

Awareness-Based Calming & De-Escalation

Supporting Individuals with Anxiety, Anger, or Aggression

☀️ Why It Matters

- Challenging behaviours often arise from unmet biological, social, or psychological needs.
- Supporters' ability to remain mindful, emotionally self-regulated, and kind directly influences outcomes through emotional contagion.
- 💡 Calm begets calm. Fear begets fear.

🌱 Root Causes of Anxiety & Challenging Behaviour

- Biological: GI issues, infections, nutrient imbalances, immune dysfunction, sleep disturbances, neurological disorders.
- Psychological & Emotional: Trauma, untreated mental health conditions, stress, unmet functional goals.
- Environmental & Social: Noise, transitions, power struggles, isolation, unclear expectations.

🔧 Core Tools for Supporters

1 BB-ABC Calming Tools

- 🦋 Butterfly Hug
- 👐 Collar Bone & Hand Activation
- 🚶 Mindful Movement & Walking
- 🎵 Massage, relaxation, music, sensory diets, balance activities.

2 Mindful Self-Regulation

- 🧘 Practice daily calm presence.
- 🌱 Model intentional relaxation strategies.

3 Communication Skills

- 💬 Respond feelings to feelings (e.g., "I can see this is upsetting").
- 🚫 Avoid "reasons" when emotions are high.
- ✅ Use speech that is useful, truthful, timely, and kind.

☀️ Best Practices

- Normalize calming practices in everyday life, not just in crises.
- Collaborate with healthcare & allied professionals when biological or mental health issues are suspected.
- Remember: behaviours are seldom intentional—they are signals of unmet needs.

🌟 Key Takeaway

Effective calming and de-escalation begins with the supporter's own state. Integrating awareness-based techniques, compassionate communication, and professional collaboration reduces anxiety, prevents escalation, and promotes well-being.