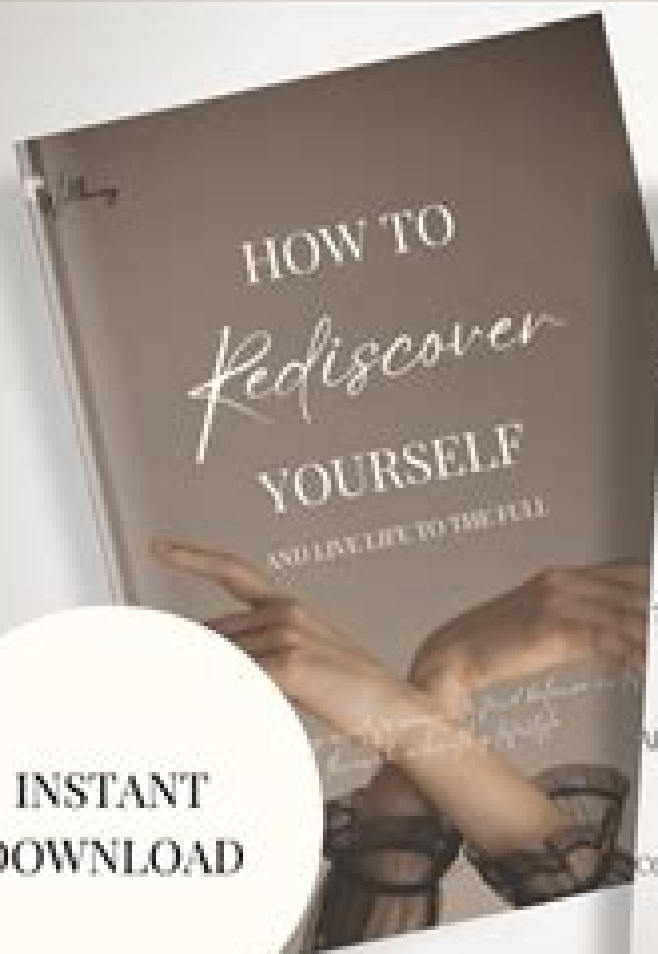


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### **The Self-Regulation Workbook for 3- to 5-Year-Olds** Abbré

McClain,Jacqueline Salazar,2024-10-22 Discover play based activities and coping strategies to help children ages 3 to 5 with social and emotional functioning attachment patterns and handling anxiety and other strong emotions Children aged 3 to 5 years are experiencing a period of rapid growth and play is the key medium in which all aspects of their development especially social and emotional development occur This evidence based workbook acts as a resource for trusted adults and caregivers providing playful and creative activities that will help foster self regulation skills necessary for healthy emotional development in their children Activities within the workbook are play based to help young kids foster a healthy self image and develop self regulation skills necessary to manage stress anxiety and other big emotions Additionally the activities will include reflective opportunities for adults to help strengthen their relationship with the child The reflective process is necessary for co regulation an essential aspect of self regulation These activities can be utilized repeatedly and adapted across ages and settings as well as assist in navigating social and emotional developmental milestones

**The Upward Spiral Workbook** Alex Korb,2019-04-01 Positive life changes lead to positive brain changes Drawing on the huge success of his groundbreaking book The Upward Spiral neuroscientist Alex Korb offers actionable step by step skills in a workbook format to help readers with depression make small changes that add up to a successful recovery With this accessible guide readers will learn how dozens of tiny positive steps can reshape the brain and create an upward spiral towards a happier healthier life

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Diagnosis is about embarking on a journey of self discovery acceptance and growth It serves as a constant companion holding your hand as you navigate the world of adult autism Whether you are newly diagnosed suspect you may be on the spectrum or are seeking to understand a loved one better this guide serves as a compassionate informed and comprehensive resource It underscores that an autism diagnosis in adulthood is not a roadblock but rather a gateway to understanding oneself better and leading a fulfilling life With its emphasis on embracing neurodiversity and self acceptance this workbook is an empowering asset It invites you to look beyond the challenges and focus on the potential that lies within you So embrace your diagnosis embark on this enlightening journey and discover the unique and wonderful individual that you are

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