

Coregulation: How to Calm Cranium Chaos

Anchor their storm with your calm.

Coregulation = lending someone your calm when their nervous system feels overwhelmed. It's not something you grow out of. It's something you grow into. We all need caring connection to help our brains find balance—whether we're kids or grown-ups.

FOR CHILDREN



A parent sits close and offers a hug.



A teacher speaks in a calm, gentle voice.



Breathing together to help settle the body.



Offering a cozy blanket or stuffed animal.



Reassuring words:
"I'm here. You're safe."



Moving to a quieter space together.

FOR ADULTS



A partner holds your hand when you're anxious.



A friend listens without trying to "fix" it.



A colleague helps you pause and take a breath.



A friend brings you a cup of tea, coffee, or soup.



Encouraging words: "I've got you. We'll figure this out."



Taking a walk side by side to process emotions.



REMEMBER:

No one outgrows the need for another person's calm. When our Cranium Critters are in overdrive, connection helps us find our way back to steady.