

Nervous System Care

Learning the language of your unconscious

Welcome!

- Get a snack and a drink
- Make sure you have room to stand and move
- Orient yourself



Housekeeping

- Questions
- Chat
- Muting and unmuting
- Taking care of your capacity

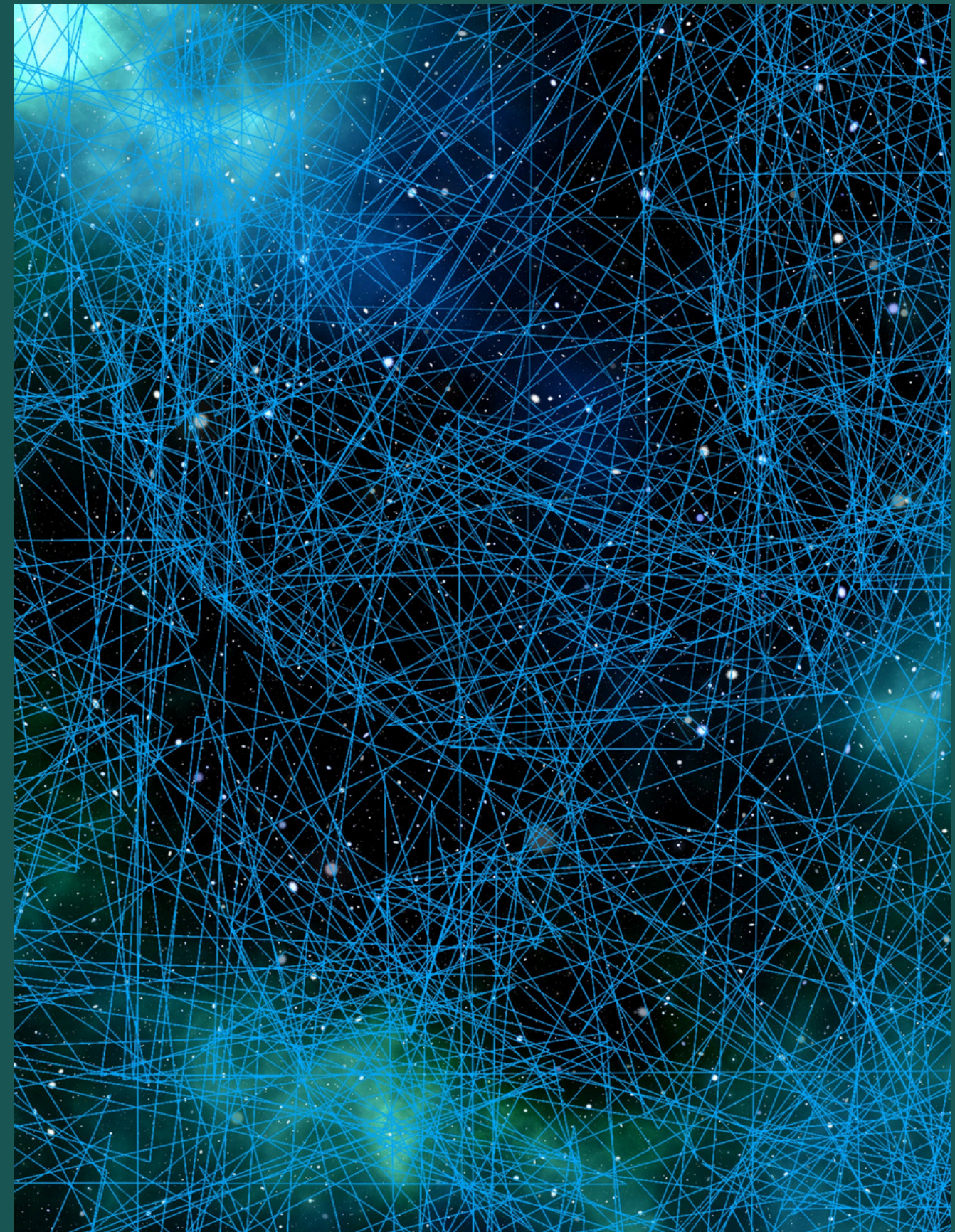


Who Are We?



WHY THE NERVOUS SYSTEM?

- It's our lens
- It's our operating system
- It's everywhere!
- It calls the shots
- It defines your future

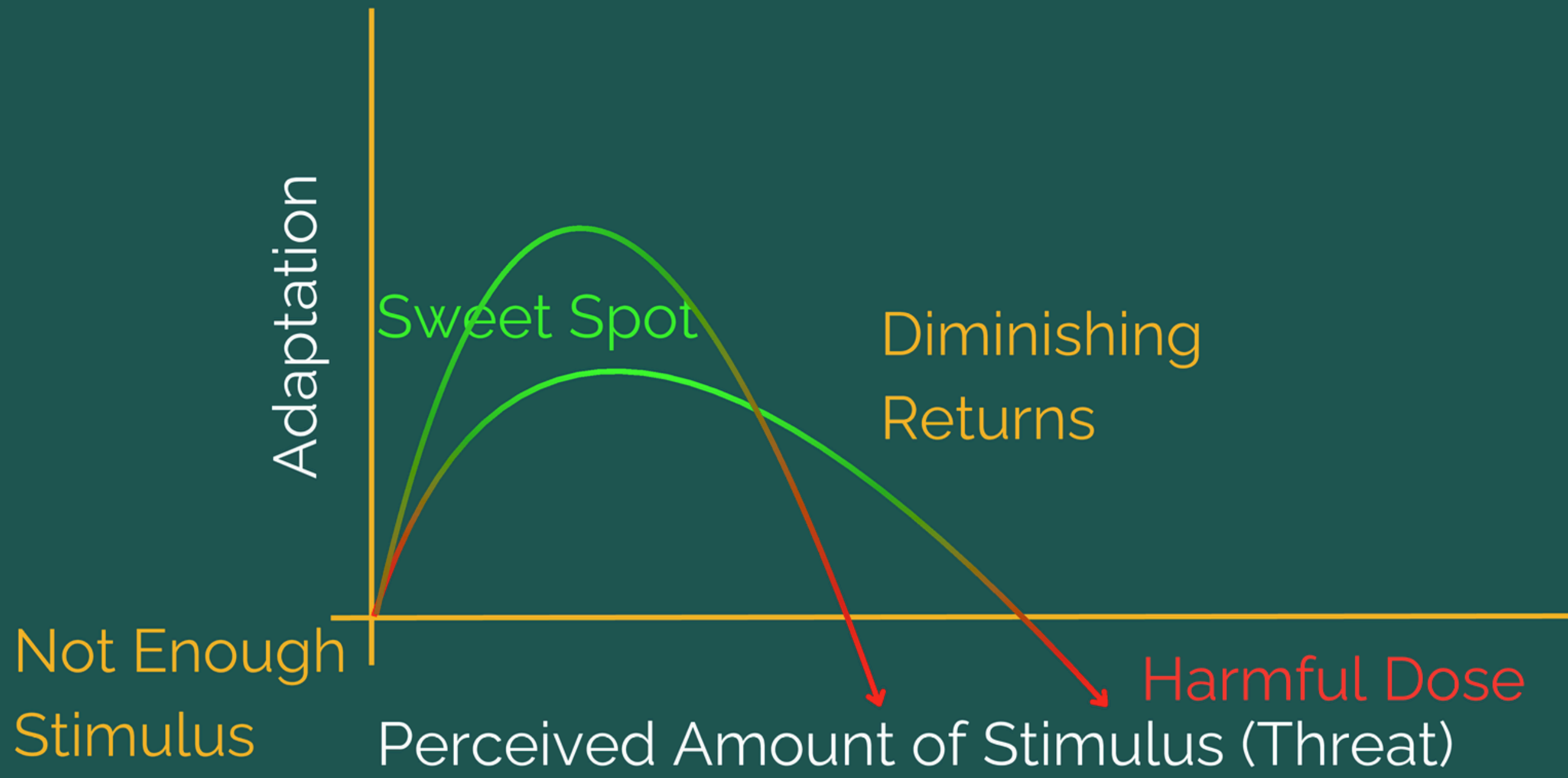


CORE UNDERSTANDINGS

- Input > Interpretation > Output
- Somatic safety = Everything
- N=1
- Minimum Effective Dose



MINIMUM EFFECTIVE DOSE

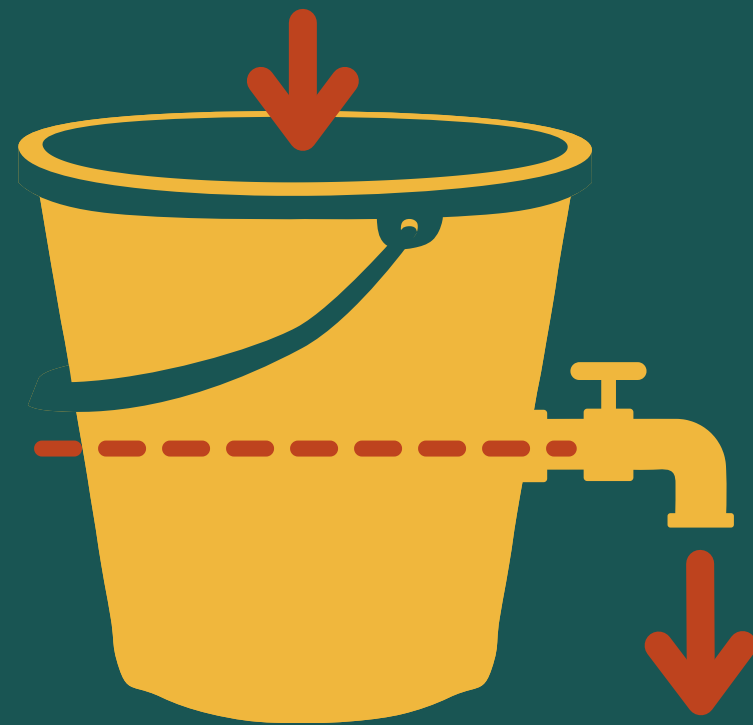


THREAT RESPONSE

INPUTS

vision, breathing, sleep, relationships, balance, work, emotions, movement, nutrition education, systemic oppression

- How the brain handles stress
- Threat isn't just an attack, it's often tied to the brain's ability to accurately predict.
- Many little threats = big threat
- Access to change requires safety



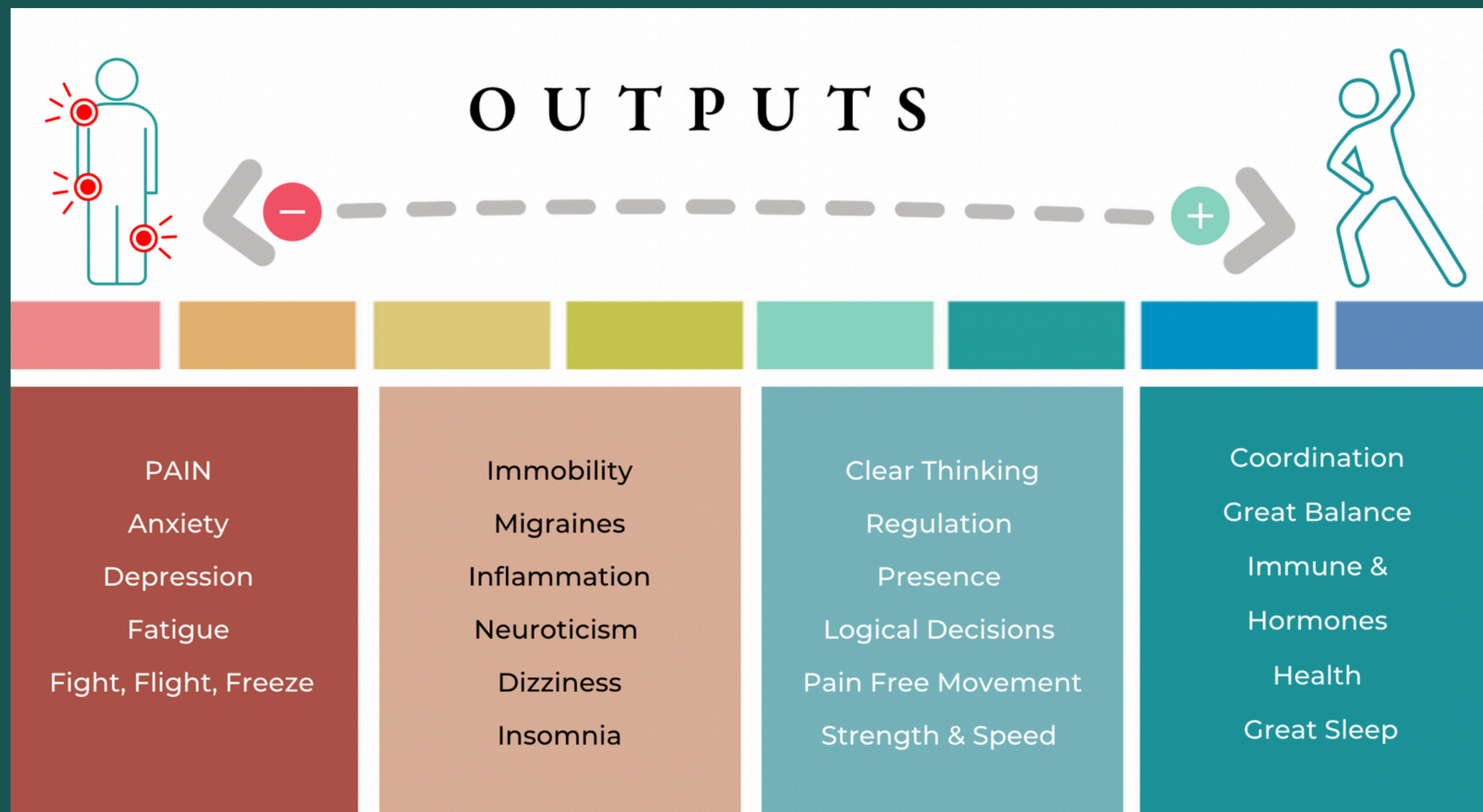
OUTPUTS

chronic pain, anxiety, depression, fawning, procrastination, inflammation, fatigue, freeze, perfectionism, addiction, dissociation, overworking, intrusive thoughts, poor memory, hypersensitivity, panic, freeze...



REWIRING

- Everything our nervous system does is a skill
- New, safe inputs create possibility for healthy adaptation



WHAT ABOUT MINDSET AND WILLPOWER?

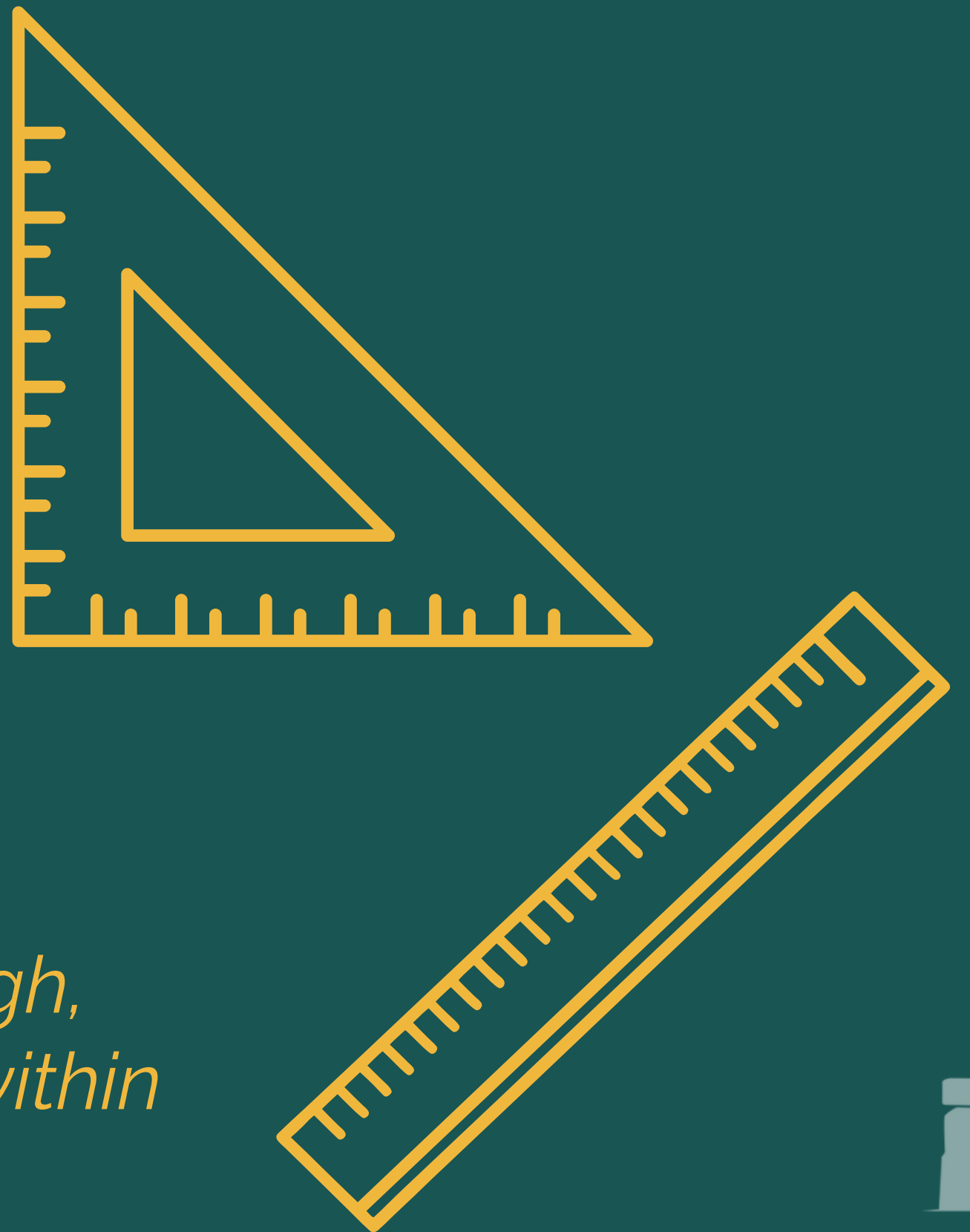
- In a survival response, an “F” response, your rational mind goes offline in order to be able to respond to threat more quickly. This means all that is available is what is already familiar and well-trained.
- Neurotags (beliefs, reactions, coping mechanisms...)
- Rewire with tools



ASSESSMENTS

- Trunk Rotation
- Peripheral Vision
- Breath
- Coordination

Pay attention to shifts in the body (yawn, sigh, shiver, relaxation) these are signs you are within your correct dosage



TOOLS

- Physiological Sigh
- Foot Sensory Stimulus
- Tongue in cheek
- Visual Reset



ROADMAP

- Find *YOUR* tools (and modifications)
- MED (Gentleness rebuilds trust)
- Make them **regular** outside of crisis
- Sandwich stressors & emotional processing



LIMITATIONS OF THE TOOLS

- You can't regulate out of being under-resourced
- Neuro-tools can be used to suppress
- Emotions are part of the healthy ecosystem
- Make them safe, not go away
- "Good" emotions can be hard too (neurotags)
- A healthy nervous system is not a flat-line or chaotic

Tools = safety = ability to rewire

Neuroplasticity is forever

