

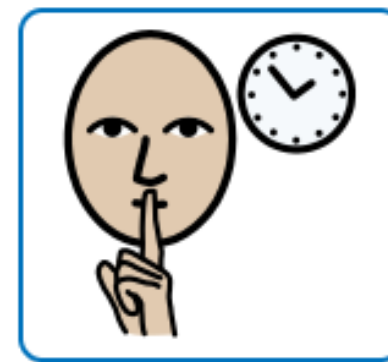
How to help me when I feel dysregulated



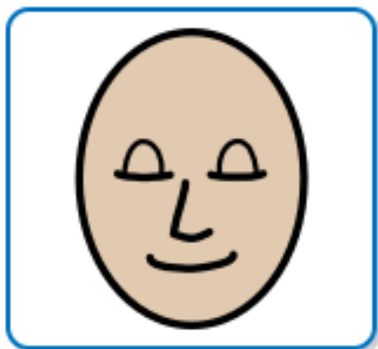
Lower your body position - sit down if I am standing up



Use a calm voice to talk to me



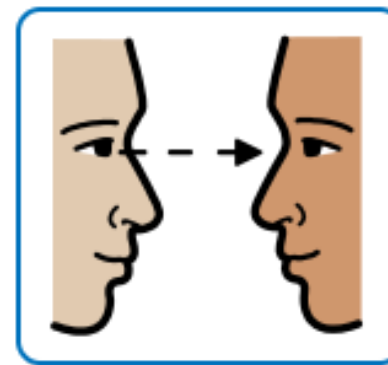
Allow me some quiet time and try not to talk at me



Stay calm and use a calm facial expression towards me

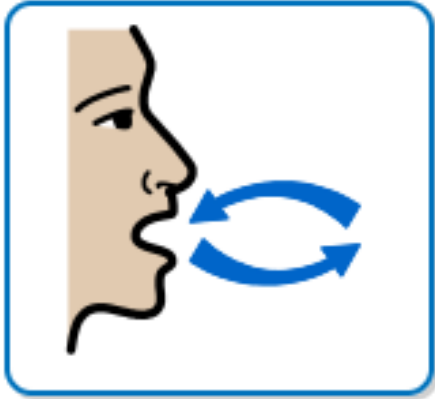


Offer me a hand
'let's go for a walk/somewhere safe'

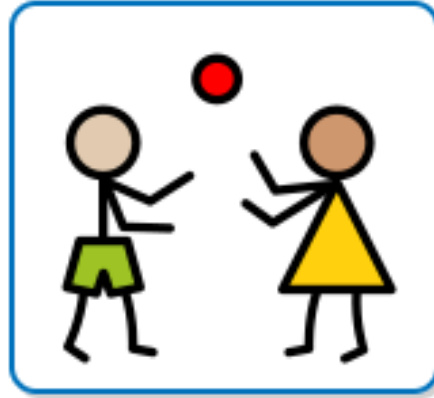


Don't expect me to make direct eye contact with you

When I am calming down you could try:



deep breathing with me



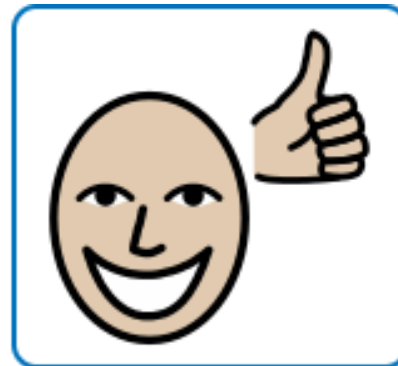
play a game with me



go for a walk with me



listen to me if I want to talk
about my feelings



Do an activity you know I enjoy