

OH F*&\$ THIS IS SO IMPORTANT!!

HANDOUT 2

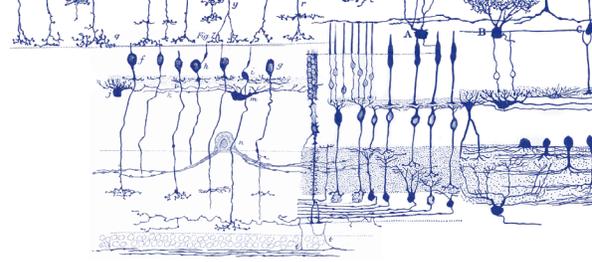


KEY THEMES

- Autonomic Nervous System Basics: fight, flight, freeze
- Heightened and prolonged survival stress responses (acute; chronic)
- The “spillover” effect of high sympathetic nervous system arousal coupled with high dorsal tone of the parasympathetic nervous system (gas on/brake on analogy)

Personal Recall - My own heightened survival responses in action

1. *In the box above, jot down a time when you experienced something that was clearly putting your physiology into a survival stress response.*



2. Use the language of the nervous system biology as much as possible (SNS, PNS, activation, etc).
3. Then, how might our key practices (resourcing, orienting, following impulse, noticing breath, potent posture) have helped you?
4. Are there any other neurosensory practices from the SBSM curriculum that come to mind in addition to these?

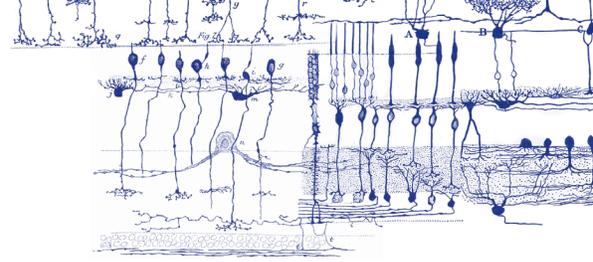
Field Work Assignment/Homework Preparation

When we meet for our Week 3 session, you will be in small breakout groups for a portion of our time, and you will have two minutes to give the presentation that is outlined below to your partner:

- Imagine you are giving a short two minute presentation about the nervous system and its health.
- Who is the dream group or nice group you want to present this to?
- What would be the most helpful piece you want to educate them about in relation to their needs?
- How do you create a possible ‘aha’ moment, similar to Irene’s “Oh F*ck this is SO important!!” share from her SE training experience?

Who you present to, and where this happens, is up to you!

- Maybe your dream audience is a kindergarten class, teaching them about their body, what getting scared is, and why it happens.
- Maybe it’s a group of first year university students and you are there to educate them about their nervous system, and why it is important to take care of it (avoid burnout; learn better; immune system repair, etc).
- Maybe your neighbor just had a car accident, they can’t sleep, and they don’t understand the connection.



- Maybe you are teaching first responders how to handle a stressful accident scene so they don't end up getting PTSD.

The key here is getting comfortable with telling the nervous system story, how it relates to your chosen audience, and how it relates to THEM.

Reflection

1. As you deepen your understanding of the nervous system, what are you beginning to notice with the effect or impact on your well-being, and the way you work or engage with others?

2. Document how 'following your impulse' from week to week contributes to your regulation and self-care. What do you notice?