

## Quick Points:

The importance of The Biology of Stress Videos:

Education is **KEY**.

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

- Grow the **POOL** (the body capacity)
- Take out the **BALLS** (don't let the acute stress STICK; release old, stored **PROCEDURAL** memories)
- It's **NOT** important to process **EVERY SINGLE** event

"Biological" Embodiment.

- Learning how to **LISTEN** to the body's signals

## How To Practice Somatic "First Aid":

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

- **ORIENT**
- **CONNECT TO GROUND**
- **NOTICE BREATH**
- **FOLLOW IMPULSE**

Any others?

2) If you can't process the **SOMATIC EXPERIENCE** in the moment, make a **CONSCIOUS NOTE** to do so when you have time and space.

For example:

- Do some nervous system **HEALTH** basics: either organically, or use the **NEUROSENSORY EXERCISES**.
- Seek out some support and **SOCIAL ENGAGEMENT**.
- Connect with **NATURE** (literal or in visualization).
- Make use of **RESOURCES** (music; movement; spiritual practice; anything that grounds you).

## “The 4 When’s”:

### 1) WHEN 'NOT' TO RESOURCE

- When to resource externally versus internally **DEPENDS** on many **FACTORS**.
- As more **CAPACITY** is cultivated (bigger **POOL**) and more **CONTAINMENT** is on board (more exit **PATHS** and better biological **EMBODIMENT**) the need for **EXTERNAL** resources decreases.
- We might consider **NOT** going to a resource when we are feeling a **SOMATIC EXPERIENCE** bubbling up (or already present); at this time we might **STICK WITH** what is being felt somatically, so we can access it and **INTEGRATE** it.
- **BUT**, making the **CHOICE** to not dive into the felt sense, and **HONORING** our limits by using an **EXTERNAL OR INTERNAL** resource, is **HEALING** in itself!!
- Overriding our **CAPACITY** creates more strain and survival stress and is **COUNTERPRODUCTIVE** (Remember: Beach Balls?).

## 2) WHEN 'NOT' TO ORIENT

- This is so **INDIVIDUAL**.
- Orienting can take us out of processing internal **SENSATION**.
- (**BUT**), it's better than **DISCONNECTING** from ourselves and our environment.
- You have to be the **JUDGE**.
- You have to learn how to **EXPERIMENT** with what you **CAN** and **CANNOT** tolerate.

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

- Same points for breath as for **ORIENTING**.
- Sometimes we **NEED** to take a deep breath.
  - Sometimes we just need extra **OXYGEN!**

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

- **DO NOT WORRY** – go back to the basics (see above).
- Plus remember, **LEARNING** a second "language" takes **PRACTICE**.
- As more neurosensory **SKILLS** come into your repertoire,
- All the lessons within the labs **COUPLED** with the theory (these are the "ABCs & 123s"),

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

*To be continued in Training Call #3.*