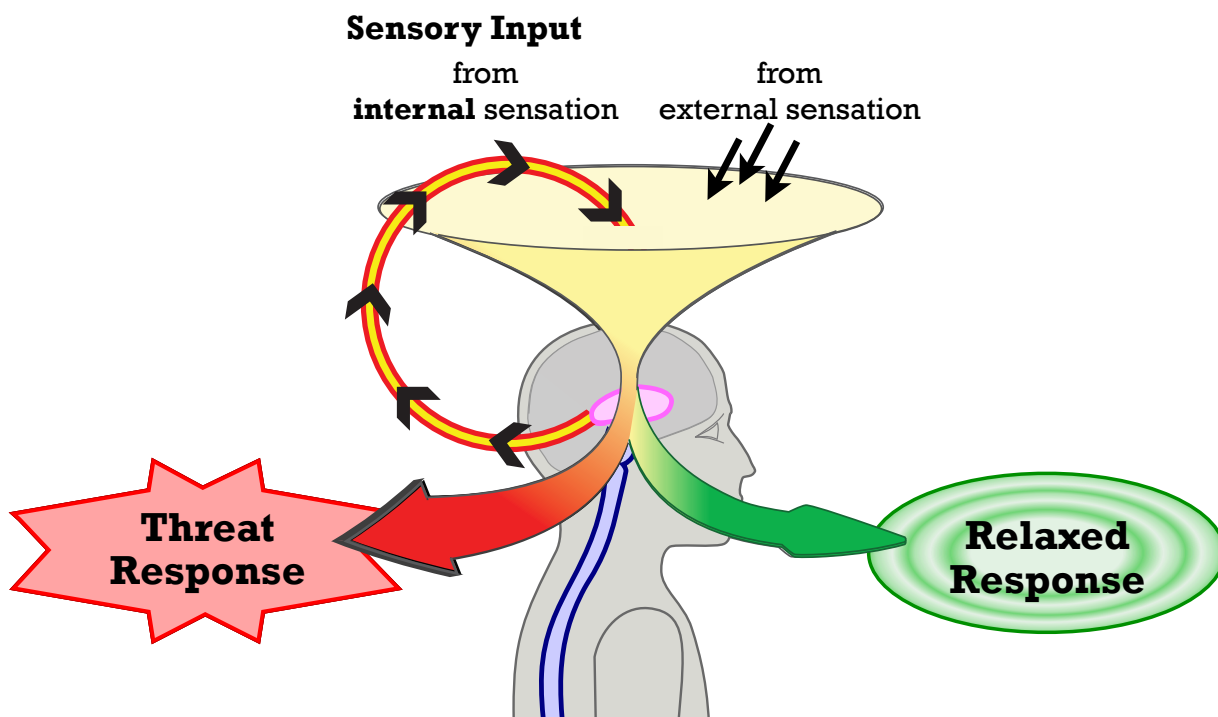


Handouts from **Life is a Regulation Game!**

Part 3: Triggers and Dysregulation

We are wired to interpret our own internal activation as a sign of external danger.

We are wired to assess safety, and downshift - **Together**



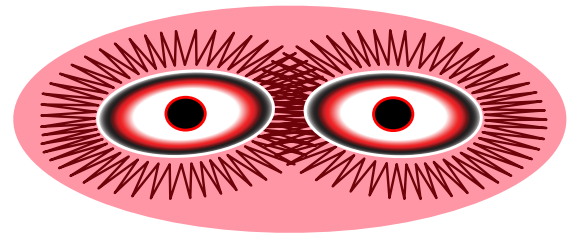
Shame can make us want to hide. Learn to ask for help shifting gears in your nervous system. *Be discerning, but do ask!*

Fight, Flight, and Freeze make us temporarily stupid, because they pull oxygen out of the brain. Learn to *plan ahead when you can think clearly, and recognize your stuck states!*



In threat response:

- We stop thinking clearly
- We often can not tell that the threat is over
- Shame makes us want to hide or deny what we feel
- We take our internal upset as a sign of external danger
- Top down interventions do not work



Learn Co-Regulation skills

- Learn strategies for canceling shame
- Build relationships where you practice **body up regulation skills**
- Asses your resources
- Reach for help

Re-regulation gets pretty easy when you have the resources you need.

What is Dysregulation?

(bad for our health and bad for our relationships)

Dysregulation means we get stuck in states we do not want to be in or we can not get to states we do want to be in.



Uncomfortable around people, trouble speaking up, can't stop talking, or we get bossy



Revved up, unable to rest, digest or sleep



Depressed, frozen or unable to get motivated

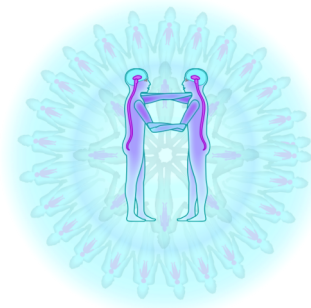
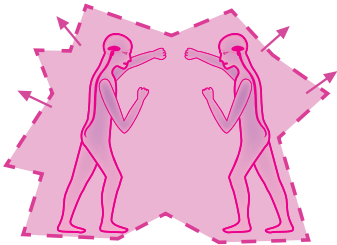


The Costs of Dysregulation

Long term, dysregulation leaves us stressed and unable to rest and heal. This wears out the basic life support systems that are regulated by the ANS:

- ➡ Cardiovascular system
- ➡ Digestive System
- ➡ Immune System
- ➡ Inflammatory System

Primitive vs. Collaborative Culture



Dysregulated

- * We go reactive, primitive, rigid, addictive or absent, in the face of complexity, intensity and threat.
- * Creativity and new learning dry up.
- * Our emotions hijack our thinking and our values.

Well Regulated

- * We can stay present, collaborative, inclusive, hopeful and flexible in the face of complexity, intensity and threat.
- * Creative problem solving thrives.
- * We can stay compassionate. **We can think and feel at the same time.**





Why does autonomic regulation matter?

Regulation is essential - for

- Health and longevity
- Avoiding or clearing addiction
- Emotional stability
- Collaborative relationships
- Building capacity to take on a complex world without getting overwhelmed

REMEMBER:

- threat responses are not particularly bad for us...
- getting **stuck** in threat responses is the problem

Turning to attuned others for co-regulation is often the quickest way to re-regulate.

