

Unlocking

The 4 S's of emotional support



Soothed  **I am responsive and model calm and inner-peace.**

What it means to feel soothed...

- My internal state is *not* experiencing distress
- I have inner calm
- I am able to respond and reflect vs. react and ruminate
- My emotions *aren't* overpowering or paralyzing my thoughts or actions
- My prefrontal cortex (upstairs brain) is helping to control my thoughts, actions, and judgments
- I'm in a state of mental integration (Dr. Dan Siegel)
 - Flexible (able to bend)
 - Adaptive (able to adjust)
 - Coherent (able to make sense)
 - Energized (able to enthusiastic)
 - Stable (able to be grounded)

How I ensure others are soothed

- I notice the things that cause me to "go limbic"
- I recognize and reduce stressors for others
- I "use my words" wisely (go silent, listen deeply, practice sound minimalism)
- I monitor my tone of voice and my facial expressions
- I use empathetic non-verbal communication (slow down, inviting posture, welcoming gestures, soft eyes)
- I ask questions that demonstrate my desire to understand another's perspective
- I acknowledge how others feel, allow for processing emotions, and aid in identifying coping strategies
- I attend to the needs of others: safety, satisfaction, and connection