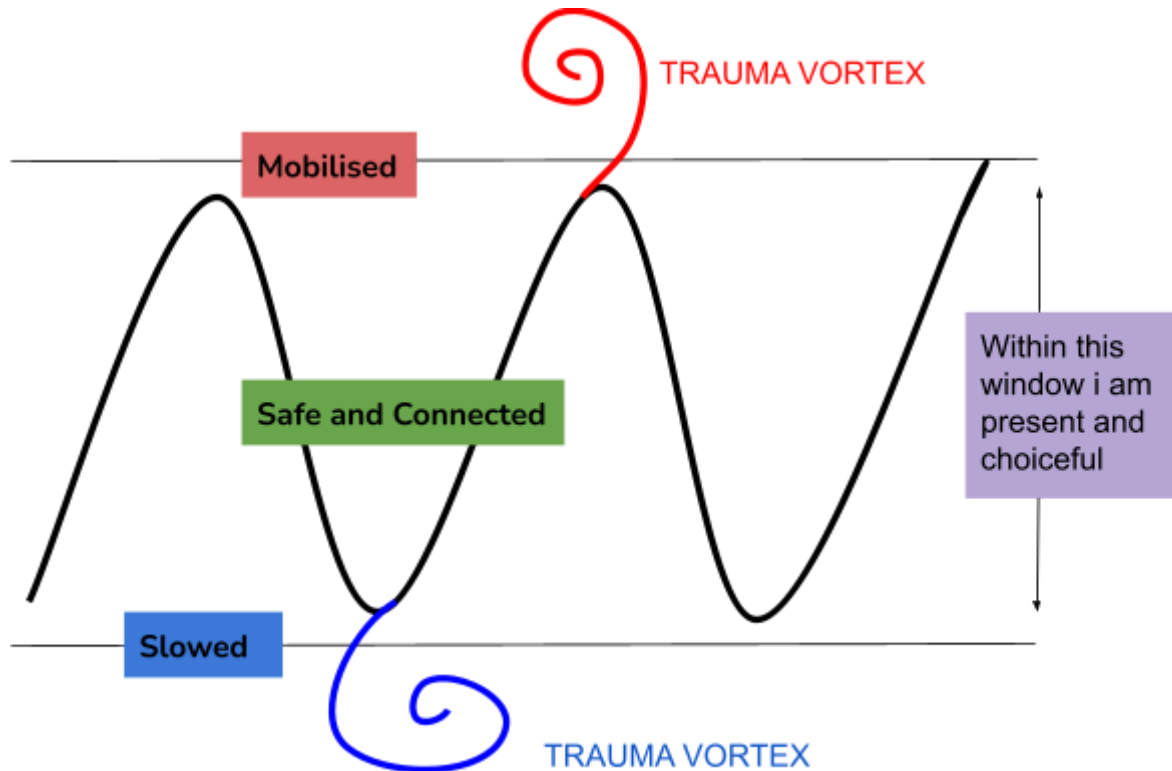


How the Nervous System Works + Tools for in the Moment

Window of Tolerance



Exercise 1: Mapping Your Nervous System States

First: Imagine yourself in a specific, low stakes, everyday scenario eg. walking down the street, hanging up washing..

Now, use that same scenario to explore three different nervous system states.

When I'm (scenario)..... in a Safe and Connected state:

- My body feels...
 - My thoughts sound like...
 - I tend to behave/do...
 - The world feels...
-

When I'm (scenario).....in a Mobilised (fight/flight) state:

- My body feels...
 - My thoughts sound like...
 - I tend to behave/do...
 - The world feels...
-

When I'm (scenario)..... in a Slowed (low energy) state:

- My body feels...
- My thoughts sound like...
- I tend to...
- The world feels...

Exercise 2: Resource/Countervortex List

Active resources- eg. dancing, painting
playing football

Big resources eg. loved ones, places,
passions

Tools - any nervous system techniques that
work to support you

Sensory resources + glimmers eg. smells,
sights, anything small that supports you
day-to-day