

NERVOUS SYSTEM *Mapping & Regulation*



WORKBOOK

Journey to Wellness

NERVOUS SYSTEM Mapping

VENTRAL VAGAL

VENTRAL VAGAL

The world is...

People are..

I am...

SYMPATHETIC

SYMPATHETIC

The world is...

People are..

I am...

DORSAL VAGAL

DORSAL VAGAL

The world is...

People are..

I am...

NERVOUS SYSTEM Mapping

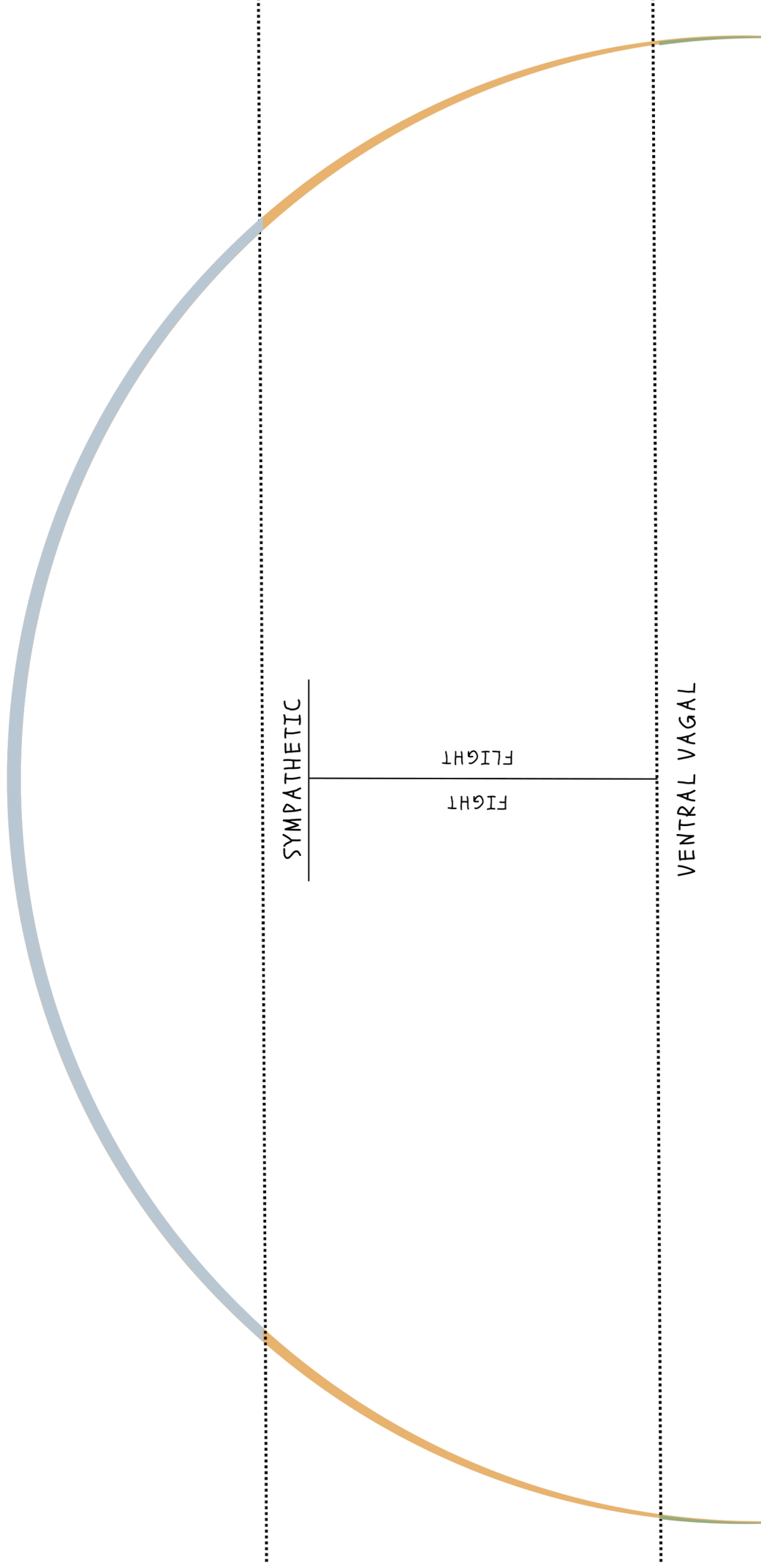
Describe each state:
Somatic Sensations
Thoughts
Behaviours & impulses
Actions
Emotions

DORSAL VAGAL

SYMPATHETIC

VENTRAL VAGAL

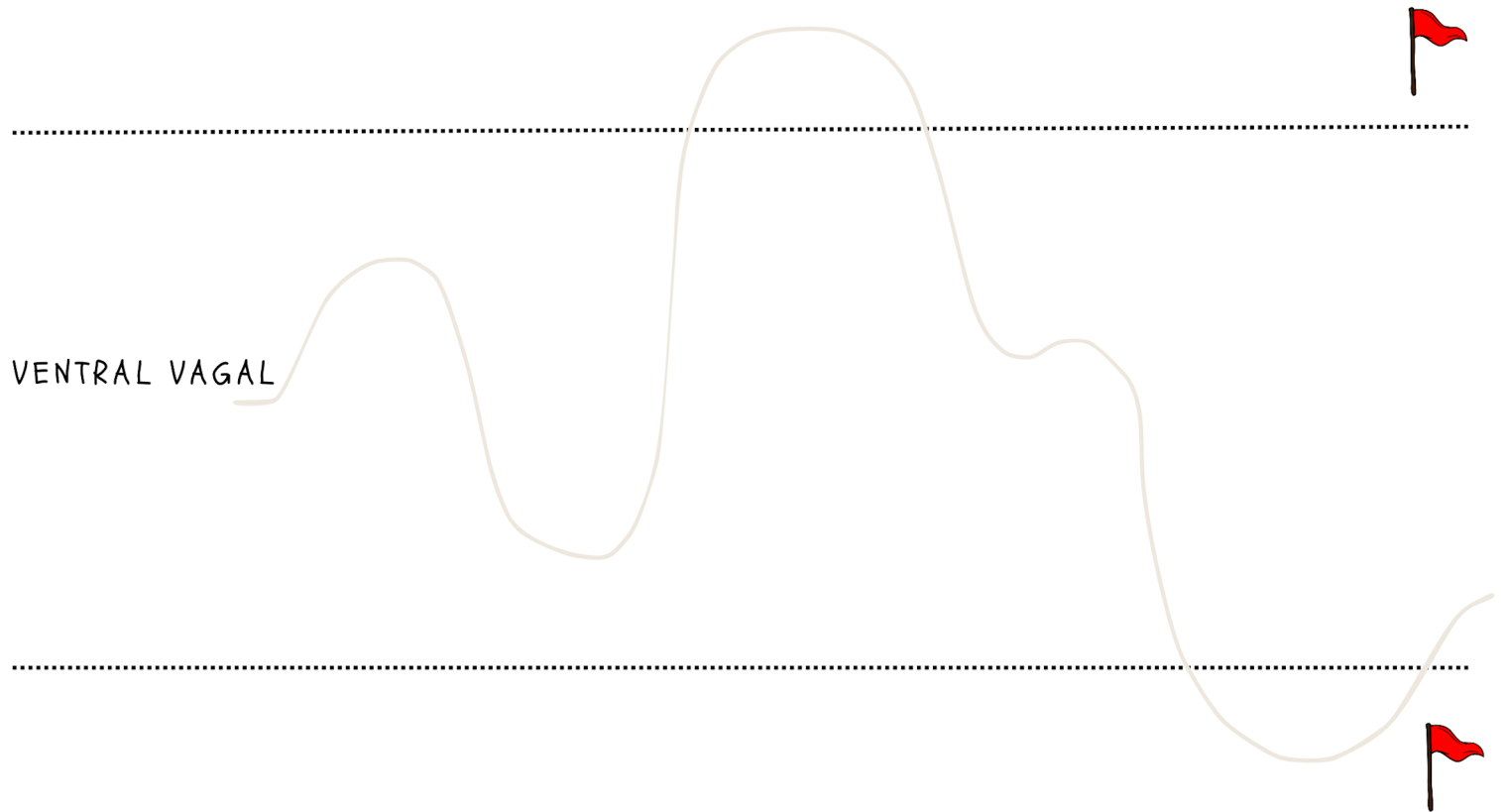
FIGHT
FLIGHT



WINDOW OF TOLERANCE *red flags*

Record all of the warning signs (somatic sensations, behaviours, thoughts, emotions) that you notice as you come close to the edge and/or cross over the threshold of your window of tolerance.

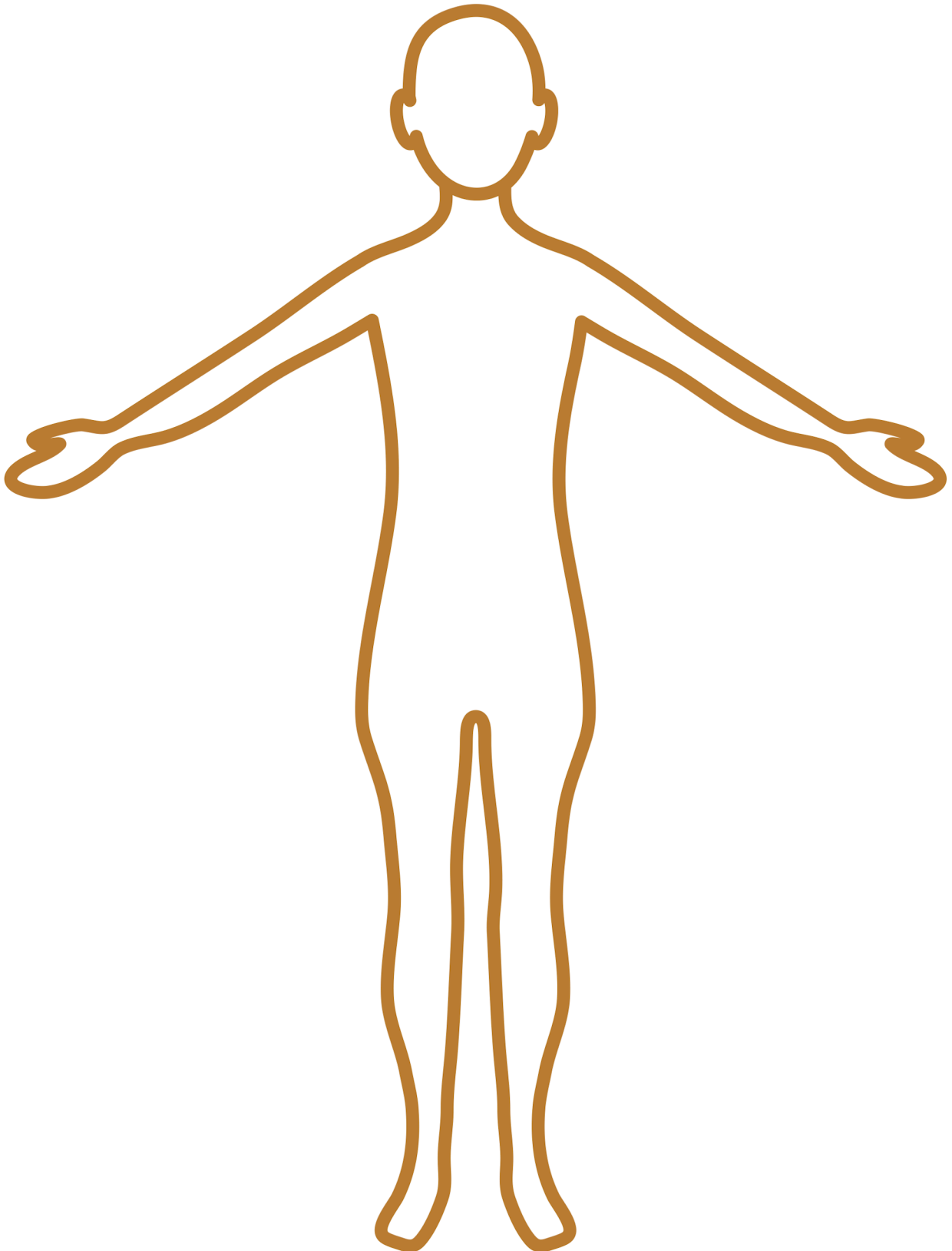
SYMPATHETIC



SOMA Mapping

EMOTION(S) | STATE: _____

Record all of the somatic sensations you are noticing in your body during this emotion/state/trigger (use the somatic vocab sheet for help):





SOMATIC Vocabulary

Achy	Cramped	Fluttery	Knotted	Radiating	Strong
Airy	Cut off	Frantic	Light	Ragged	Stuck
Alive	Dense	Frozen	Limp	Raw	Suffocating
Bloated	Dizzy	Full	Loose	Releasing	Sweaty
Blocked	Disappearing	Fuzzy	Nauseous	Rigid	Taut
Breathless	Dissolving	Goose Bumpy	Nervy	Rolling	Tender
Brittle	Drained	Gurgling	Numb	Shaky	Tense
Bubbly	Dull	Hard	Open	Sharp	Thick
Burning	Elastic	Heavy	Paralyzed	Shimmering	Throbbing
Buzzing	Electric	Hollow	Pit in stomach	Shivery	Tickly
Chilled	Empty	Hot	Pounding	Shudder	Tight
Churning	Energized	Icy	Pressure	Silky	Tingling
Clammy	Expanding	Imploding	Prickly	Smooth	Trembling
Closed	Expansive	Intense	Puffy	Soft	Twitchy
Cold	Exploding	Itchy	Pulled	Spacious	Untethered
Congested	Faint	Jagged	Pulsing	Spasming	Vibration
Constricted	Flowing	Jittery	Quaking	Sticky	Warm
Contracted	Fluid	Jumbly	Queasy	Still	Weak
Cool	Flushed	Jumpy	Quiet	Stretchy	Wobbly
Cozy			Quivering	Stringy	Whooshing



UNPACK & Track

TIME	TRIGGER What set you off? E.g. A feeling (internal) or something you hear/see (external)	MIND What thoughts do you have? What pictures/images come to mind?	EMOTIONS	BEHAVIOUR/ IMPULSES How did you act? What did you do? What did your body feel like doing? (you may or may not have acted on this)	SENSATIONS What can you feel in your body? What does your posture do? Use the somatic vocab sheet for help	DISTRESS /10	COPING TOOL	DISTRESS /10

Ear Massage

Activate your vagus nerve through an ear massage - massage circles gently where your airbud would sit.

Burrito Wrap

Wrap yourself up snug & tight in a cosy blanket like a burrito & take lovely deep breaths

Cold Exposure

Hold ice on back of neck or over top lip, run hands/wrists under cold water, dunk face in cold water or try a cold blast at the end of your shower.

54321

5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste

Self-Hug

Tuck your left hand under right armpit and wrap right arm over left in a comfort hold. You can rock back & forth & breathe deeply here

Butterfly Taps

Cross your arms over your chest with your hands on your shoulders. Tap your hands back & forth slowly like a comforting heartbeat

Heel thuds

Raise up onto the balls of your feet then drop back onto your heels with a thud. Notice the sensations created up into your legs & pelvis

Belly Breath

Put something on your belly, like a book, a blanket or a teddy. As you inhale your object rises up. As you exhale it settles and lowers down

Happy Place

Close your eyes & imagine a safe & happy place - It can be somewhere you love to go or imaginary. Picture all the details & enjoy the feeling of calm

Wall Push

Push with all your might against a wall to help you get out any anger

Tense & Shake

Squeeze your muscles as tight as you can (make a fist, squeeze your bicep or scrunch up your face) then relax & shake it out

Breathing Mantras

Inhale in & say a calming mantra, exhale out & repeat another one. E.g. "I am safe", "I am calm"

Childs Pose

Kneel on the floor with big toes touching & knees wide then relax down with your head on the ground & arms above your head or by your sides

Legs up the Wall Pose

Lie down by a wall, scoot your bum in close & shimmy your legs up the wall. Lie here breathing deeply with your eyes closed & enjoy the feeling of calm

Butterfly Wings

Take a seat with the soles of your feet together & your knees wide like butterfly wings. You can rock or sway here, pulse your legs like flapping wings, fold forward or lie back

Alternate Nostril Breath

Block your right nostril, inhale through your left. Block your left nostril. Release your right & exhale through your right. Inhale through right then block & exhale left & so on.

Sway

Sway gently side to side like a tree in the wind as you breathe slowly & feel your feet on the floor

Draw your Emotion

What does your emotion look like? What colour is it? How big is it? Are the lines sharp or smooth? Draw your feeling

Comfort Colour

Pick a favourite colour & imagine it wrapping around you like a safe glowing light. Then look around the room & see what you can find with your colour on it

Sound Scan

close your eyes & listen to all the sounds around you. Name what you can hear, near & far

Squeeze & Tap

Squeeze &/or tap down each arm, your chest, your legs to connect to your body. Breathe deeply here.

Vagal Activation

Tilt your left ear towards left shoulder and look as far up and right as you can. Hold 30-60 seconds & repeat on other side.

Vocal Calming

Hum, sing or gargle.

Or connect with and talk/laugh with a friend or loved one.

Boundary Sweep

Imagine a protective boundary around yourself; move your arms out around you like pushing through water. Slowly sweep your hands over your body feeling all your edges.

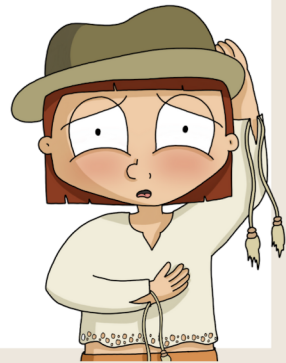
NERVOUS SYSTEM

soothing tools

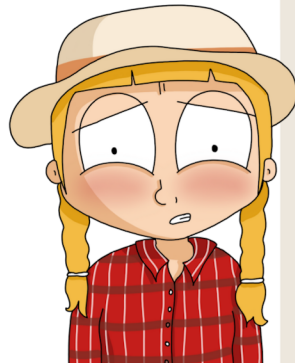
FIGHT



FLIGHT



FREEZE



FAWN



DAILY REGULATION *Routine*

1.

Butterfly Taps

Cross your arms over your chest with your hands on your shoulders. Tap your hands back & forth slowly like a comforting heartbeat

2.

Ear Massage

Activate your vagus nerve through an ear massage - massage circles gently where your airbud would sit.

3.

Butterfly Wings

Take a seat with the soles of your feet together & your knees wide like butterfly wings. You can rock or sway here, pulse your legs like flapping wings, fold forward or lie back

4.

Alternate Nostril Breath

Block your right nostril, inhale through your left. Block your left nostril. Release your right & exhale through your right. Inhale through right then block & exhale left & so on.

5.

Vagal Activation

Tilt your left ear towards left shoulder and look as far up and right as you can. Hold 30-60 seconds & repeat on other side.

6.

Childs Pose

Kneel on the floor with big toes touching & knees wide then relax down with your head on the ground & arms above your head or by your sides. Extra: Binaural beats alpha frequency

EASY MORNING REGULATION Routine

1.

Vagal Activation

Tilt your left ear towards left shoulder and look as far up and right as you can. Hold 30-60 seconds & repeat on other side.

2.

Cold Exposure

Hold ice on back of neck or over top lip, run hands/wrists under cold water, dunk face in cold water or try a cold blast at the end of your shower.

3.

Breathing Mantras

Inhale in & say a calming mantra, exhale out & repeat another one. E.g. "I am safe", "I am calm"

EASY EVENING REGULATION Routine

1.

Tense & Shake

Squeeze your muscles as tight as you can (make a fist, squeeze your bicep or scrunch up your face) then relax & shake it out

2.

Legs up the Wall Pose

Lie down by a wall, scoot your bum in close & shimmy your legs up the wall. Lie here breathing deeply with your eyes closed & enjoy the feeling of calm

3.

Happy Place

In bed, close your eyes & imagine a safe & happy place - It can be somewhere you love to go or imaginary. Picture all the details & enjoy the feeling of calm. Breathe deeply here.