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Self-Regulation Mantras for Human Services Providers

When emotional demands feel constant, repeat these simple affirmations to help you remain grounded in compassion and respond thoughtfully to challenging behavior.



**Behavior is communication—
listen for the unmet need.**



**I can't
pour from an
empty cup—
my well-being
matters too.**

**Every challenge
is a chance to
connect.**



**Connection
before
correction.**



**Progress, not perfection—
for them and for me.**

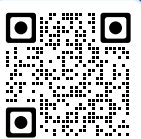
**What looks like
apprehension
may be a
trauma
response.**



**I am
here to
walk *with*,
not carry.**



**I control my
response,
not their
reaction.**



Strong care starts with a strong you.

Explore additional resources and training programs designed to help you stay prepared and regulated: crisisprevention.com/HumanServices