THE REGULATION PROCESS

From Triggered to Regulated

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1. TRIGGER

Something sets off your stress response.

A situation, thought, memory, sensation or feeling of threat.

2. REACTION

Your body and mind respond.

You may feel tense, anxious, angry, restless, overwhelmed or shut down.

3. NOTICE

Pay attention to what is happening.

Notice your thoughts, feelings, body sensations and urges.

4. REGULATE

Find something that helps.

Breathe, move, ground yourself, take some space or connect with someone.

5. RECOVER

Give yourself time to settle.

Let your body and mind gradually return to a steadier state.

6. REFLECT & LEARN

Think about what happened.

What triggered you? What helped? What might help next time?

REGULATED

You can think more clearly, make choices and respond more intentionally.

You may move between stages. Regulation is not always a step-by-step process.

With practice, you can get better at noticing your signs and finding what helps. ♥

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The Regulation Process: From Triggered to Regulated

The Regulation Process: From Triggered to Regulated is a visual emotional regulation poster that maps six steps from a trigger through reaction, noticing, coping, recovery and reflection. Clear wording and supportive prompts make the stress response easier to discuss without requiring lengthy written work.

Parents, teachers, school wellbeing staff, therapists and social care practitioners can use it with children, teenagers or adults during calm moments, after an incident, or when creating an individual coping plan. Display it in a calm corner or use the reflection questions in a session to identify triggers, body signals and strategies such as breathing, movement, grounding, taking space or asking for support.