** that addresses these time and safety points:

Timeframe - E.G. 15 minutes, or 3 exercises, or whatever works for you both.

Confidentiality - keep it all confidential, or confidentiality by request.

Begin Your Co-Regulation Practices

1. Do Sitz Bones Rock to connect with your core. Focus on feeling your body and finding your center. Leader's eyes open and close at will, as they explore connecting in with themselves and out with the follower. Follower mirrors the movement and stays available to make eye contact and offer a smile. TALK! after each person's turn.

2. Do Hands Mirror Breath to connect with your breath and your partner. Again, leader's eyes open and close at will, tracking connection with self and other. Follower mirrors the movement and stays available to make eye contact and offer a smile. TALK! after each person's turn.



Sitz Bones Rock - Connect with yourself and your Partner

3. Do Co-Stretching to practice listening to your body while you are connected with someone else. Do exactly what feels good to you. Look to your partner for company and inspiration. Be embodied together. No need to mirror movement or rhythm. TALK! during and/or after co-stretching.

4. End your session with a highlight: a gratitude for yourself and/or partner, a moment when you felt connected, or what was useful. You might notice and share how you feel now as different from at the beginning.

THANK YOUR PARTNER!

Guidelines and Reminders

Make a clear distinction between reflecting and responding. Reflection (verbal or non-verbal) describes what we notice the other doing; Response is how we are touched or affected by their expression. We need to receive both but at different times.

When you TALK!, stay with sharing or attending to your physical and emotional awareness. Talk about what you are doing or feeling or liking. Putting words to our experience allows us to share, digest, and make sense of it. This is essential. Feeling safe and talking about emotional edges releases stuckness and shame.