



Mindful Movement & Breathing Techniques for Regulation

Affect Regulation

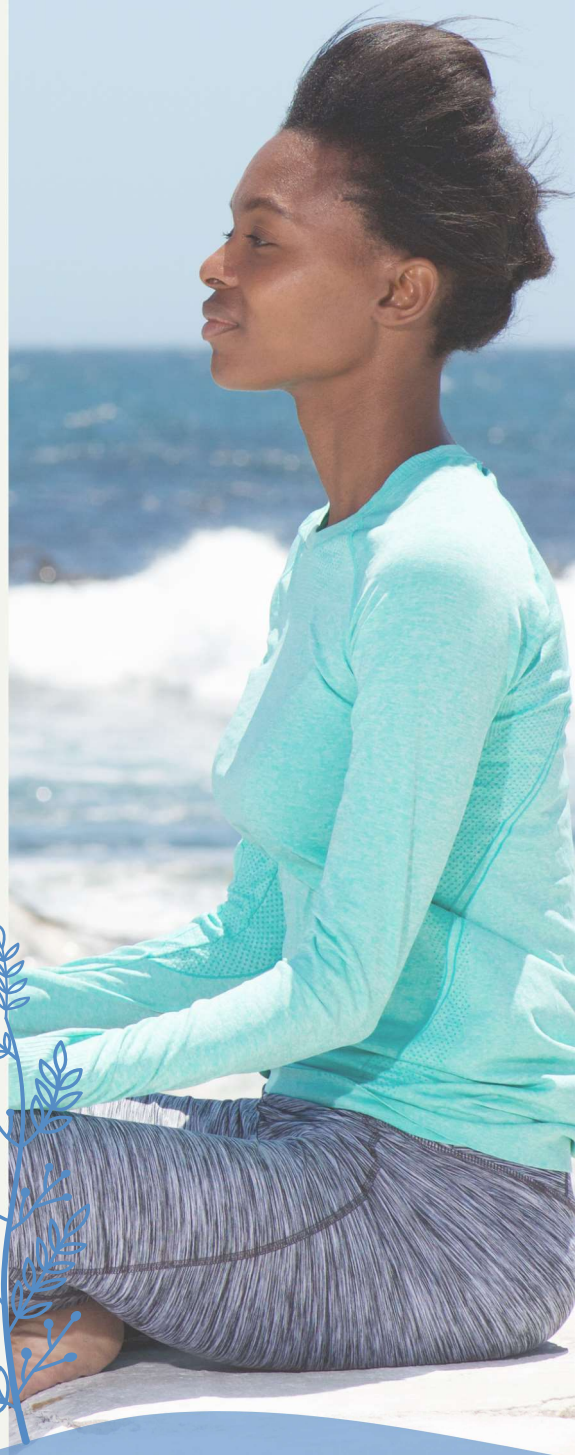
- the ability to experience and respond to emotions in healthy ways
- **Window of Tolerance (Dan Siegel)** optimal level of arousal within which we effectively process and integrate our experiences
- Parasympathetic and sympathetic nervous system activation influences affect regulation

Social Engagement

- **Polyvagal Theory (Stephen Porges)** demonstrates that nervous system regulation impacts social engagement
- Unregulated = difficulty interpreting social cues and sense of safety

Co-Regulation

- **Stimulates mirror neurons**
- Builds empathy & compassion
- Initiates a sense of safety for improved social interactions
- Teaches autoregulation
- Begins with mind-body connection



"Cues of safety are the treatment...safety is defined by feeling safe and not simply by the removal of threat."

Porges, S. W., & Dana, D. (2018). Clinical applications of the polyvagal theory: The emergence of polyvagal-informed therapies (Norton series on interpersonal neurobiology). WW Norton & Company, p. 61



Resources

for positive connections
& effective regulation

Understanding Breath Exercise

(How the Diaphragm Works)

Interlace fingers in front of chest, elbows relaxed by sides.

Inhale, raise elbows out to sides, fingers flattening.

Exhale, relax elbows, return to starting position.

Autonomic States & Breath

Ventral Vagal (social engagement)

full, deep, easy, steady, slow, long, calming, filling, even, regular, sustaining

Sympathetic (action)

sharp, short, fast, loud, forced, irregular, tight, restricting, fiery, gasping

Dorsovagal (immobility)

shallow, silent, unfulfilling, flat empty, weak, depleting

Polyvagal Theory

the work of Stephen Porges

New Insights into Adaptive Reactions of the Autonomic Nervous System

Yoga and the Polyvagal Theory



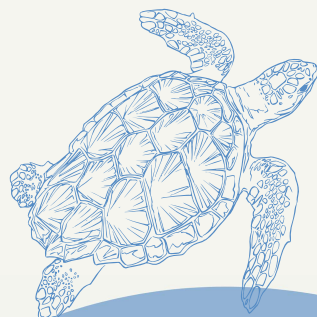
Window of Tolerance

the work of
Daniel Siegel
Bessel van der Kolk

What is the Window of Tolerance

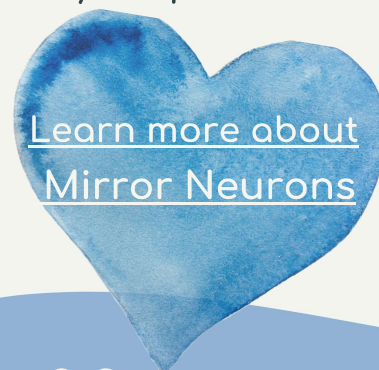
Ways to Expand the Window of Tolerance

The Body Keeps the Score



Turtle Shell

Rest your belly on your thighs, forehead on the floor, your forearms or hands. Take 3-5 slow breaths and feel OK.



Learn more about
Mirror Neurons

Questions, need more information? Contact
lisa@createcalm.org or call 240-532-CALM (2256)

Resources: Full Links

Polyvagal Theory

the work of Stephen Porges

New Insights into Adaptive Reactions of the Autonomic Nervous System

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/>

Yoga and the Polyvagal Theory

<https://www.igi-global.com/chapter/yoga-and-polyvagal-theory/261163>

Window of Tolerance

the work of Daniel Siegel & Bessel van der Kolk

What is the Window of Tolerance


<https://www.nicabm.com/trauma-how-to-help-your-clients-understand-their-window-of-tolerance/>

Ways to Expand the Window of Tolerance

<https://www.nicabm.com/trauma-how-to-help-a-client-come-back-into-their-window-of-tolerance/>

The Body Keeps the Score

<https://a.co/d/0dDQZwH>



Learn more about
Mirror Neurons

<https://link.springer.com/article/10.1007/s11299-014-0160-x>