

A "Brain Architects" Guide For Reducing Stressors



THEY "USE THEIR WORDS" WISELY



Go silent
(watch non-verbals too)



Ask questions
(avoid directing &
correcting)



Give visual support
(limit auditory
processing demands)

THEY "SOOTHE THE SYSTEM"



Offer brain breaks
(go for a walk, have a drink
of water, take a breath)

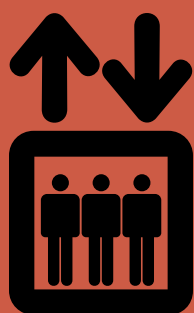


Play soothing music,
move around, dance!



Show compassion
(give a hug, share a
smile, offer a hand)

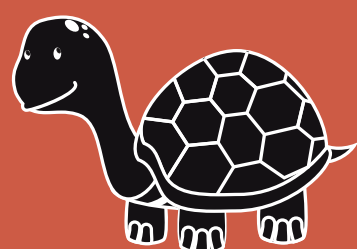
THEY "REDUCE" TO "RESTORE"



Reduce the size
of the group



Reduce inputs and
demands



Reduce pace to allow
for time to process

THEY "READY" THEMSELVES



Act from "The YES brain"
- take a breath, be
curious, & offer a lifeline
(Siegel & Bryson)



Reframe the situation
from "misbehavior to
stress behavior"
(Shanker)



Attend to basic needs
for safety, satisfaction,
& connection
(Hanson)