

**CONTAIN • REG-003 • 1/2**

[ Make notes • Make it yours > > ]

Not every thought needs full engagement.

Not every feeling needs immediate action.

Sometimes regulation starts with:

[CONTAINMENT]

intentional set-aside

long enough to choose well.

Quick signs containment may help:

- overload • spiraling • over-input
- emotional flooding • reaction urgency

field notes ^

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**CONTAIN • REG-003 • 2/2**

[ Make notes • Make it yours > > ]

**Try:**

- reduce 1-2 inputs • focus on 1-2 priorities
- slower breathing • pause before reacting
- less explaining • shorter next steps
- ground through movement or physical sensing

[Containment] ≠ suppression.

It is creating enough stability  
to regain useful traction.

**Steady first. Then decide.**