

#ThinkMoment: Empathy Regulates

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=R85APUTL90Y](https://www.youtube.com/watch?v=R85APUTL90Y)

<https://www.youtube.com/watch?v=R85aPUTL9oY>

SUMMARY

Empathy serves as a crucial tool for regulating emotions and fostering calmness in individuals who are feeling disregulated. By actively listening and engaging without judgment, we can create a supportive environment that encourages problem-solving and connection.

- *Empathy is a powerful human regulator that helps calm disregulated individuals.*
- *Being heard and listened to can significantly reduce anxiety and promote emotional stability.*
- *Active listening involves curiosity and the suspension of personal beliefs and reactions.*
- *Reflecting back what someone has said can enhance understanding and validation.*
- *Creating a non-judgmental space is essential for effective communication and problem-solving.*
- *Empathy can facilitate deeper connections and improve interpersonal relationships.*

these days when there is so much disregulation

everywhere we turn it's really important for us to think about what can we do to help regulate people who are disregulated and I want to encourage us all to remember that perhaps the most powerful human regulator we have is empathy empathy is a powerful regulator being heard being listened to to is incredibly calming and regulating so before

you're going to ask anybody to listen anything

you have to say to engaging any problem solving or anything like that you're going to have to calm them down first and a very effective way to do that is by listening being curious not judgmental but suspending our thoughts our beliefs our reactions to try to hear somebody out or even simply just reflecting back to somebody what they've said to us and empathy is one of the most important and Powerful Regulators we have