



Safe Home Base Moai

A Regulation & Co-regulation **Moai** for
FIGT's Global Caregivers

Session
1

Let's Launch!

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Concept of a Moai

Session 1

A **Moai** (pronounced "moh-eye") is a traditional social support network originating from Okinawa, Japan, a region renowned for the longevity of its residents. The term translates to "meeting for a common purpose."

By blending Okinawa's timeless principles with modern tech, FIGT can build resilient virtual Moais that enhance well-being and combat isolation, no matter where we live.

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Safe Home Base: A Regulation & Co-Regulation Moai for Global Caregiving

Session 1



10-session group designed for expat parents, grandparents, and care providers who want to navigate the emotional complexities of raising children abroad.

1 Session for Introduction, 4 Sessions on Regulation Exercises, 4 Sessions on Co-regulation, 1 Wrap-up Session

Each session blends science-backed strategies, practical exercises, and shared experiences to foster connection, resilience, and emotional security within global families.

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Safe Home Base Objectives

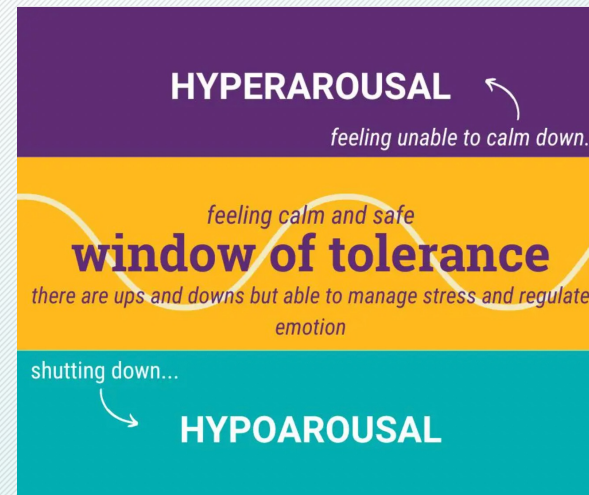
Session 1

To strengthen our Community's Social Ties



An FIGT objective and a critical element of our health, happiness and effective caregiving

To gain practical skills to care for children from the “Window”



Key to connection with your children, and an important element of their development

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Let's Drop Anchor

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HYPERAROUSAL

feeling unable to calm down...

feeling calm and safe

window of tolerance

there are ups and downs but able to manage stress and regulate emotion

shutting down...

HYPOAROUSAL



Safe Home Base: Reflection

Session 1

Consider your last week and rate, on a scale of 1-10, your satisfaction with your:

1. Sleep
2. Nutrition
3. Movement/Exercise
4. Connection/Belonging
5. Stress Management

Breakout!

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The Caveman Challenge



The Caveman Challenge

Session 1

Our **brains and bodies** are equipped for survival in **a world** that **no longer exists**.



We have a natural **bias** towards high-energy foods

- Calorie-rich food was rare and eating them was very good for our **survival**, and our bodies still reward us for consuming them.
- The mismatch with our current environment leads to the **obesity epidemic**.

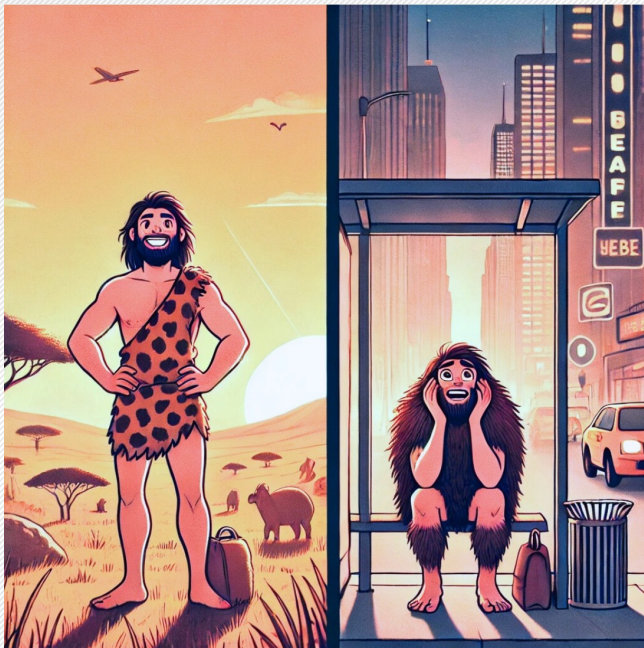
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The Caveman Challenge

Session 1

Our **brains and bodies** are equipped for survival in **a world** that **no longer exists**.



We have a natural **bias** towards the negative

- Immediate physical threats (e.g., predators, starvation, social rejection) were common.
- This hardwired a threat response that prioritized **survival over well-being**. It was **adaptive for survival** in ancestral times, but is not appropriate for modern stressors (e.g., work deadlines, social media comparisons) or expat specific stress (e.g. cultural adaptation, isolation, and sensory/cognitive overload from novel stimuli)
- This mismatch can lead to **chronic stress, anxiety, or rumination over non-life-threatening issues**.

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The Global Nomad's Parenting Challenge

- **Model regulation:** Show your child how to handle stress without flipping into fight/flight/freeze.
- **Co-regulate:** Your calm presence helps your dysregulated child return to safety. *Example: A deep breath before responding to a meltdown lowers both your heart rates.*
- **Build resilience:** Over time, your child's brain learns to mirror your regulated state, creating lifelong neural pathways for emotional stability.



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HYPERAROUSAL

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HYPOAROUSAL

In this first part of this series, we'll discuss and experience skills to self-regulate as parents.

- **Session 2:** Know our direction when operating even outside our WoT (***Clarify our values***)
- **Session 3:** Be less likely to jump out the WoT (***less reactive to our thoughts***)
- **Session 4:** Be less likely to jump out the WoT (***less reactive to our feelings***)
- **Session 5:** Return to the WoT (***Grounding***)

Plus, at the start of every session, we'll rate (1-10) our own factors affecting window width: ***nutrition, exercise, active stress management, sleep and connection***

Session 1



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In this second part of this series, we'll discuss co-regulation in practice.

- **Session 6:** Coregulation & Attachment
- **Session 7:** Validating and Labeling Emotions
- **Session 8:** Collaborative Problem-Solving
- **Session 9:** Repairing Ruptures in Connection
- **Session 10:** Reflection, Integration, and Celebration

And continuing to rate (1-10) our own factors affecting window width: *nutrition, exercise, active stress management, sleep and connection*



Session 1

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Major Source Materials

Session 1

Regulation sessions will draw heavily from:

- ACT Made Simple – Russ Harris
- DBT (R) Skills Training Manual -- Linehan, Marsha M.

Co-regulation sessions will draw on heavily from:

- The Whole Brain Child
- Good Inside
- Raising Securely Attached Kids
- The Explosive Child

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And most importantly...

Session 1

At SAFE HOME BASE

***We'll have FUN &
CONNECT!!***

***Because we're FLIGHT,
friends that never have to
say "goodbye"!***

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