

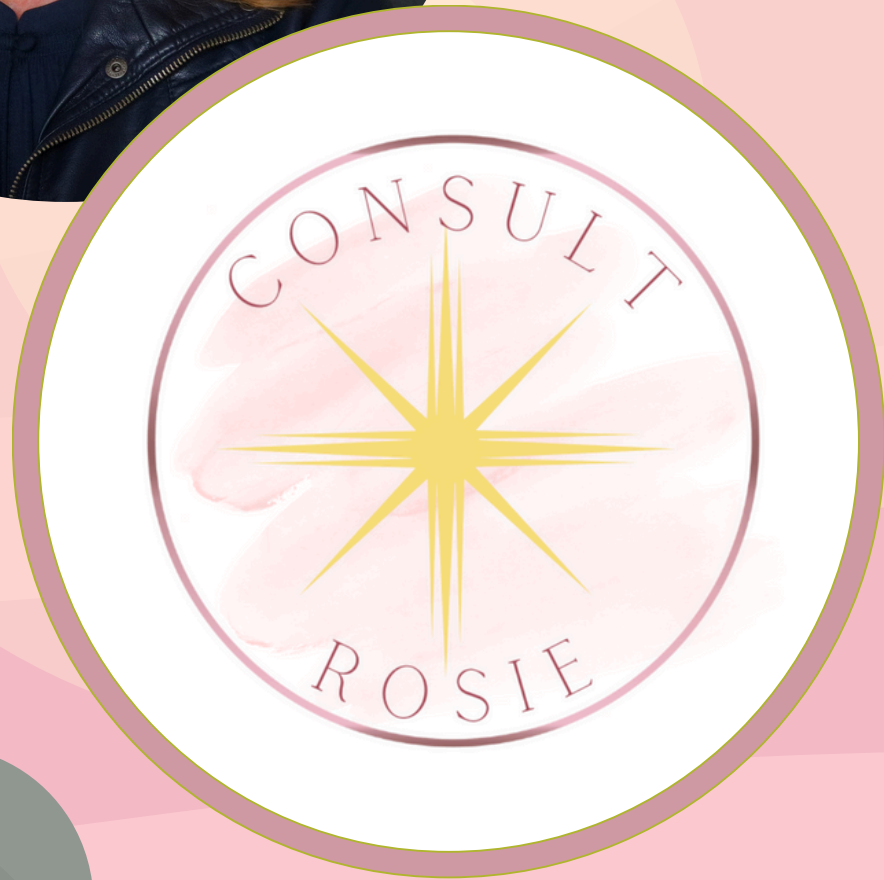


UNDERSTANDING THE NERVOUS SYSTEM: REGULATION FOR RESILIENCE

 @RosieCataldo
 ConsultRosie.com



INFUSING PREVENTION INSPIRING AWAKENING IGNITING HEALING

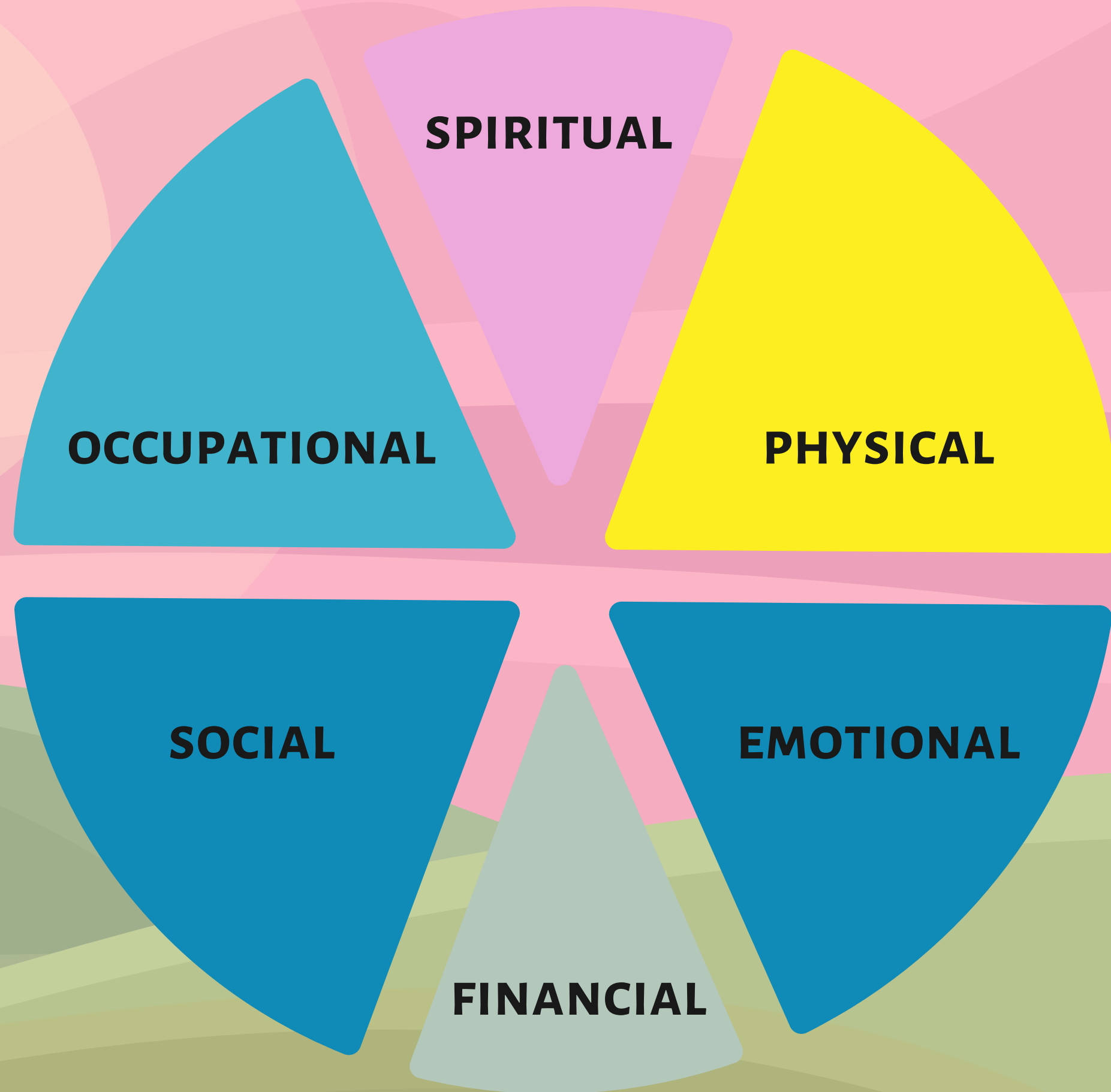
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SELF CARE: LOOKING UNDER THE HOOD



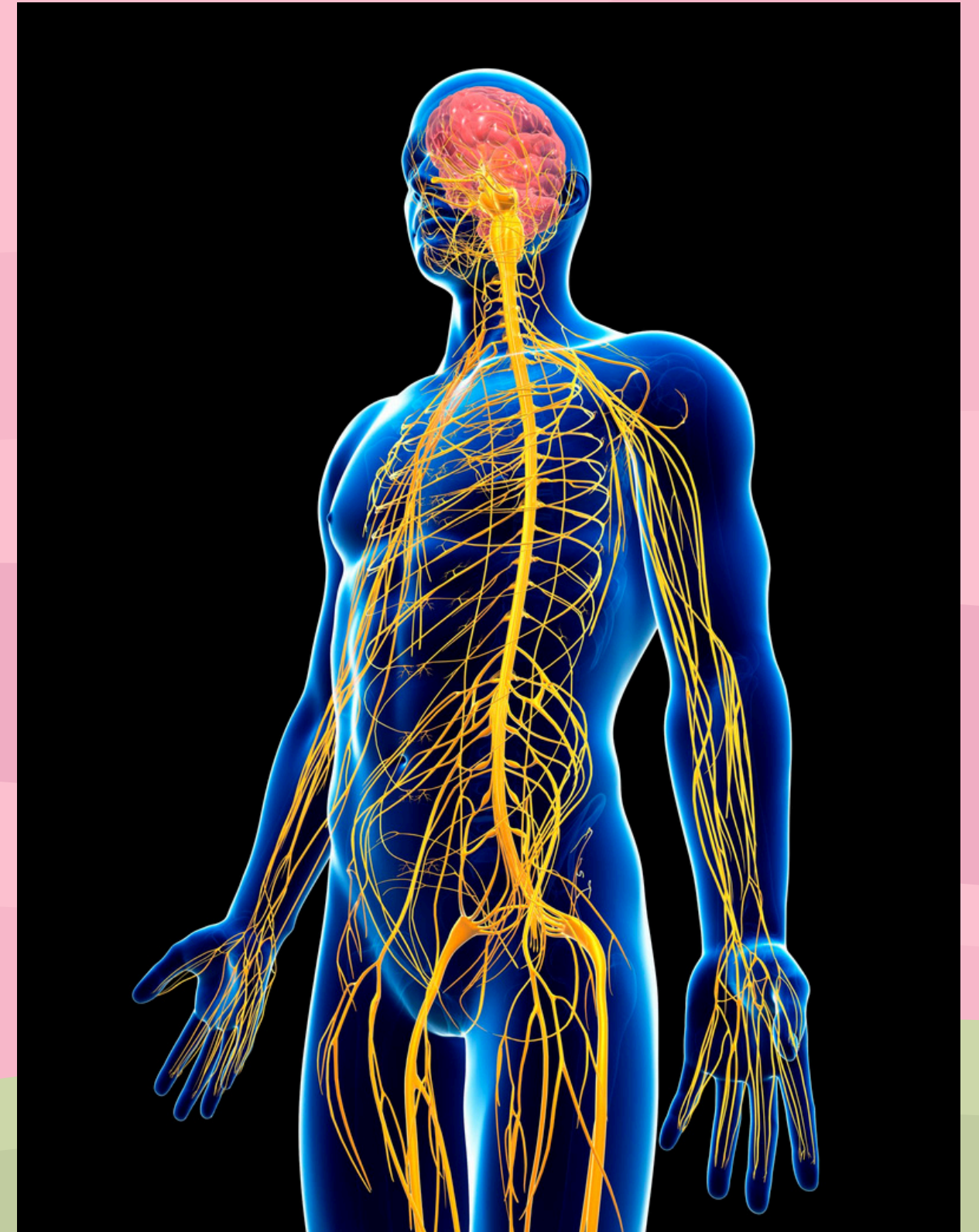
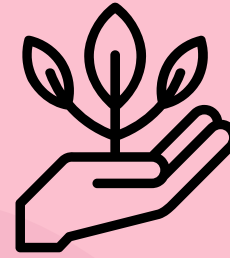
WHEEL OF WELLNESS



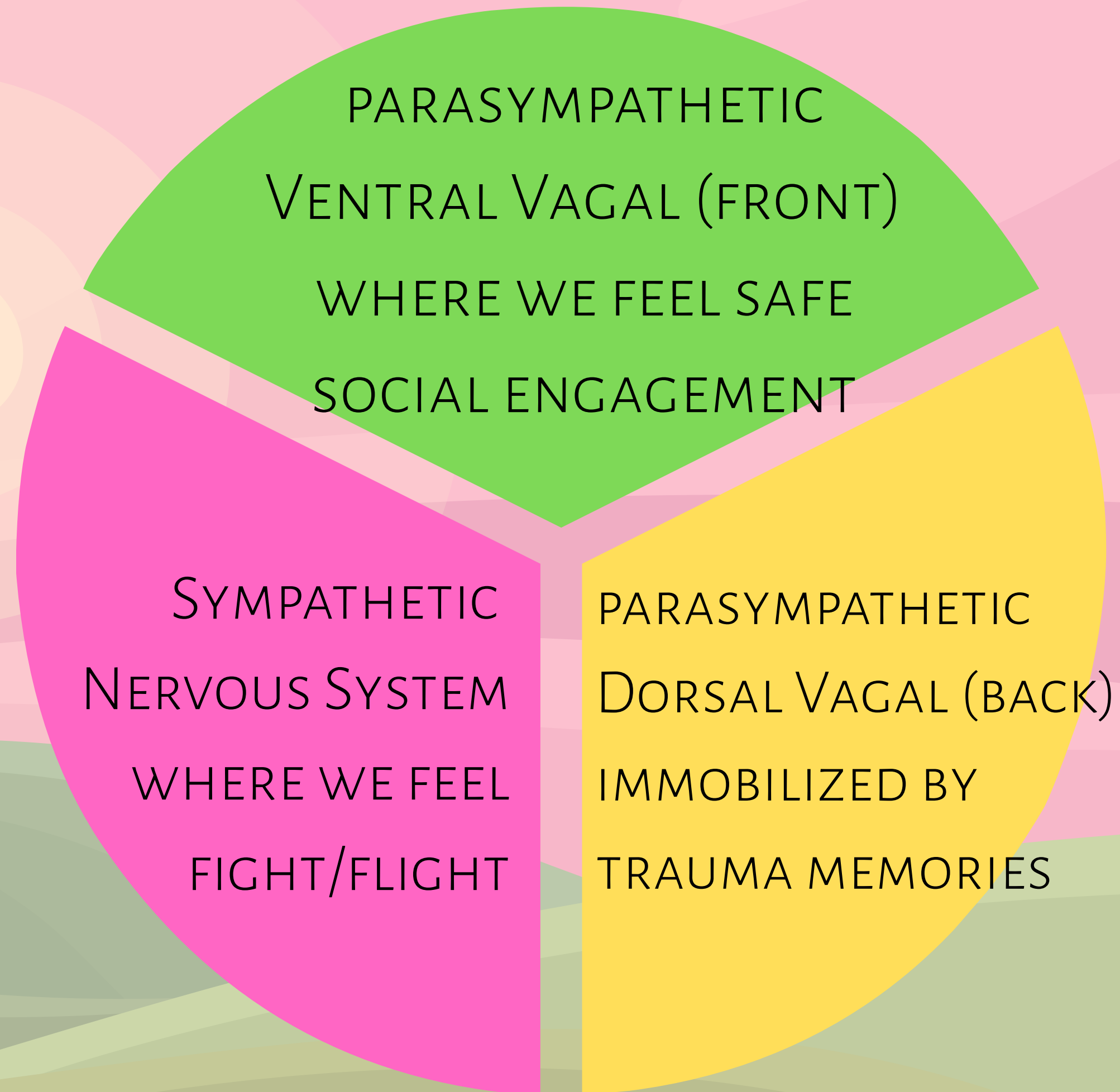
WHEEL OF WELLNESS



YOUR NERVOUS SYSTEM



THREE STATES OF THE NERVOUS SYSTEM



UNDERSTANDING YOUR NERVOUS SYSTEM - POLYVAGAL THEORY

Parasympathetic - Ventral Vagal - Feeling Safe Social Engagement Network

At the top of the regulatory ladder

Location: face, throat, chest

Ability to talk, engage, self-regulate and remain calm

Ready to learn, problem solve and attend

Sympathetic - Nervous System - Mobilized Fight or Flight

In the middle of the regulatory ladder

Location: Along the spinal cord

The body is mobilized to fight or run away from danger

Increased heart rate, shallow breathing, tense muscles

Parasympathetic - Dorsal Vagal - Immobilized Freeze, collapse, dissociation

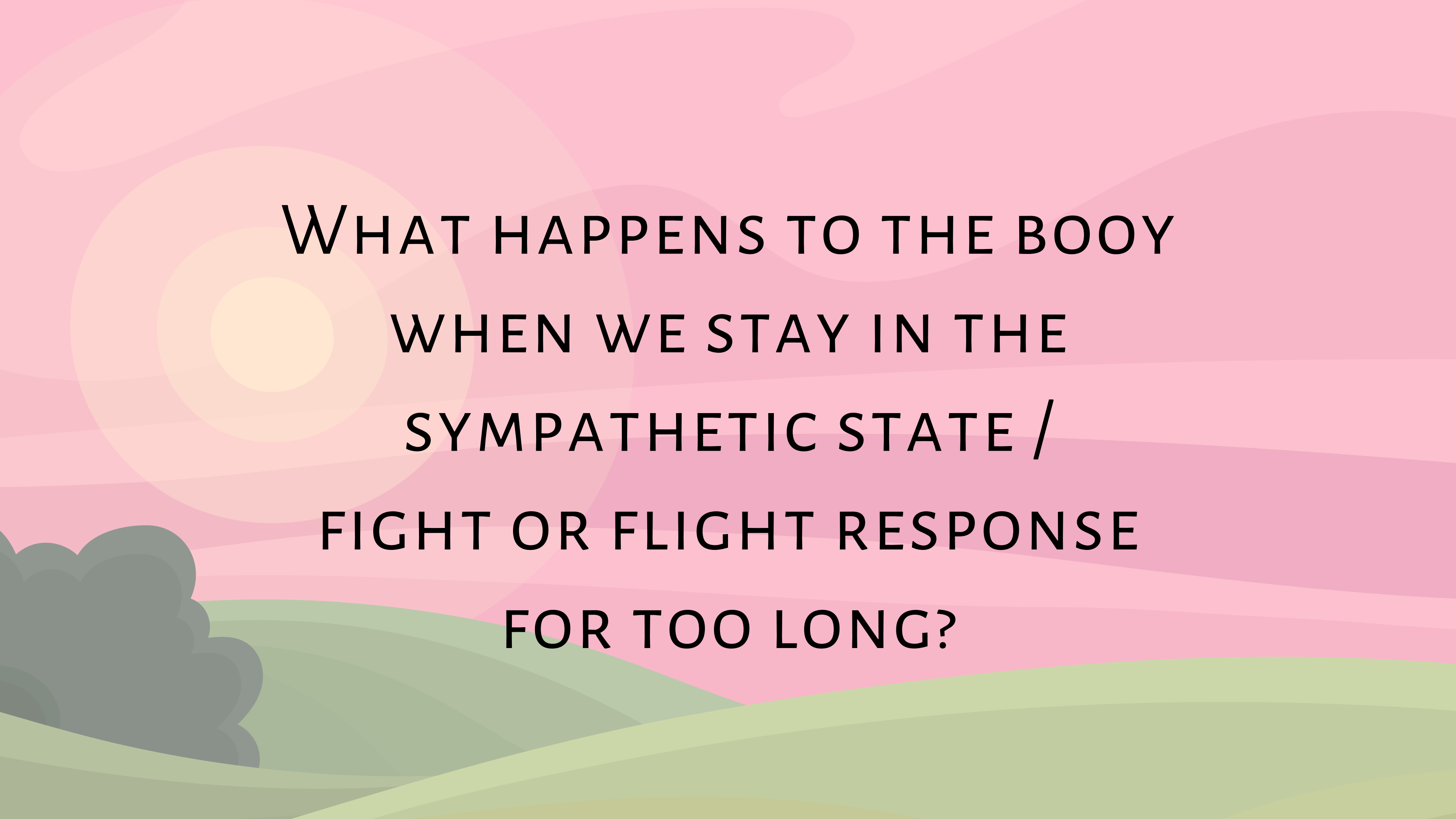
At the bottom of the regulatory ladder

Location: Diaphragm, heart and gut

Shut off from the threat when you can't fight or flight

Low energy, decreased heart rate, numb, shut down





WHAT HAPPENS TO THE BOOY
WHEN WE STAY IN THE
SYMPATHETIC STATE /
FIGHT OR FLIGHT RESPONSE
FOR TOO LONG?

CHRONIC STRESS

WHICH HAS BEEN LINKED TO
HEALTH PROBLEMS SUCH AS:

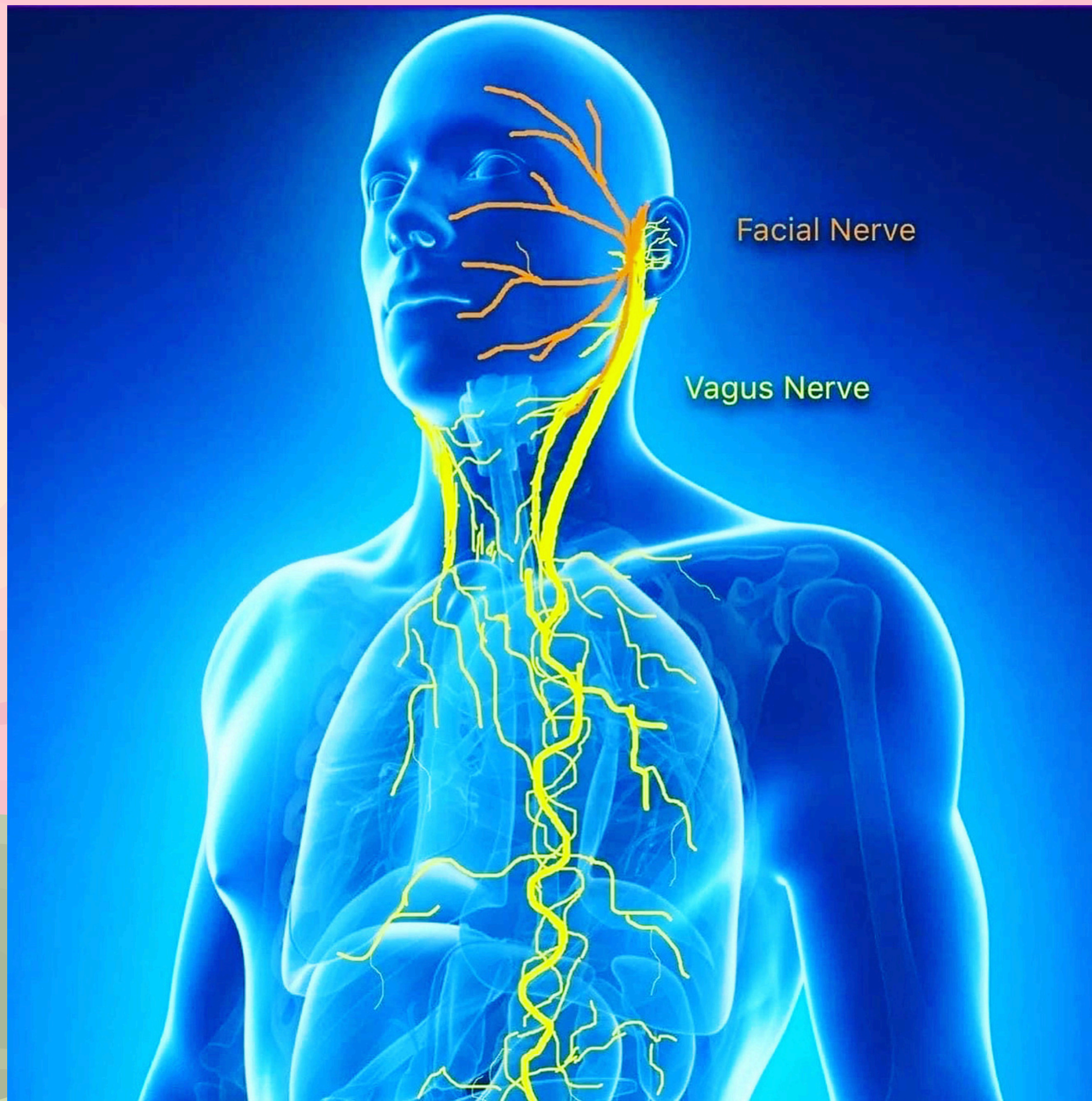
HEART DIS-EASE

DIABETES

DEPRESSION

IMPAIRED IMMUNE FUNCTION

IMPAIRED COGNITIVE FUNCTION



Facial Nerve

Vagus Nerve

Vagus Nerve

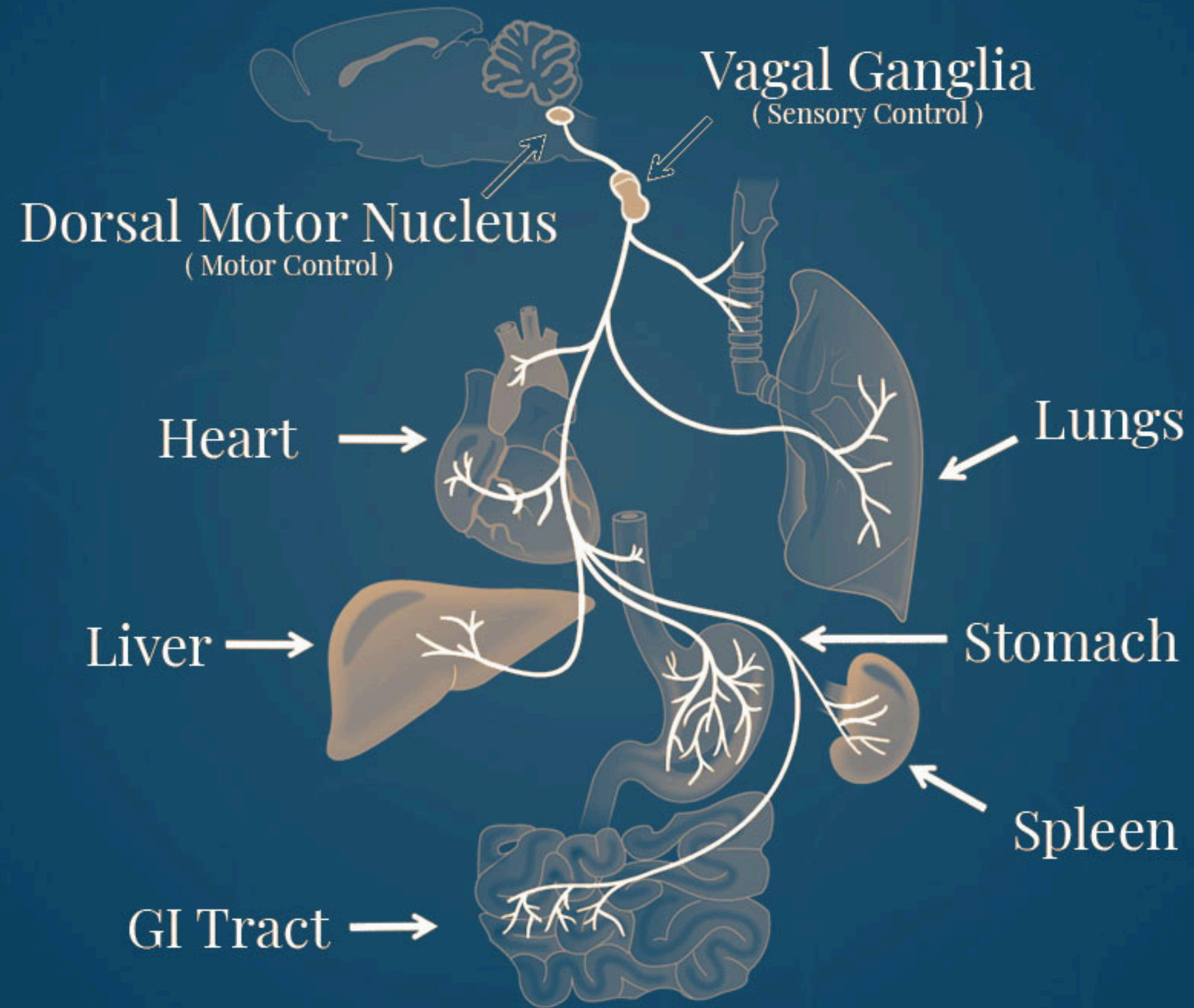
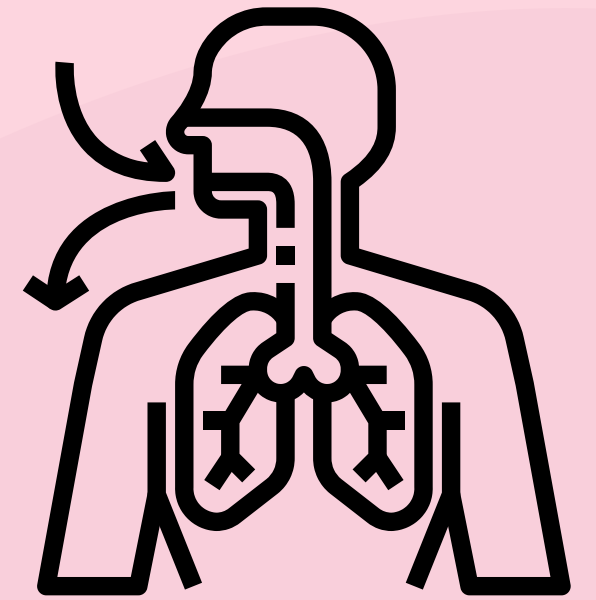
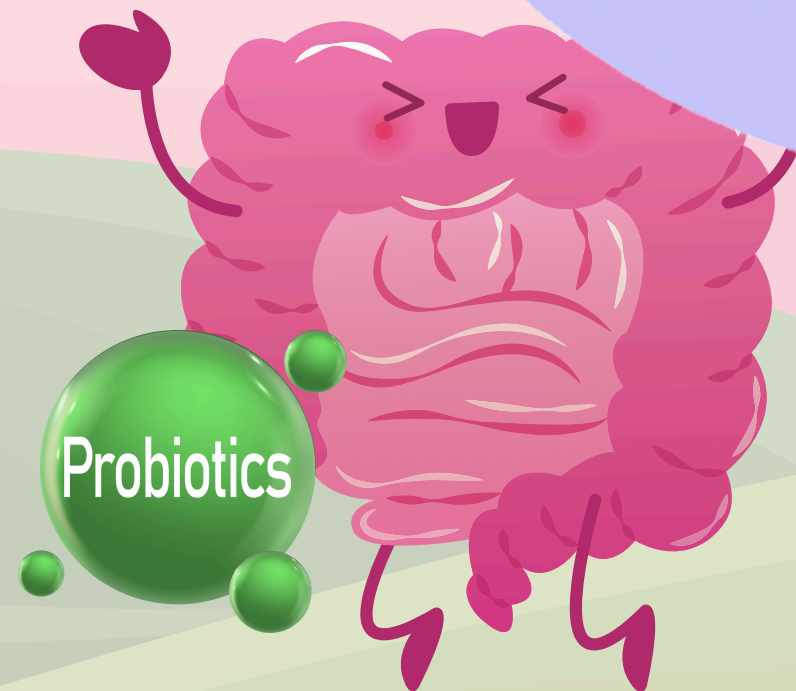
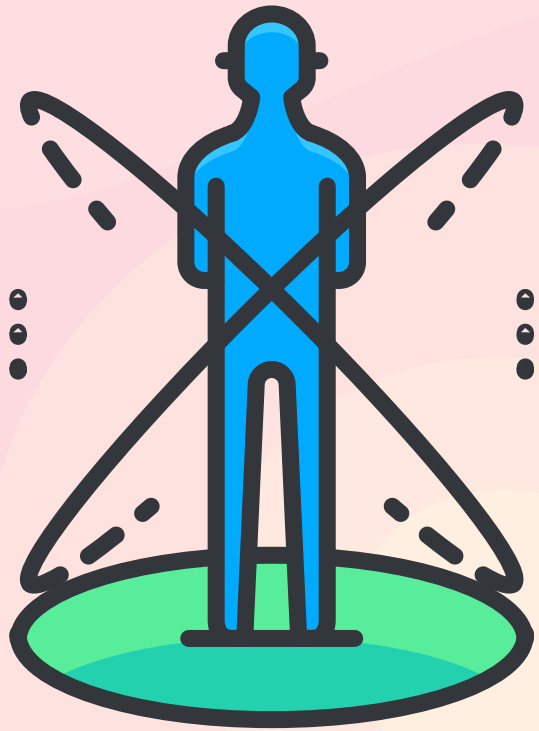


Image Adapted from Chang, Rui B (2019)

VAGUS NERVE STIMULATION

WRITE YOUR OWN PLAYBOOK: DAILY PRACTICES



FASCIA MANUEVER: VAGUS NERVE RESET



Push Down on the trap
and hold



Take the opposite hand
and gently press the
chin and take your gaze
upwards



In a squat or seated
position, take three
inhales from the nose and
three from the mouth

FASCIA MANUEVER TO RELEASE JAW TENSION



Take you thumb and
place it in the ear

Photo credit: Human Garage



Twist the ears forward



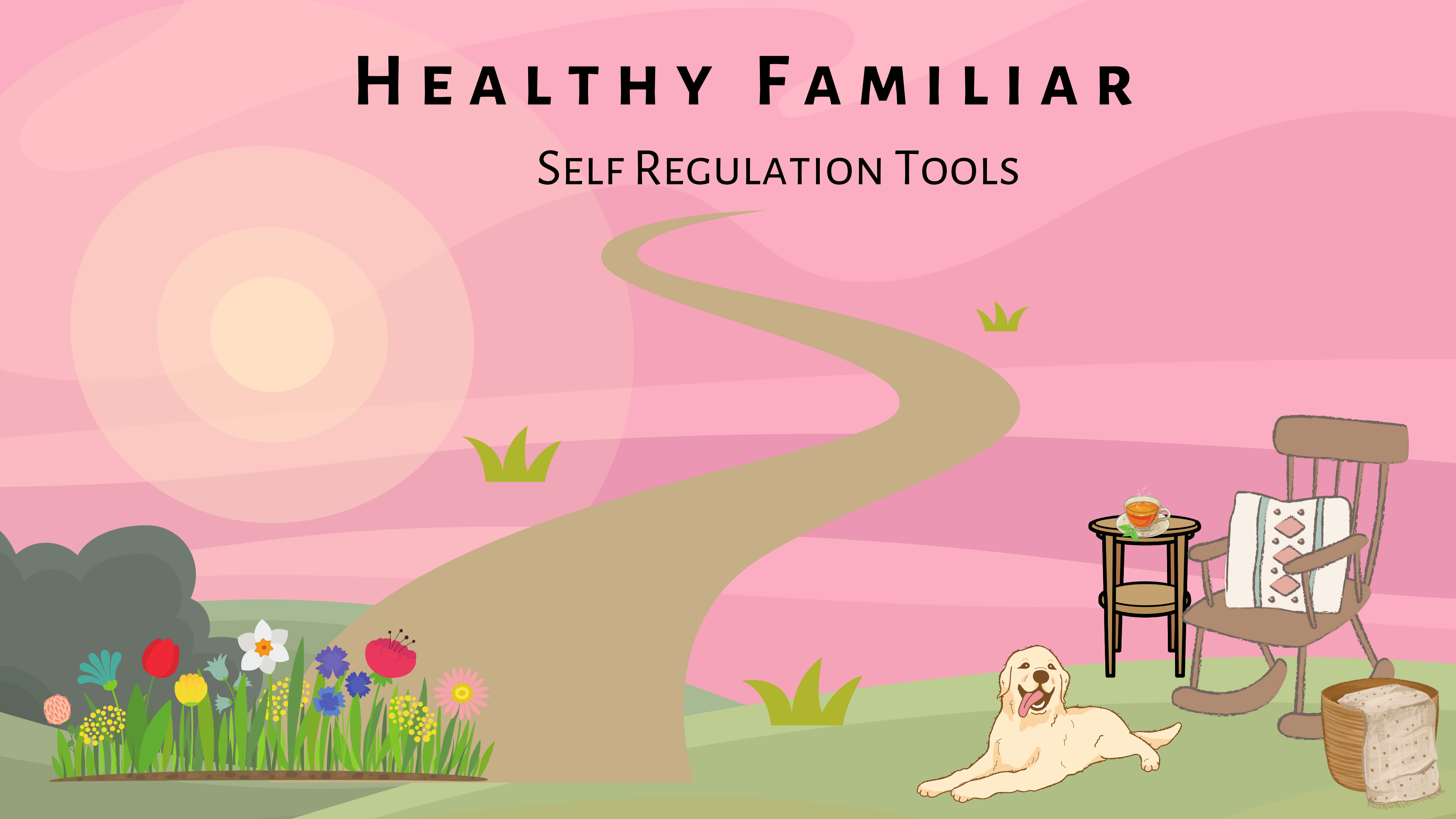
Look up, open & close
mouth 3 Xs

Look left, repeat

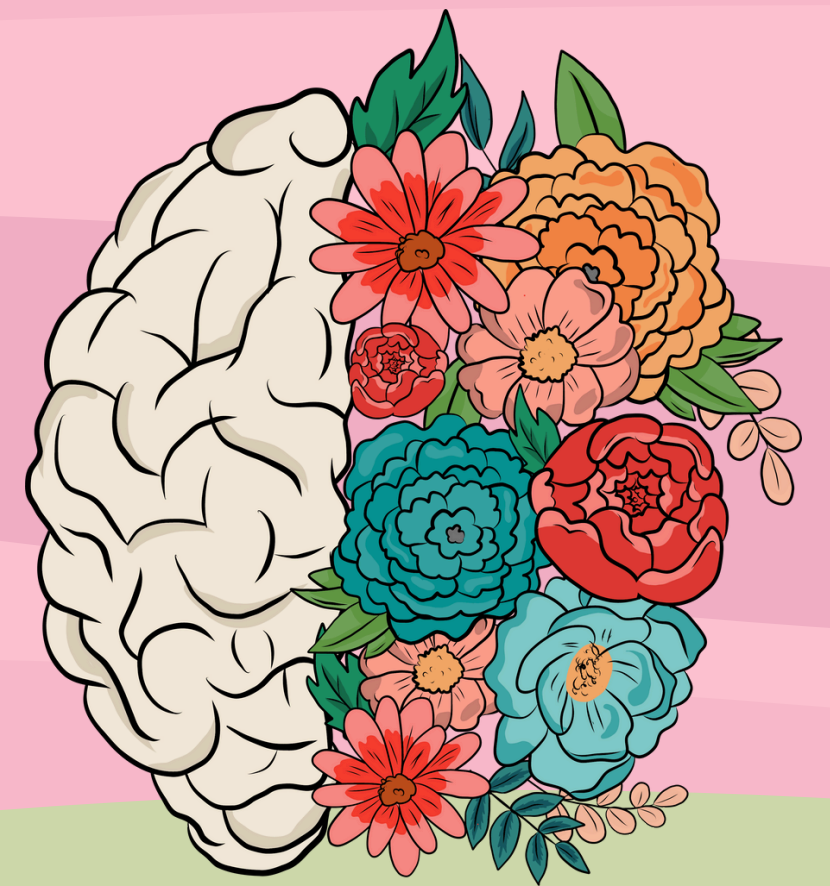
Look right, repeat

HEALTHY FAMILIAR

SELF REGULATION TOOLS



THREE PHASES OF TRAUMA HEALING



HEALING



What matters most when you are walking
alongside someone on their healing path?

HEALING



Your intention

HOLISTIC THERAPIES



EMDR Therapy

Acupuncture

Alpha Stim

Massage

Talk Therapy

Supportive Groups

PEMP Table

(Pulsed electromagnetic field therapy)

Coaching

Mentorship

Cranial Sacral Work

Myofascial Release

(Human Garage)

Cold Exposure

Hypnotherapy

Reiki



"WE ARE ALL FACED WITH GREAT OPPORTUNITIES BRILLIANTLY DISGUISED AS IMPOSSIBLE SITUATIONS. THERE IS ALWAYS A DOOR, AND THAT'S HOW WE EVOLVE."

- Dr. Joe Dispenza

RESOURCES



Human Garage: HumanGarage.net
Fascia Maneuvers to Heal the Body

Heal Documentary: Healdocumentary.com
Heal with Kelly Podcast

Midwest Center on Trauma & Emotional Healing
Midwest Trauma Healing.com

National Library of Medicine

<https://www.ncbi.nlm.nih.gov/>

Search: Emotional Freedom Technique

Trauma Informed Books by Dr. Gabor Mate

Drgabormate.com/book/

You Make Sense with Sarah Baldwin
on You Tube



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