

## 1) Quick Points:

The importance of The Biology of Stress Videos

Education is \_\_\_\_\_

Continue to create more exit paths and expanding space in the nervous system and body system.

- Grow the \_\_\_\_\_ (the body capacity)
- Take out the \_\_\_\_\_ (don't let the acute stress STICK; release old stored \_\_\_\_\_ memories)
- It's \_\_\_\_\_ important to process \_\_\_\_\_ event

"Biological" Embodiment

- Learning how to \_\_\_\_\_ to the body's signals.

## How To Practice Somatic "First Aid"

1) Write down 4 things you can do when a minor, not \_\_\_\_\_ event or stress takes place.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Any others?

2. If you can't process the \_\_\_\_\_ in the moment,

make a \_\_\_\_\_, to do so when you have time and space.

For example:

- Do some nervous system \_\_\_\_\_ basics: either organically, or use the \_\_\_\_\_.
- Seek out some support and \_\_\_\_\_
- Connect with \_\_\_\_\_ (literal or in visualization)
- Make use of \_\_\_\_\_ (music; movement; spiritual practice; anything that grounds you.)

## “The 4 When’s:”

### 1) WHEN 'NOT' TO RESOURCE

- When to resource externally versus internally \_\_\_\_\_ on many \_\_\_\_\_.
- As more \_\_\_\_\_ is cultivated (bigger \_\_\_\_\_) and more \_\_\_\_\_ is on board (more exit \_\_\_\_\_ and better biological \_\_\_\_\_) the need for \_\_\_\_\_ resources decreases.
- We might consider \_\_\_\_\_ going to a resource when we are feeling a \_\_\_\_\_ bubbling up (or already present); at this time we might \_\_\_\_\_ what is being felt somatically, so we can access it and \_\_\_\_\_ it.
- \_\_\_\_\_, making the \_\_\_\_\_ to not dive into the felt sense, and \_\_\_\_\_ our limits by using an \_\_\_\_\_ resource, is \_\_\_\_\_ in itself!!

- Overriding our \_\_\_\_\_ creates more strain and survival stress and is \_\_\_\_\_ . (Remember: Beach Balls?)

### 2) WHEN 'NOT' TO ORIENT

- This is so \_\_\_\_\_
- Orienting can take us out of processing internal \_\_\_\_\_
- (\_\_\_\_\_), it's better than \_\_\_\_\_ from ourselves and our environment.
- You have to be the \_\_\_\_\_
- You have to learn how to \_\_\_\_\_ with what you \_\_\_\_\_ and \_\_\_\_\_ tolerate.

### 3) WHEN 'NOT' TO TAKE A DEEP BREATH

- Same points for breath as for \_\_\_\_\_
- Sometimes we \_\_\_\_\_ to take a deep breath.
- Sometimes we just need extra \_\_\_\_\_!

### 4) WHEN YOU ARE NOT SURE WHAT TO DO

- \_\_\_\_\_ - go back to the basics (see above).
- Plus remember, \_\_\_\_\_ a second "language" takes \_\_\_\_\_
- As more neurosensory \_\_\_\_\_ come into your repertoire,
- All the lessons within the labs \_\_\_\_\_ with the theory (these are the "ABCs & 123s"),

- We start to \_\_\_\_\_ together the "words" of \_\_\_\_\_ somatic awareness.
- With practice, we begin to \_\_\_\_\_ move to our internal system without conscious thought: this means we are becoming more \_\_\_\_\_ in the language of our somatic experience, we are getting more comfortable with it. We are growing nervous system \_\_\_\_\_.
- This means we are getting better at \_\_\_\_\_ to ourselves, not to mention, knowing what we need and when.
- For many of us, this process of better attuning to ourselves, becomes more fluent in our somatic experience, and being with it with awareness is \_\_\_\_\_ (similar to how a newborn baby is constantly having new experiences).
- This is how \_\_\_\_\_ capacity creates nervous system \_\_\_\_\_ in an adult
- Whereas for an \_\_\_\_\_, their self-regulation is created via co-regulation with another human (as a result of that attunement).

*To be continued in Training Call #3.*



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Personal Notes: