



Session 3

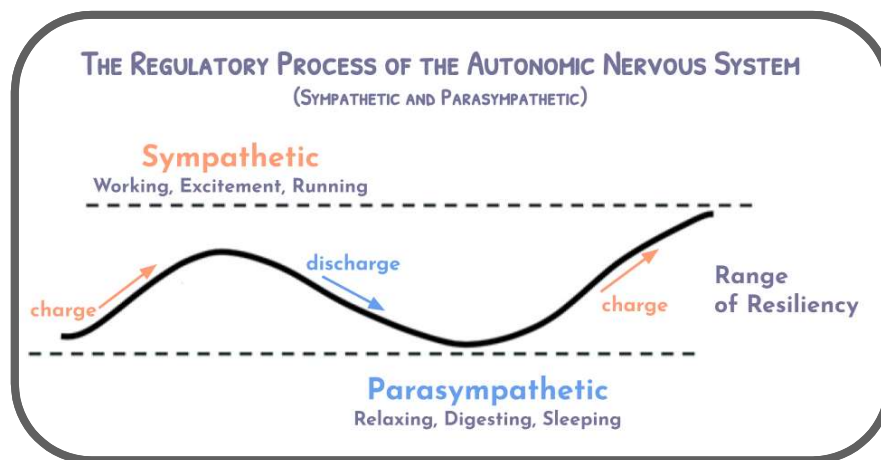
Time to Regulate

Getting Started

You are in constant cycles of activating and settling throughout every day. You need to learn how to utilize this natural balancing act to keep within your range of resiliency. This primes the rebound of resiliency.

Self-regulation is being able to change your thoughts, emotions, behaviors, and physiology. Self-regulation helps you understand in what ways and how to transition yourself. Developing a strong autonomic nervous system is the most crucial element to this.

The human body runs on one nervous system with two branches: the sympathetic and the parasympathetic. Both systems are involuntary. The sympathetic branch prepares the body for activity, while the parasympathetic branch allows the body to calm.



Watch the video: Understanding Your Stress Response

As undergraduates, your sympathetic response may activate before important deadlines, exams, and presentations. Common responses are sweating, feeling anxious, muscle tension, rapid breathing, and feeling irritable. The key to self-regulation is to activate your parasympathetic response to alleviate the symptoms of your sympathetic response. When this happens, your heart rate and breathing slow, sweating decreases, and you feel calm and relaxed.

List three moments throughout your day when you can feel yourself starting to get stressed. How can you connect yourself to your breath in these moments?

Times I often start to get overwhelmed...

I can remind myself to breathe by...

1. _____

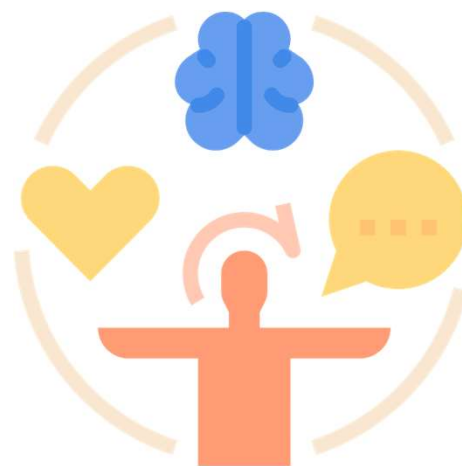
2. _____

3. _____

Connecting to your breathing (mainly through your nose) serves as a natural limiter of action in your life. This is a primary way to engage your parasympathetic nervous system in stressful situations. Once you connect with your breath, try to train yourself to expand your awareness of your whole body.

Watch the video: Take a Better 30-Second Break

Identify three moments throughout your day when you are meant to pause or take a break but, instead, add even more activation to your day.



Moments I am meant to pause/take a break:

What I can focus on instead:

1. _____

2. _____

3. _____

A significant amount of your feelings around being burnt out and feeling overwhelmed can begin to subside if these actions are taken seriously. It will clearly take time to show the benefits, but these are systems-based changes that can also last a lifetime.

Deeper Dive

"The Headspace Guide to Meditation & Mindfulness." by Andy Puddicombe

