



Session 3

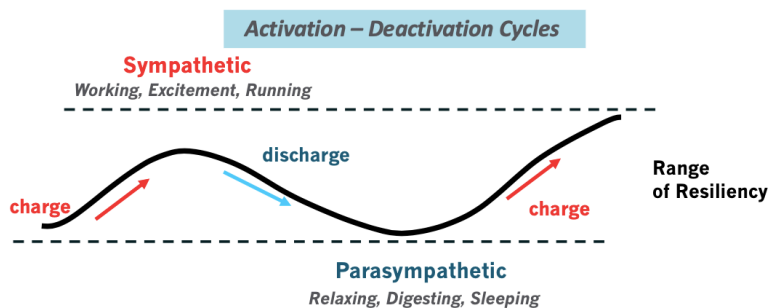
Time to Regulate

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 Regulatory Process of the Autonomic Nervous System (Sympathetic and Parasympathetic)



Watch the video: *Understanding Your Stress Response*

List 3 moments throughout your workday that 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...

1. _____
2. _____
3. _____

I can remind myself to breath by...

- _____
- _____
- _____

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

Identify 3 moments throughout your workday that you are meant to pause or take a break but instead add more activation to your day. A common example is checking social media or email at a stop light. What are a few workday versions of this and what can you replace these moments with.

Watch the video: Take a Better 30-Second Break

Moments I am meant to pause/take a break:

1. _____

2. _____

3. _____

What I can focus on instead:

A significant amount of our 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.

