

SELF-SETTLING

INSTRUCTIONS

Self-settling is the act of calming yourself down from a state of extreme stress or an intense emotional experience. After reading the definition of self-settling out loud, ask staff to share with the group a time they felt overwhelmed or frustrated and were able to calm themselves down.

AFTER THIS HUDDLE

Staff should be able to:

- Recognize when they feel unsettled.
- Employ effective self-settling strategies.
- Identify situations when self-settling strategies may be useful.

NOTES TO THE HUDDLE LEADER

- Some common cues that you may need to self-settle are higher breathing rate, clenched hands or jaws, muscular tension, difficulty concentrating or making decisions.
- Some common self-settling techniques include closing your eyes, deep breathing, stretching, visualizing a peaceful scene, having a snack and repeating a mantra.



GUIDING QUESTIONS

- What does “self-settling” mean? Why is it important?
- What cues does your body give you when you might need to take a moment to self-settle?
- What are your self-settling techniques?