

Handouts from **Life is a Regulation Game!**

Part I: Our 3-Layer Nervous System

What are we regulating?– The ANS

Name and color code the 3 layers

Three threat responses

Part II: Shifting Out Of Threat Responses

How do we humans regulate ourselves?

Part III: Triggers and Dysregulation

Understand triggers and neuroception

What do regulation and dysregulation mean for the big picture?

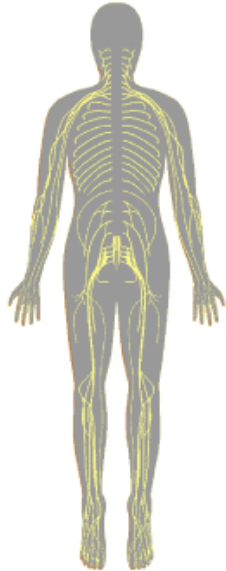
What are we Regulating?

The Central NS



Brain and
Spinal Cord

The Peripheral NS



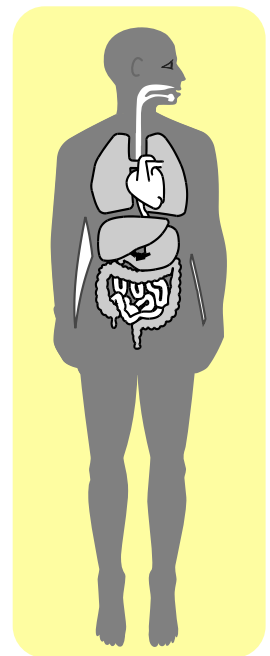
Peripheral
Nerves

The Voluntary NS or Sensory Motor NS



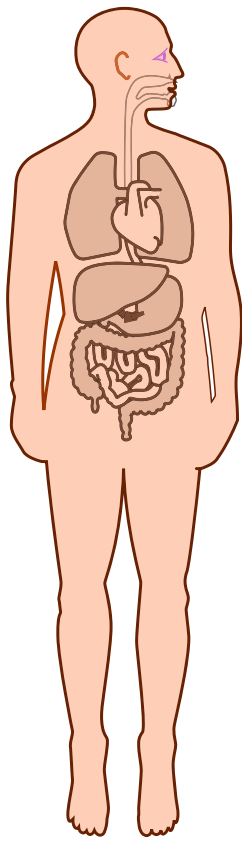
Mostly *Conscious*, gives us
Voluntary control of the
sensory motor system.

The Autonomic NS



Typically *Unconscious*,
Automatically generates
and regulates our energy.





To **REGULATE** means to shift gears
in your nervous system as needed.

We calm down



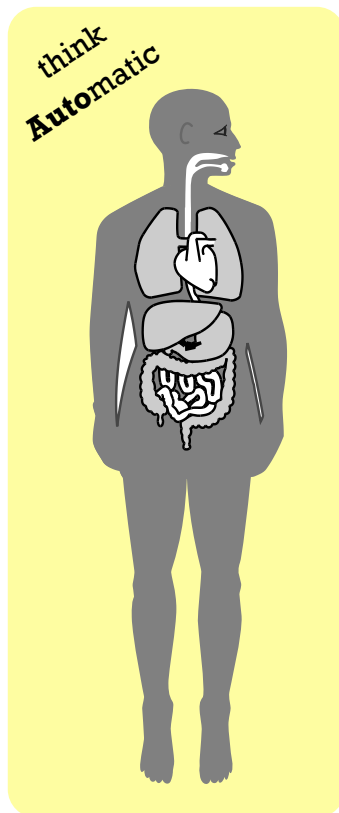
We rev up



We adjust
for communication



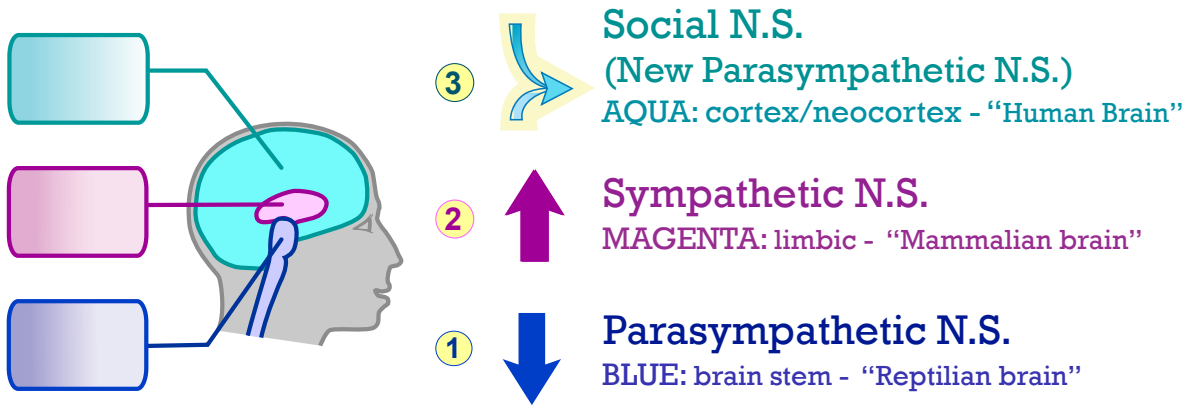
Your **Autonomic Nervous System** **ANS**



The ANS regulates essential involuntary functions and organs including:

- breathing & cardiovascular system
- digestion
- sleep
- immune and inflammatory systems
- temperature
- oxygen to the brain
- organs: lungs, heart, stomach, liver, pancreas, kidneys, adrenals, intestines, bladder, sexual organs
- eyes, ears, facial expression

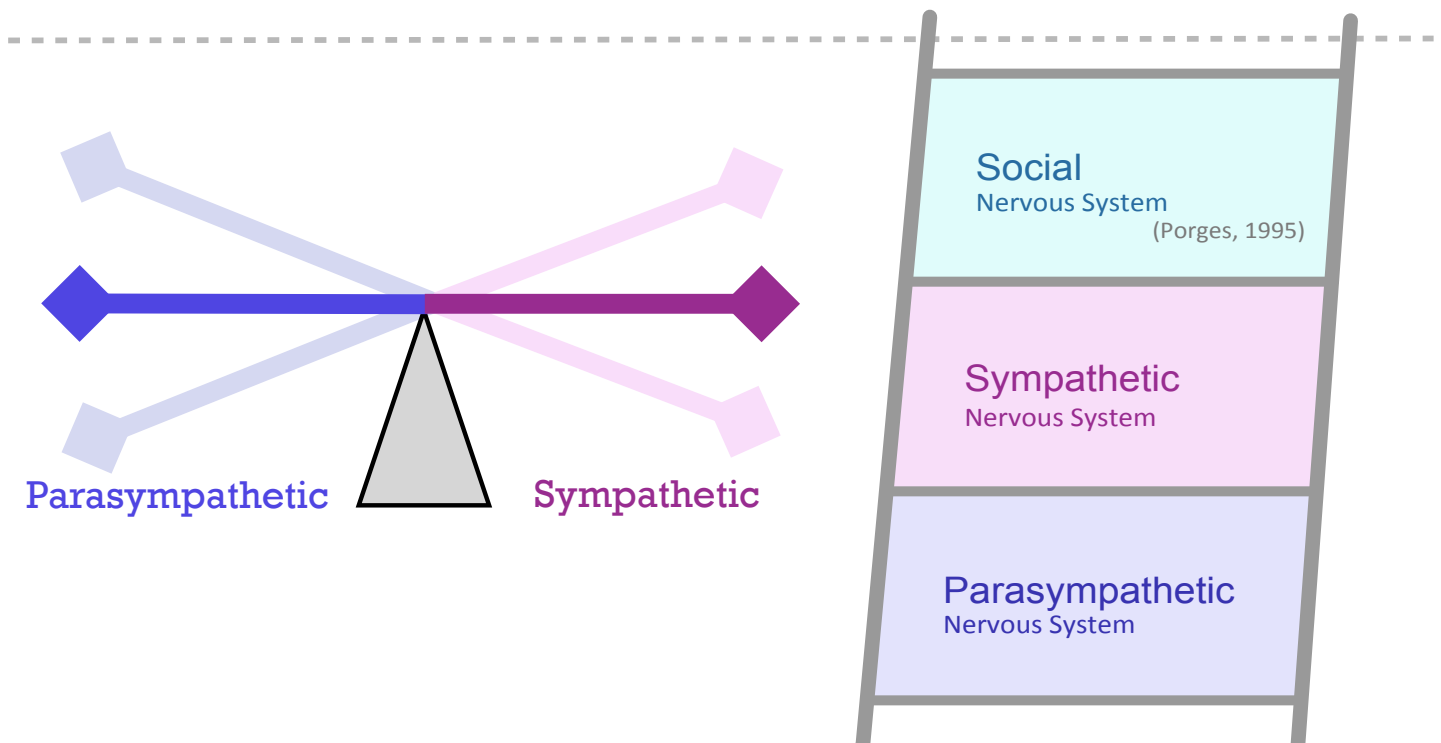
AND the threat response in every cell in your body!
Which naturally affects your emotions.



3 Layers of the ANS

The Colors: In Developmental and Evolutionary Order

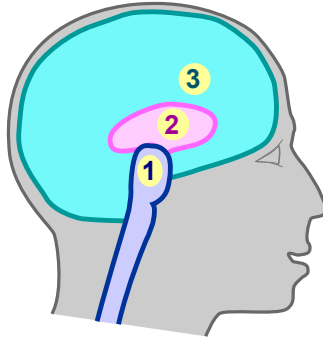
Reciprocal **or** **Hierarchical?**
One or the other



Social N.S.

Sympathetic N.S.

Parasympathetic N.S.



Adjusts for
Communication

Revs up for
Fight or Flight

Shuts Us Down for
Freeze, Hide, Dissociate

Our Brain Evolved in 3 Layers

with

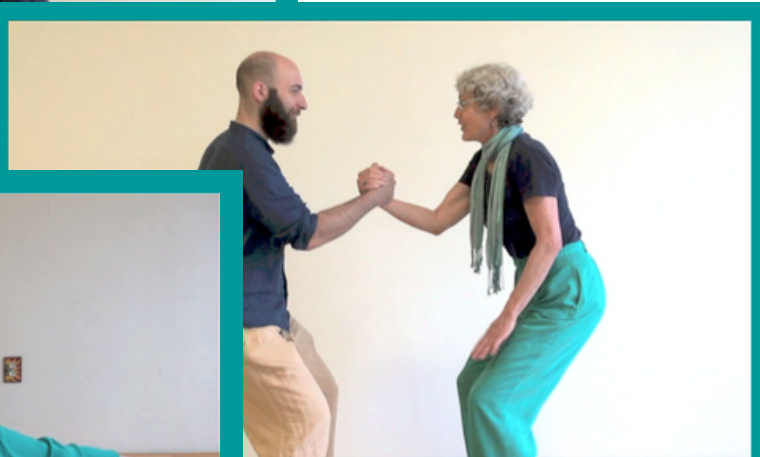
3 Threat Responses

When Fear Trumps Logic

Threat responses override conscious thinking.
Fear trumps logic when we do not feel safe.

The most significant threat to our health and relationships is staying caught in unnecessary threat responses.

Porges, 2011



Warm Up for GRRRR!



Back to Back

The most efficient way to regulate your nervous system is Co-Regulation.

Find information and classes at

<http://www.wecoregulate.com/>

