



Emotional Resilience

Welcome to the Emotional Resilience routine! In this routine we will discuss Somatic Processing, Nervous System Regulation and Polyvagal Theory. Each class you will engage in a meditation or utilize a tool to help you regulate your Nervous System.

- Emotional Resilience can be defined as the capacity of the nervous system to demonstrate adaptability and flexibility, enabling effective stress management and emotion regulation.
- It is normal and healthy for our nervous system to engage protective mechanisms like Fight, Flight, Freeze, and Fawn responses. However, these responses only pose a concern when they persist long after the threat or perceived threat has subsided.

IMPORTANT

If you've faced trauma, you might struggle to manage your nervous system and often get trapped in those defensive states. But there's good news! According to the Polyvagal theory, we can learn to positively affect our Nervous System. We can create a pathway to guide it back to a balanced, regulated state. With patience, consistency, and self-compassion, you can reshape and provide restoration to your Nervous System.

According to Polyvagal Theory by Stephen Porges, we have 3 basic pathways of response

- 1. Social Engagement - Ventral Vagal- the nervous system is regulated and emotionally balanced.**
- 2. Mobilization- Sympathetic Nervous System- "Fight or Flight"**
- 3. Immobilization- Dorsal Vagal- "Freeze or Fawn"**

EVERY CLASS WILL BEGIN BY

1. Labeling your emotion.
2. Name your Nervous System State.
3. Rate your nervous system state on a scale of 1-10
(Social Engagement-Ventral Vagal, Mobilization (Fight or Flight), or Immobilization- Dorsal Vagal (Freeze or Fawn))

EXAMPLES OF DIFFERENT BEHAVIOURS IN FIGHT, FLIGHT, FREEZE AND FAWN:

- Fight- defensive, argumentative, irritation, anger, road rage, explosiveness.
- Flight- storming off, abandoning a conversation, leaving quickly, feel the need to get "out of here"
- Freeze- procrastinating, indecisive, struggle to follow through, having nothing to say, stonewalling, shame, hopelessness, helplessness, depression.
- Fawn- being too agreeable, having no opinion, people pleasing.

