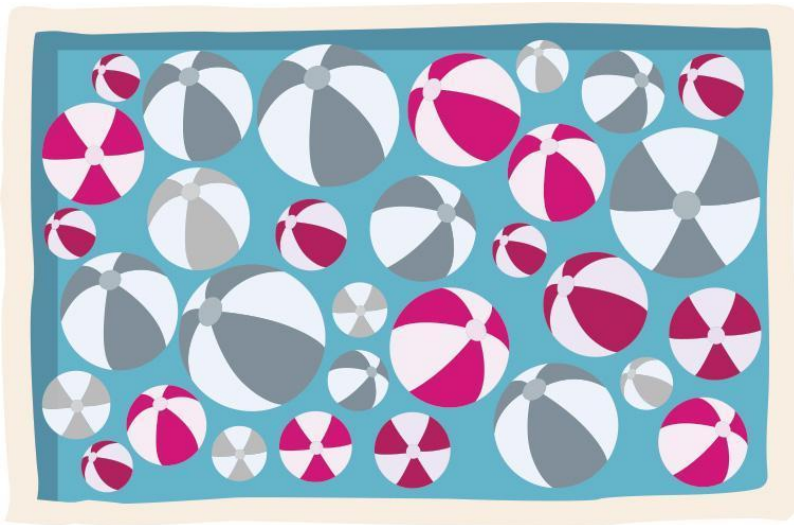


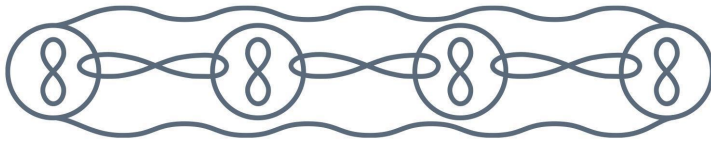
## Review — “Swimming Pool & Beach Ball” Analogy

- a) The swimming pool is your **BODY (NERVOUS SYSTEM/BRAIN/ORGANS, ETC).**
- b) The balls are your **STRESS & PAST TRAUMAS/ADVERSE EVENTS/SHOCK TRAUMAS, ETC...**
- c) It's ALL about **MORE SPACE & RELEASE & FLOW**
- d) (Flow is a simple word for **COHERENCE** .)



## Flow/Coherence Explained<sup>For</sup>

**DRAW 4 CIRCLES THAT AREN'T TOUCHING EACH OTHER:**



Having good FLOW means good COHERENCE!

*We want flow WITHIN each circle & Flow BETWEEN each circle.*

## What is Containment?

Containment IS staying EMBODIED and connected to the ENVIRONMENT and your INTERNAL STATE while experiencing bodily experiences (sensations, feelings, images, thoughts, actions, behaviours, etc...), no matter how intense or activating.

**TO INCREASE THIS FLOW, SPACE, CONTAINMENT AND CAPACITY AND HAVE MORE CHANCE FOR RELEASE, WE WANT TO WORK ON AND PRACTICE THESE 6 THINGS:**

1. ORIENTING
2. AWARENESS
3. SELF-AWARENESS
4. FOLLOW YOUR IMPULSES
5. JOINTS/DIAPHRAGMS
6. KIDNEY/ADRENAL INTERFACE

## 1. Orienting

Sparks up the social engagement nervous system, which is the VENTRAL VAGAL PORTION of the parasympathetic nervous system.

## 2. Awareness

With the WORLD & your ENVIRONMENT

## 3. Self-Awareness

With YOURSELF and your INSIDES (A.K.A: Your INTEROCEPTION)

## 4. Follow Your Impulses

Listening to your body's organic NEEDS

## 5. Joints/Diaphragms

Little containers and spaces that need to be OPEN & RESILIENT AND IN FLOW

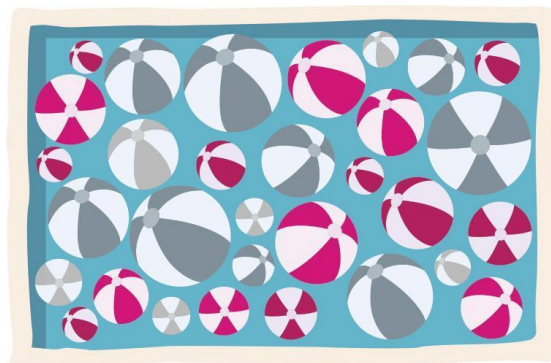
## 6. Kidney/Adrenal Interface

Primary organ system that goes on ALERT and reacts severely in a STRESSFUL situation. We work the kidney/adrenal interface so that we stop the system from HURTING & SCARING itself.

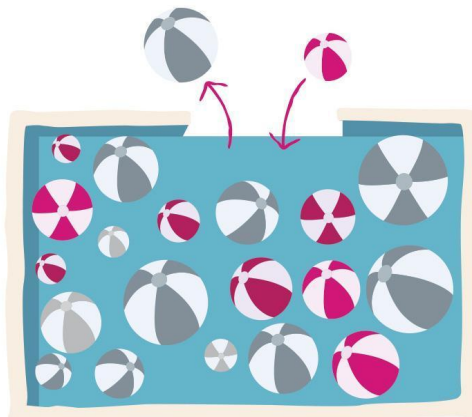
It can take up to TWO + years to recover and repair this circuitry, even after the STRESS/STIMULUS is gone.

## Back to the Swimming Pool & Beach Ball Analogy

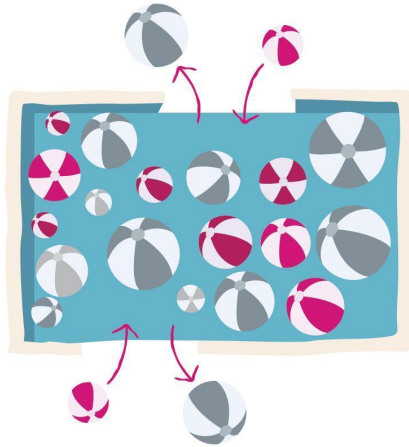
A) This is your body on STRESS & STORED TRAUMA!



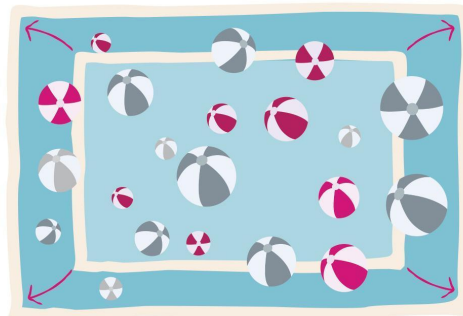
B) But our goal is to RELEASE those balls.



C) Creating more EXIT paths for release.



D) Make more SPACE



E) The BEST scenario is continual EXITS and lots of SPACE.

