

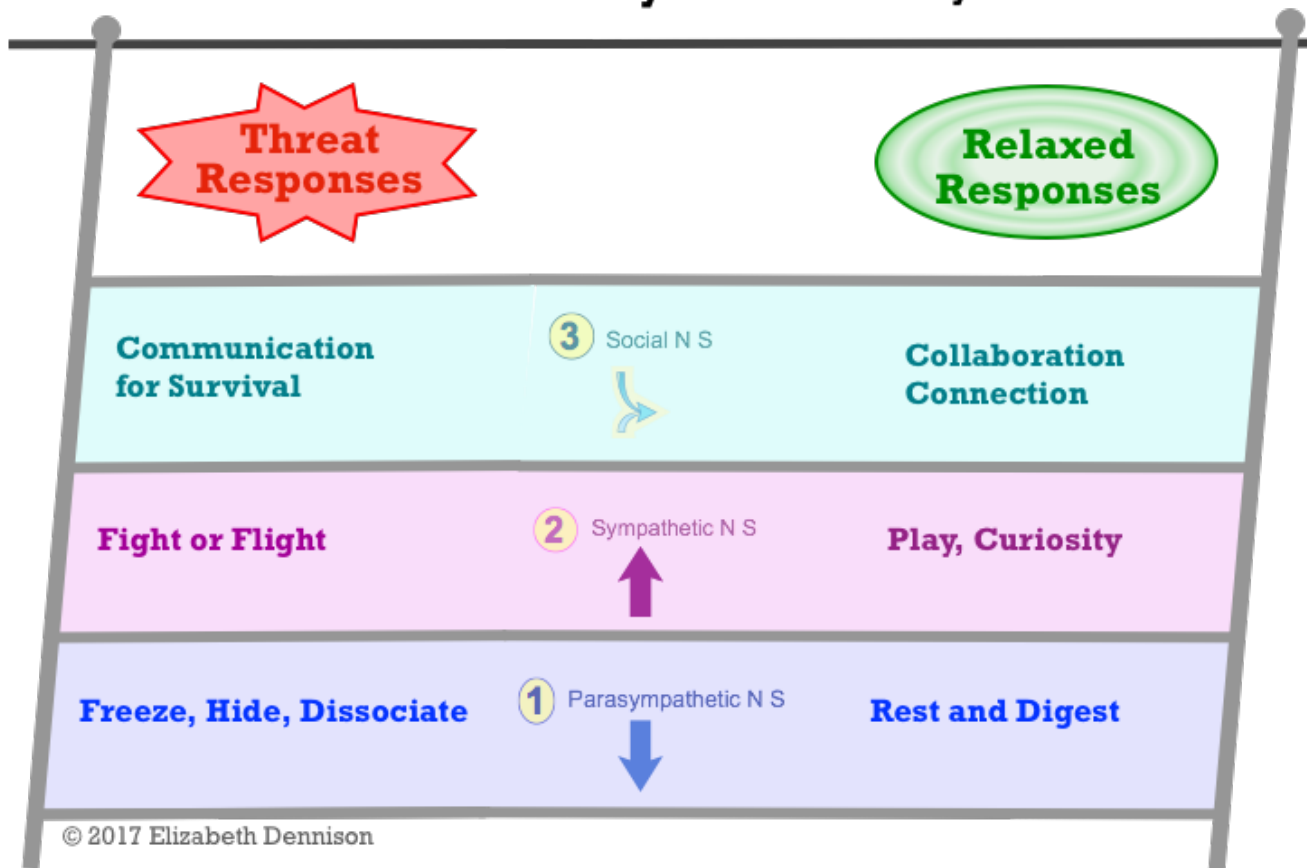
# Handouts from **Life is a Regulation Game!**

## Part 2: Shifting Out Of Threat Responses

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

So, **shifting quickly out of threat responses**, once they are not needed, is the key to longterm physical and relational health. Porges, 2011

### Threat and Safety - in Our 3 Layer ANS

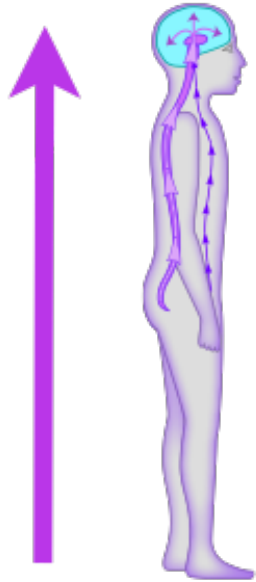


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## Body Up:

From the Bottom Up  
Unconscious  
Involuntary Reactions

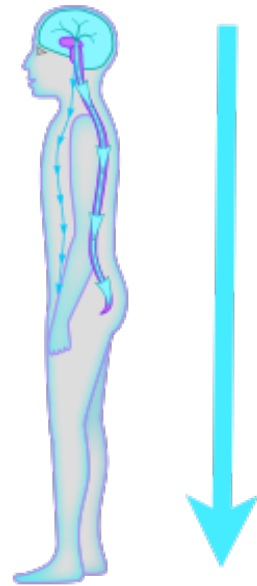


*For example:*

Physical pleasure  
Pain & Hunger  
Cold & heat  
Need to urinate  
Lust  
Nausea  
Threat responses

## Top Down:

Mind Over Body  
Conscious  
Voluntary Responses



*For example:*

Thinking  
Planning  
Morality  
Self Discipline  
Blame  
Dominance Strategies  
Prejudice



## Calming Down

### Solo Examples:

- ◆ Exercise to tire yourself out
- ◆ Take a hot bath, put on lotion
- ◆ Yoga, Meditation, Deep breathing
- ◆ Watch TV, read, or go on the computer
- ◆ Alcohol, Pot, Downers, Comfort food
  
- ◆ Take a walk, start fast and slow down
- ◆ Listen to soothing music, sing or hum
- ◆ Think about relaxed, easy, safe times
- ◆ Garden or do other mellow hobbies

### Interactive Examples:

- ◆ Get a hug, share a smile
- ◆ Cook or go out to eat with friends
- ◆ Cuddle up for interactive rest
  
- ◆ Go for acupuncture or do massage
- ◆ Sit around a fire and make music
- ◆ Read aloud to someone
- ◆ Rock or sing a child to sleep
- ◆ Talk about safe, pleasant things
- ◆ Tell stories of kindness and generosity





# Revving Up

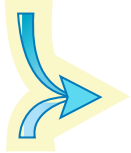
## Solo Examples:

- ◆ Take a shower
- ◆ Exercise or take a walk
- ◆ Listen to rousing music
- ◆ Coffee, Tea, Sugar, Nicotine, Uppers
- ◆ Blink fast and look around
- ◆ Sing rousing music
- ◆ Think of something that outrages you
- ◆ Breathe and move: fast and staccato

## Interactive Examples:

- ◆ Competition
- ◆ Take a fast walk with someone
- ◆ Breathe and move: fast with a partner
- ◆ Give or get brisk massage
- ◆ Dance fast with someone
- ◆ Arm wrestle, thumb wrestle
- ◆ Disagree with determination
- ◆ Yell playfully at someone

# Adjusting Your Social N. S. for Communication



## Your Best Relational Self

### Solo Examples:

- ◆ Breathe Deep and Smile
- ◆ Exercise to burn off agitation
- ◆ Orient to your goals
- ◆ Energize yourself: positive self talk
- ◆ Caffeine, sugar, nicotine, pot
- ◆ Stay connected with your heart
- ◆ Remember what you like about people
- ◆ Smile and feel your face

### Interactive Examples:

- ◆ Walk and talk with a close friend
- ◆ Share your goal(s) and fears
- ◆ Role play
- ◆ Cook, play or go out to eat with friends
- ◆ Get a hug, or hold a hand, or a child
- ◆ Mirror rhythms of speech, breathing
- ◆ Attune to eye contact patterns
- ◆ Read aloud, sing or make music

The most efficient way to regulate your nervous system is Co-Regulation.  
 Find information and classes at [www.BuildingSturdyRelationships.com](http://www.BuildingSturdyRelationships.com)

