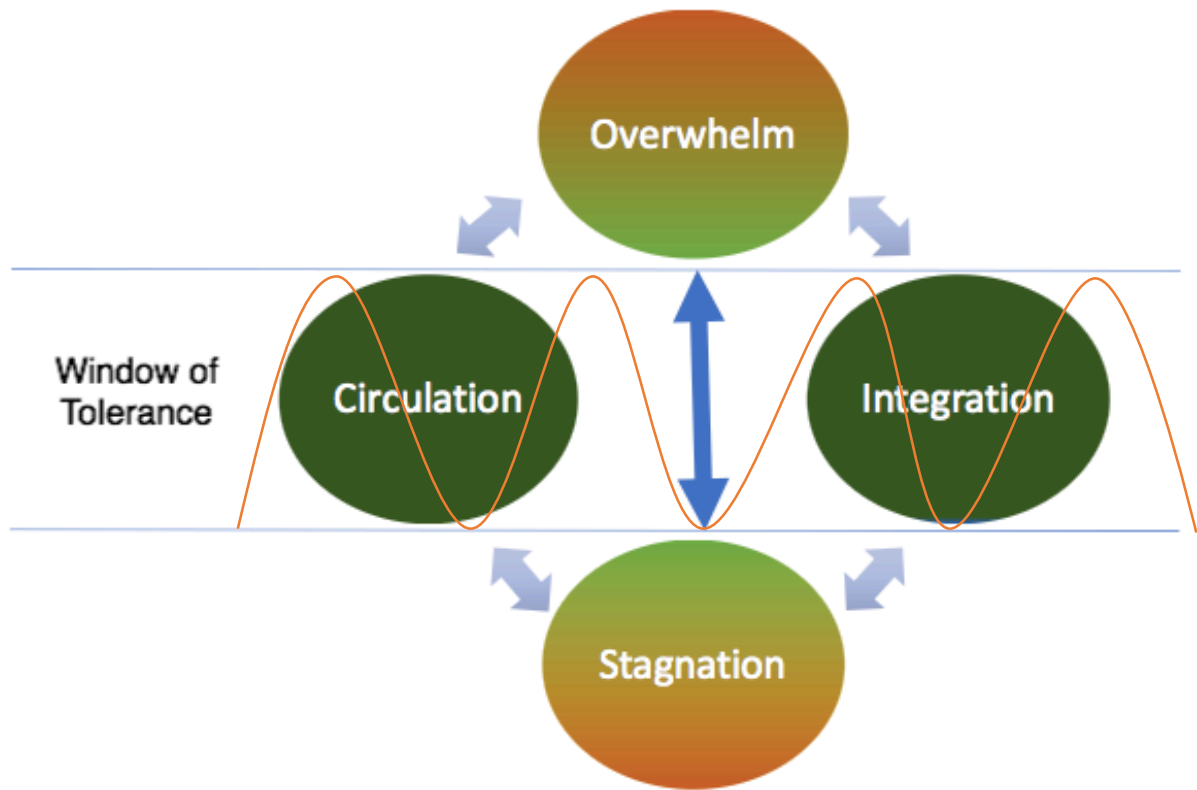




BUILDING YOUR TOOLKIT OF RESOURCES



We all have an optimal arousal level, a state that allows for the natural ebb and flow (ups and downs of emotions) experienced in our day to day life. Coined the Window of Tolerance this is where we naturally access rest, digest, inspired activity, sensuality, social engagement, creativity, surrender, bliss

What does it feel like for you when you're in that state?

Your nervous system is functioning exactly as it thinks it needs to, to keep you safe. But when caught in overwhelm or stagnation for extended periods the capacity for real time intelligence shrinks. Depending on where your energy is at any moment the tools that will help you to feel safe and at home will vary so take some time to be curious and ask questions:

What triggers me?

What do I feel?

What do I need?

Step One: Awareness + Acceptance

Step Two: Choose tools/activities that help you to up or down regulate

	OVERWHELM/HYPERAROUSAL	STAGNATION/HYPOAROUSAL
What does it feel like?		
What triggers my energy to shift here?		
What story do I tell myself when I notice I am here?		
Which tools help me to mobilise or down regulate?	<i>DOWN REGULATE</i>	<i>MOBILISE</i>

SUGGESTIONS

Guided Relaxation

Diaphragmatic Breathing

Box Breathing

Mindfold

Noise Cancelling Earphones

Savasana

Shaking

Hands on Heart

Hands on Womb

Waking up the hands

Tara Brach RAIN

Inner Sanctuary

Tibetan bowls

Om Chanting

Humming

Calming music

Having someone hold your hand while you breath

Hugs

Patting an animal

Jumping on a trampoline

Ball along spine

Ball or block on sacrum

Alternate nostril breathing

Sun salutations

Rolling & reaching

Meridian Tapping

Uplifting music

Dancing

Arousal of senses with oils/incense/flowers

Womb rocking

Circling

Barefoot on Earth

Talasana

Camel Pose