

## Free videos by Dr Karen Treisman to support relaxation and emotional regulation

### Things to be mindful of:

Firstly, please hold in mind, there is no right or wrong. We are all different and going through changes, reflections, and discoveries a lot of the time. We all have different sensory profiles, needs, preferences, pasts and so forth- so, take your time to choose what will be most helpful to you at this time, or none of them at all, if you just need some space or to do something different- there is no one size fits all. Be gentle with yourself and others.

People may be experiencing an array of different feelings, and these might be changing and flowing at different times; as well as soaking in other people's feelings and sensations.

1. **Hand or star breathing**-A video by Dr Karen Treisman introducing a brief breathing exercise called "hand breathing". It can be used for children and for adults. <https://youtu.be/NAldSdx-jps>

2. **Sensory, grounding, soothing, and regulating box**- A video by Dr Karen Treisman discussing how to make and create a sensory, soothing, and grounding box which supports all of one's senses to regulate. Suitable and adaptable for children and adults. <https://youtu.be/9XyxqWiqLk0>

3. **Muscle tensing and releasing tool**-A video by Dr Karen Treisman introducing a brief tension releasing exercise of tensing and relaxing one's muscles. Suitable and adaptable for children and adults. <https://youtu.be/FbhUxg9eHDE>

4. **Left and right body breathing**- A video by Dr Karen Treisman introducing a breathing exercise which supports left and right breathing. Suitable for older children, teenagers, and adults. <https://youtu.be/MHwiqovPrXY>

5. **Rhythm and butterfly breathing**-A video by Dr Karen Treisman introducing how rhythm can be used to help to change one's regulation and arousal. Also, this introduces the butterfly hug move which activates both the left and right side of one's brain. Suitable and adaptable for children and adults. <https://youtu.be/e6z6TJ1wQDM>

6. **Externalising worry through worry dolls, worry plaques etc**- <https://youtu.be/5Q-EoWSJQIg>

7. **Soaking in a positive moment**- A video by Dr Karen Treisman introducing how we can find a happy, feel good, and positive memory and travel back to it, anchor on to it, and soak it in- including using all of our senses. Suitable and adaptable for children and adults. <https://youtu.be/RRiQixmqcXI>

8. **Every interaction is an intervention**- video of Dr Karen Treisman explaining her quote "Every interaction is an intervention"- <https://youtu.be/8pBkXbCP3Q4>