



# **GROUNDLED RESILIENCE:**

## FOUNDATIONAL PRACTICES TO SUPPORT COC NETWORK PROVIDERS

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# DISCLAIMER

I AM NOT, NOR DO I CLAIM TO BE, AN EXPERT IN THE TOPICS IN THIS PRESENTATION. I AM NOT A DOCTOR, PHYSICIAN, NEUROSCIENTIST, OR LICENSED MENTAL HEALTH COUNSELOR.

THE INFORMATION IN THIS PRESENTATION COMES DIRECTLY FROM MY SOCIAL WORK EDUCATION, TRAUMA-INFORMED YOGA TEACHINGS, AND CONTINUED YOGA EDUCATION.

# AGENDA

01 GROUNDING PRACTICE

05 HOW DOES THIS APPLY?

02 THE NERVOUS SYSTEM 101

06 SUPPORTIVE RESOURCES

03 POLYVAGAL THEORY

07 SENSORY MEDITATION

04 STRESS RELEASE + BREATH  
PRACTICE

08 CONNECTING CONVERSATIONS

# TAKEAWAYS

01

FEEL **MORE CONNECTED** TO  
YOURSELF + BODY

02

HAVE **ONE PRACTICE** YOU CAN USE IN  
YOUR WORK/PERSONAL LIFE

03

KNOW THAT **YOU HAVE THE TOOLS**  
**WITHIN YOU** TO REGULATE YOURSELF

04

**LEARN SOMETHING NEW** ABOUT THE  
NERVOUS SYSTEM

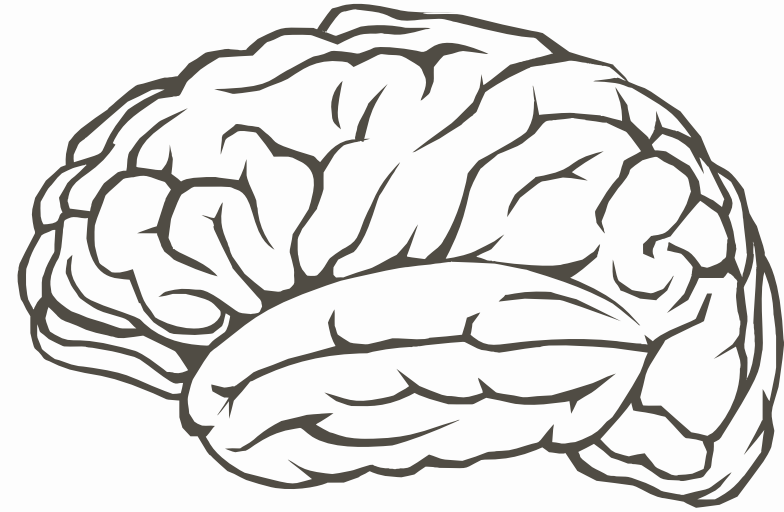
# GROUNDING PRACTICE





# CONTENT WARNING

SOME CONTENT IN THIS PRESENTATION MAY BRING UP SENSITIVE  
SUBJECTS AND/OR EMOTIONS. PLEASE USE YOUR OWN DISCERNMENT  
TO TAKE CARE OF YOURSELF IF SUCH SITUATIONS ARISE.



# THE NERVOUS SYSTEM 101

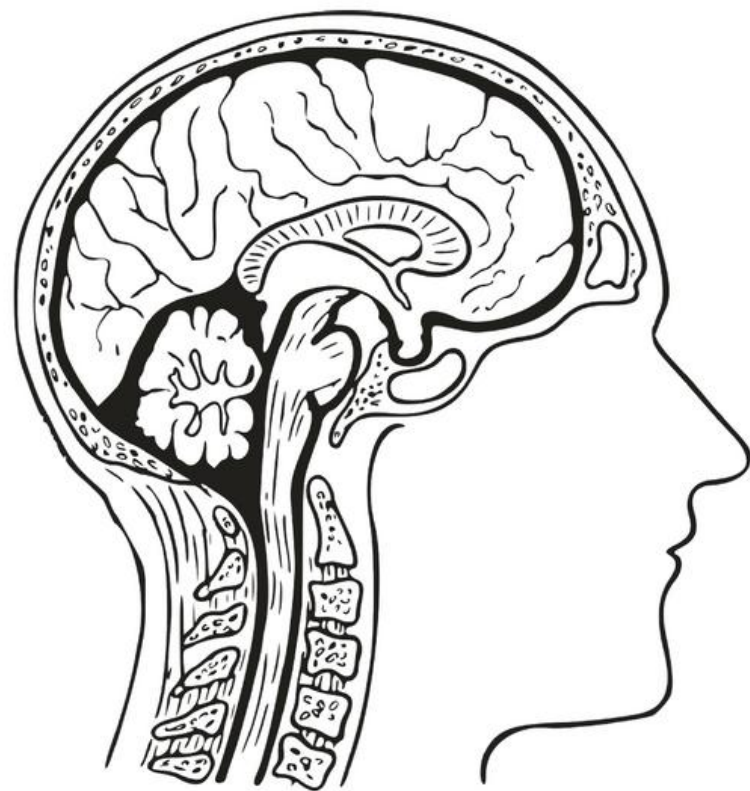


WHAT DO YOU KNOW ABOUT THE  
**NERVOUS SYSTEM?**



# THE NERVOUS SYSTEM

"COMMAND CENTER"



Controls and communicates with almost every system in the body.

Takes in “information”, processes it, and responds with action/motor output.

Regulates and maintains body's **homeostasis** (balance, baseline).

# THE NERVOUS SYSTEM

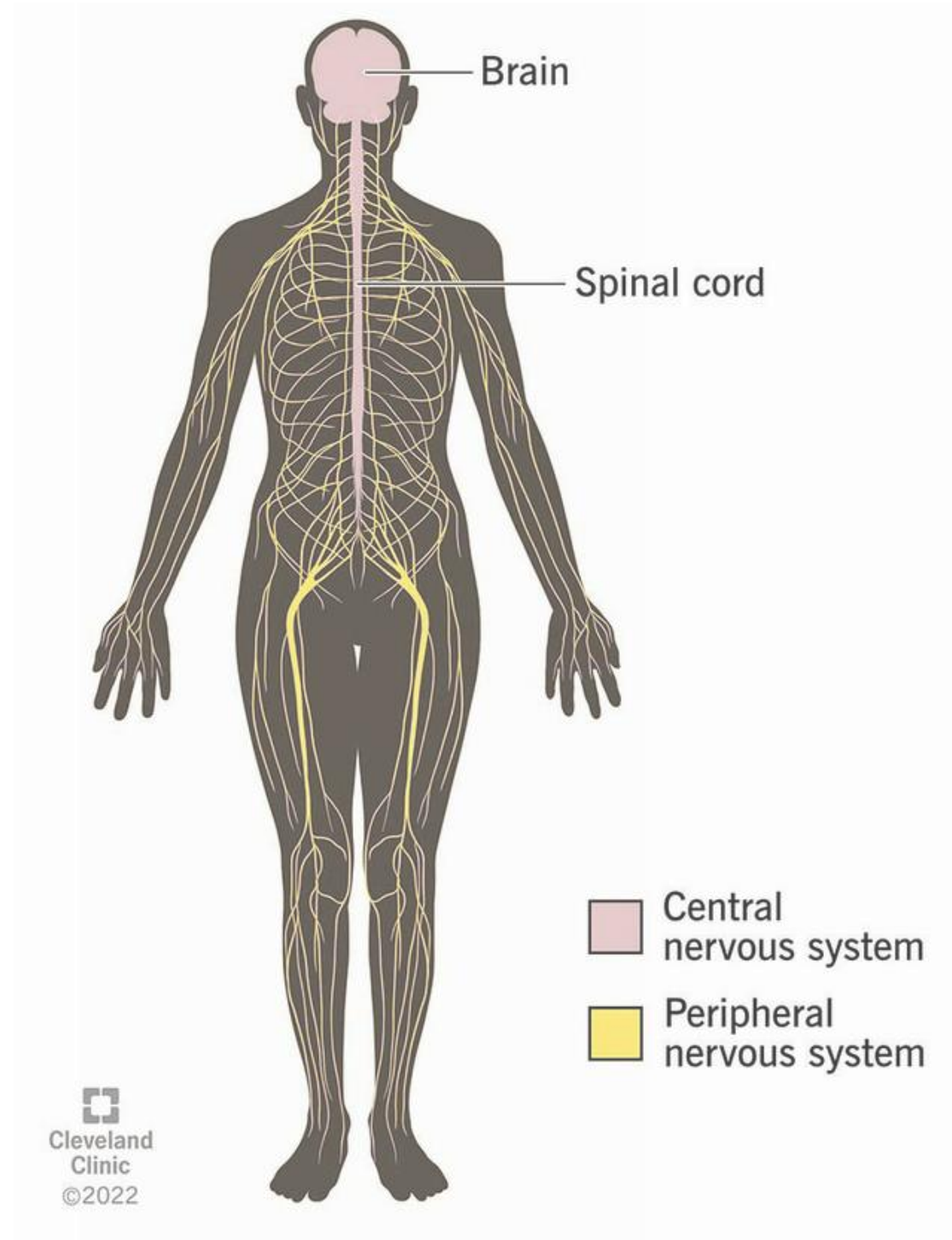
Divided into two main systems:

## 1. Central Nervous System

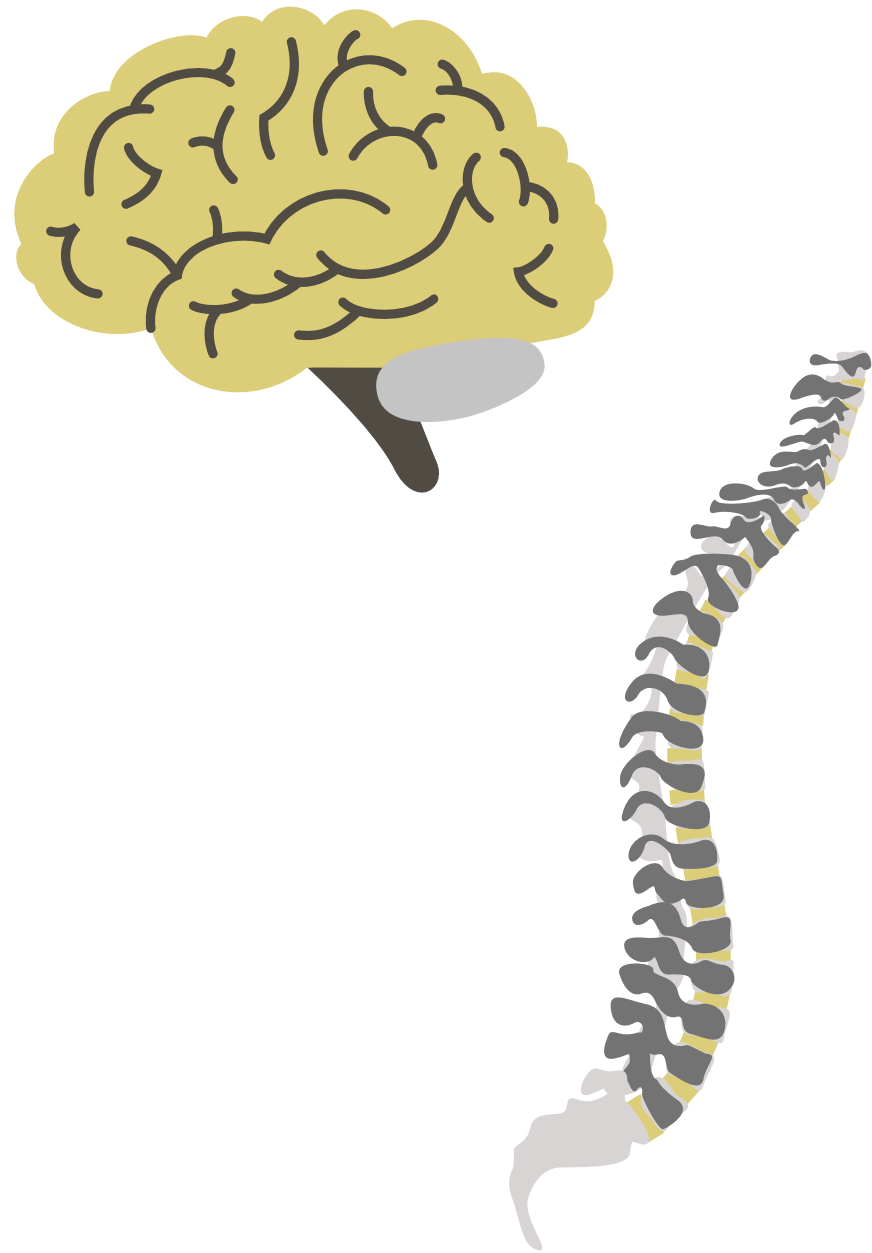
- Brain + Spinal Cord

## 2. Peripheral Nervous System

- Nerves + Sensory Input



# CENTRAL NERVOUS SYSTEM



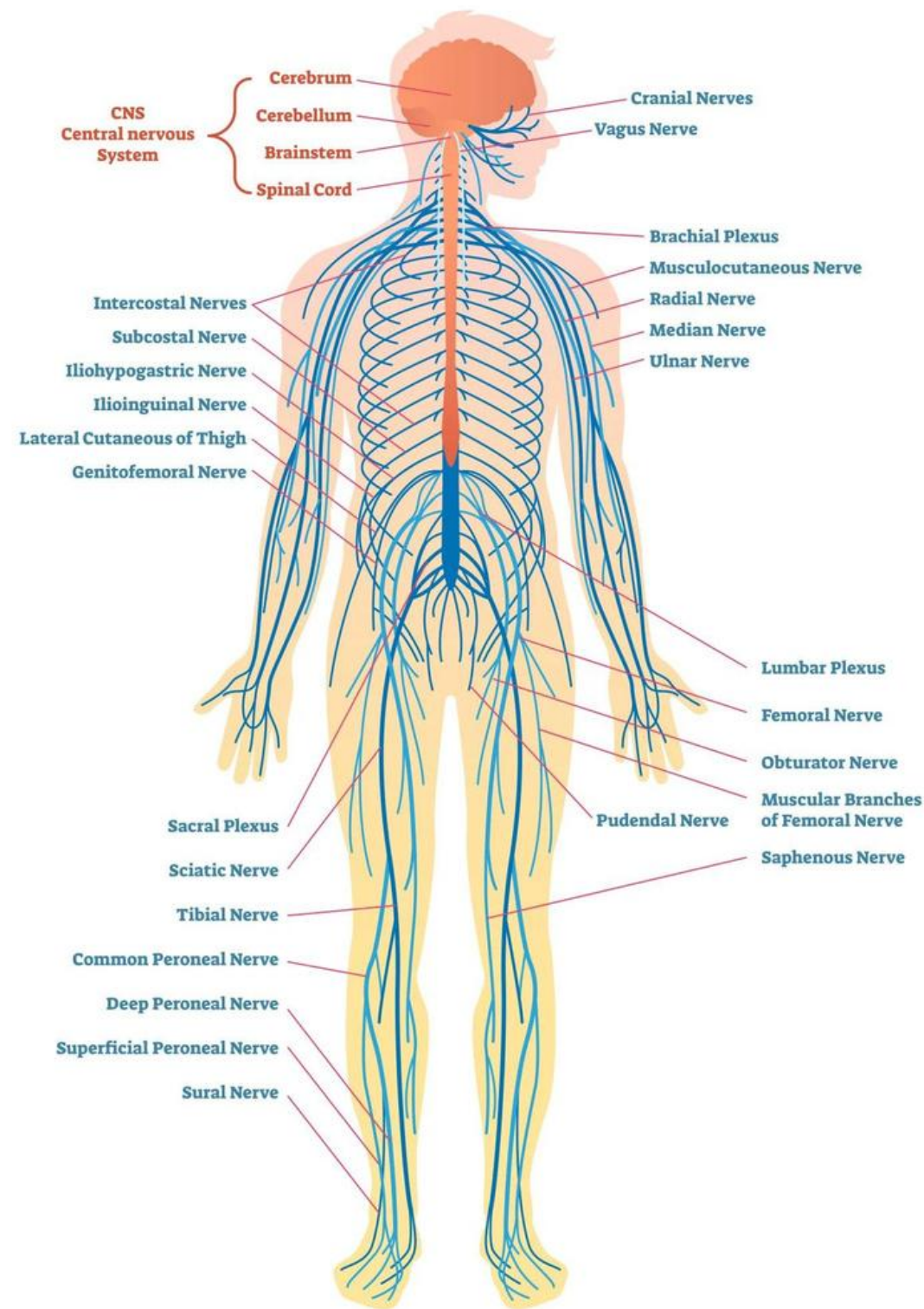
Regulates everything the body does.

Takes in “information” from your sensory nerves to process and respond to them.

Sends information to Peripheral Nervous System to take action.

Regulates and maintains body's **homeostasis** (balance, baseline).

# PERIPHERAL NERVOUS SYSTEM



Divided into two main systems:

## 1. Somatic Nervous System

- Conscious activity
- Functions you manage by thinking about them. (moving, dancing, senses)

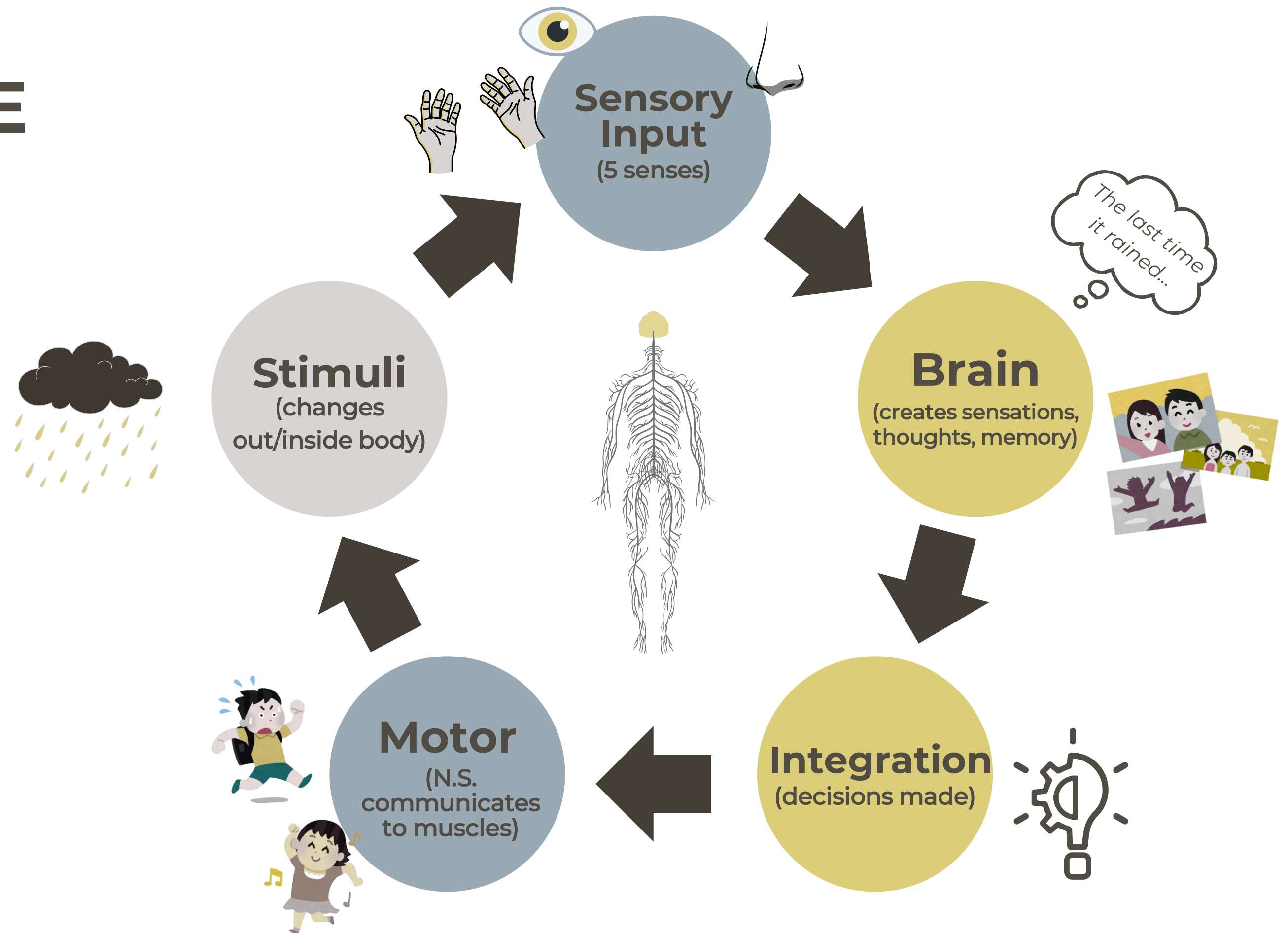
## 2. Autonomic Nervous System

- Unconscious activity
- What your brain automatically does for you. (heartbeat, blood pressure, etc.)



# EXAMPLE

- Central Nervous System
- Peripheral Nervous System

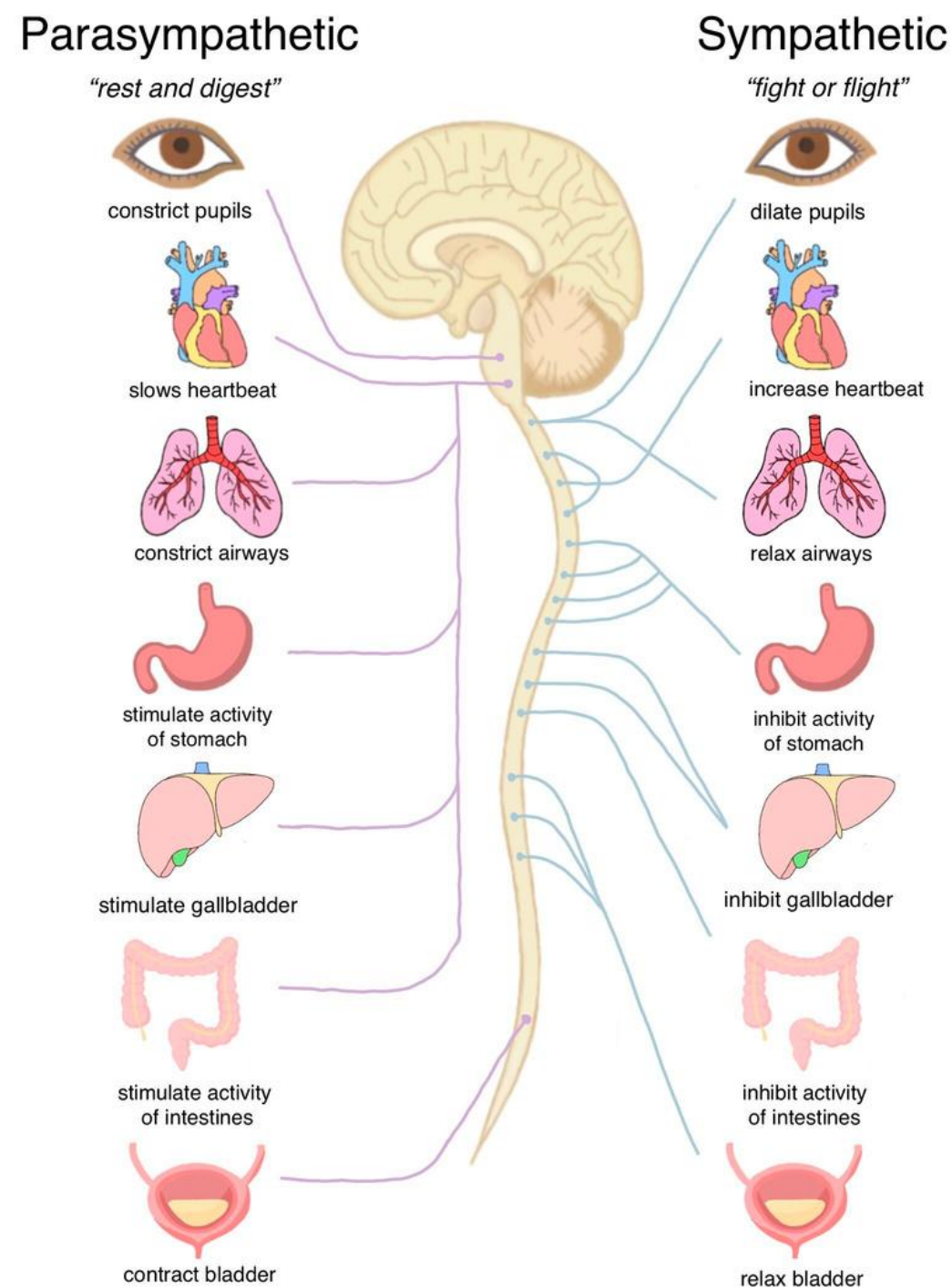


# AUTONOMIC NERVOUS SYSTEM

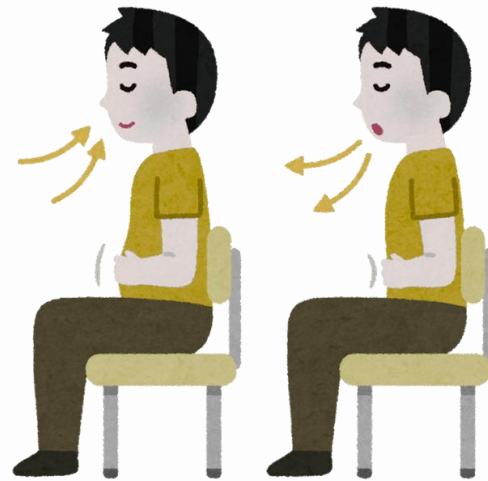
Divided into three main systems:

- 1. Parasympathetic N.S.** - Rest and Digest
- 2. Sympathetic N.S.** - Fight or Flight
- 3. Enteric N.S.** - Manages digestion

Houses the **Vagus Nerve** - the longest cranial nerve in our body, responsible for keeping us safe and connecting with others.



# BREATH PRACTICE



# POLYVAGAL THEORY



**Polyvagal Theory** proposes that the autonomic nervous - **especially the vagus nerve** - plays a crucial role in regulating our health and behavior.

Polyvagal Theory helps us understand **how our body and brain work together** to respond to stressors that are a part of everyday life as well as experiences that are more significant, such as trauma.

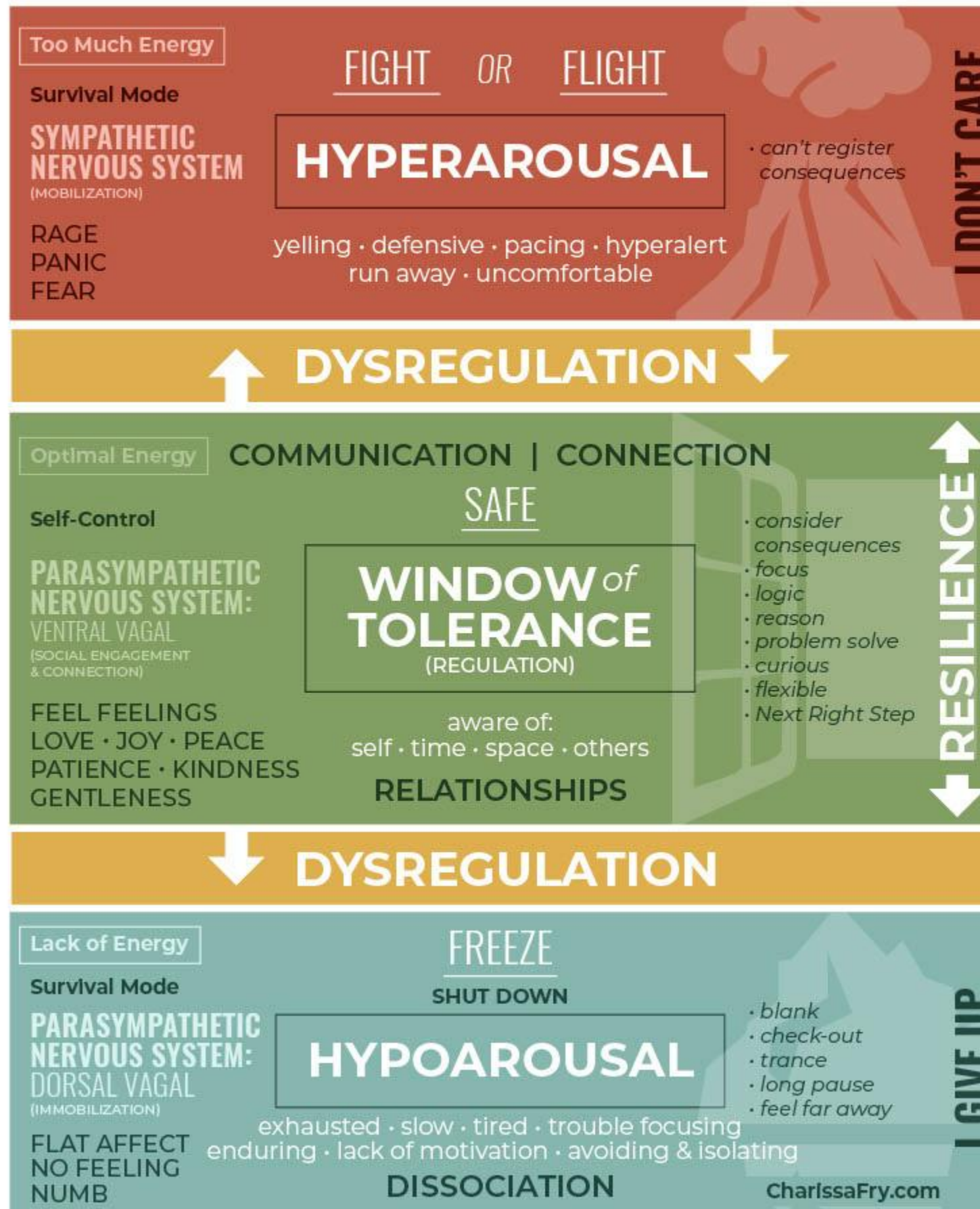
*Polyvagal Institute developed by Dr. Stephen W. Porges*



# POLYVAGAL THEORY

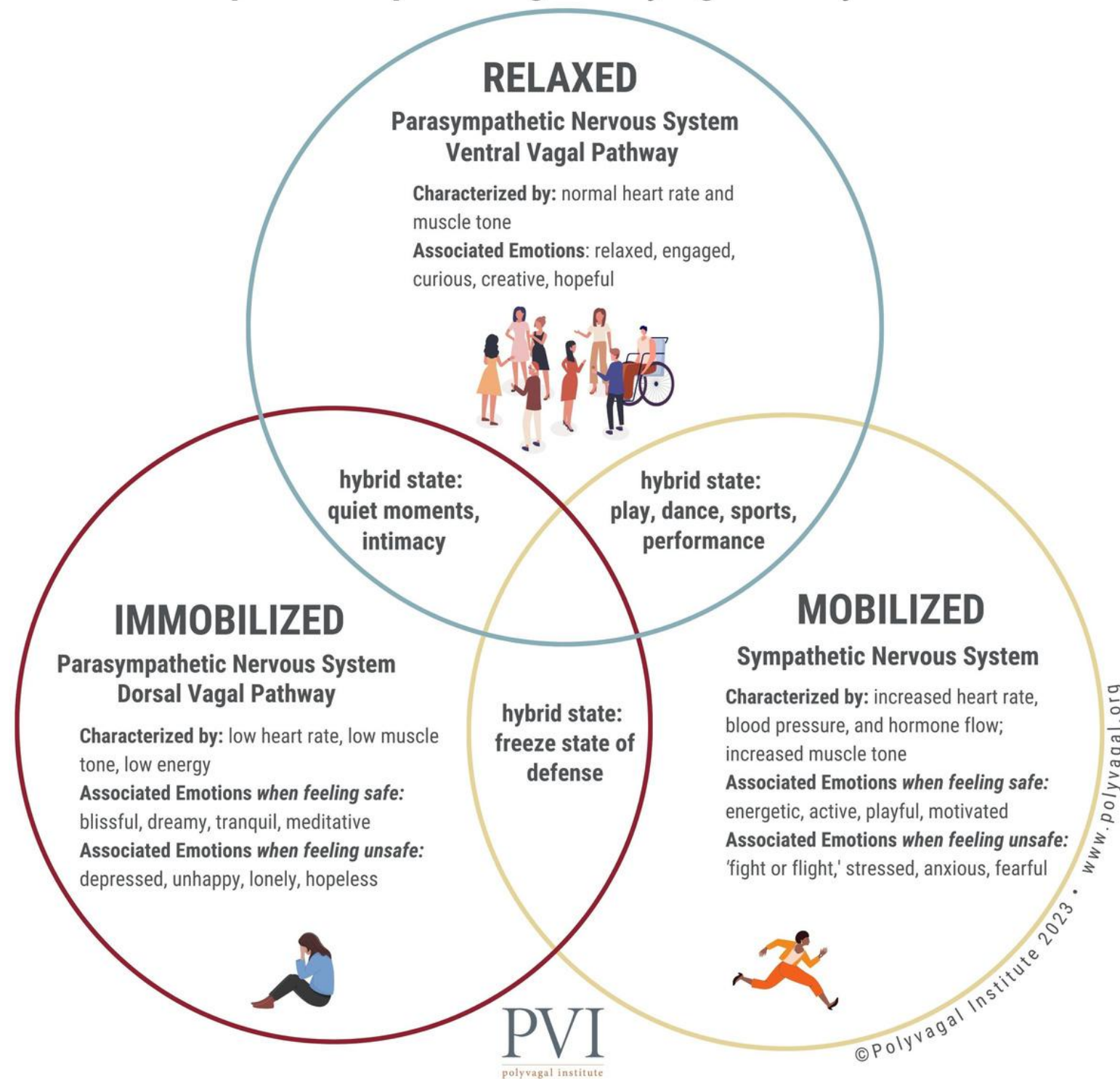
Proposes three main response states:

- **Fight or Flight** - "Hyperarousal"
  - Activated when in danger or perceived threat
- **Freeze** - "Hypoarousal"
  - Body shuts down due to feeling powerless or overwhelmed
- **Safe** - "Window of Tolerance"
  - Body feels safe, relaxed, and connected



# POLYVAGAL THEORY

## Autonomic Nervous System States per Dr. Stephen Porges' Polyvagal Theory



These states are a **continuum** through which we move on a daily basis.

They are all directly managed by the **vagus nerve**.

# STRESS RELEASE PRACTICE





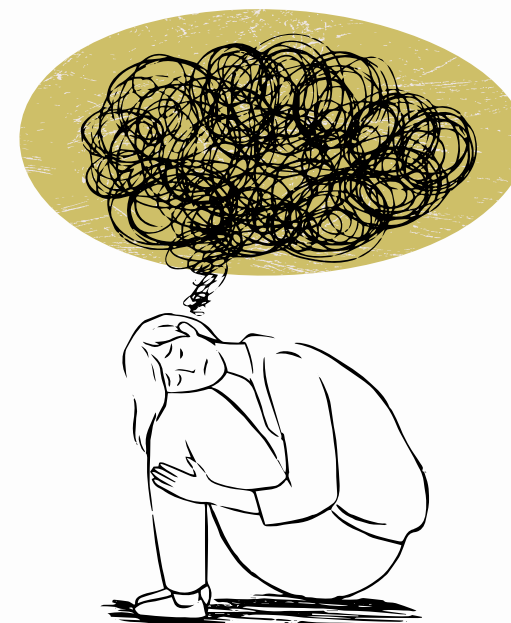
# HOW DOES THIS APPLY TO YOU?

## WORKPLACE

- Your role(s) + tasks
- Capacity
- Organizational culture
- Co-worker relationships
- Direct service w/ people
- Secondary trauma
- Compensation

## PERSONAL

- Your role(s) and identity(s)
- Housing/Geography
- Finances
- Relationships
- Physical health
- Hobbies
- Community connection



# HOW DOES THIS APPLY TO YOU?

## WORKPLACE

- What is your workload like?
- How often do you feel stressed at work?
- When you are overwhelmed at work, what do you do?
- Can you recall a time when you felt agitated and/or withdrawn at work? What was the reason?



## PERSONAL

- What is your life outside of work like right now?
- How often do you have time to yourself to rest/reset?
- Can you recall a time when you felt overwhelmed recently? What was the reason?
- What occupies your thoughts the most?

# HOW DOES THIS SHOW UP IN US?



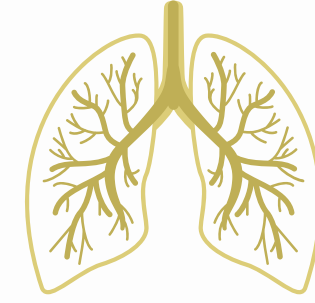
## **Psychological:**

- Difficulty concentrating
- Confusion
- Detachment and/or dissociation
- Negative beliefs of self
- Shock, denial, or disbelief
- Self-blame
- Negative world beliefs



## **Emotional:**

- Anger
- Irritability
- Shock
- Denial/Disbelief
- Sadness
- Mood swings
- Anxiety/Fear
- Disconnected from life



## **Physical:**

- Anxiety
- Physical numbness
- Insomnia
- Nightmares or flashback
- Lethargy/Fatigue
- Easily startled
- Aches and pains
- Muscle tension



This circular diagram illustrates 100 emotions, organized into five main categories around a central white circle. Each category is represented by a different color and contains a set of related emotions in the outer ring, with sub-categories in the inner ring.

- Fearful (Pink/Red):**
  - Scared, Anxious, Insecure, Weak, Rejected, Threatened, Let Down, Humiliated, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely, Optimistic, Trusting, Peaceful, Powerful, Accepted, Proud, Interested, Content, Playful, Excited, Amazed, Confused, Startled, Tired, Stressed, Busy, Bored, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of Control, Sleepy, Unfocused.
- Angry (Red/Pink):**
  - Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Skeptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Detestable, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated, Hopeful, Intimate, Sensitive, Thankful, Loving, Creative, Courageous, Valued, Respected, Confident, Successful, Inquisitive, Curious, Joyful, Free, Cheeky, Aroused, Energetic, Eager, Awe, Astonished, Perplexed, Disillusioned, Shocked.
- Sad (Dark Blue/Purple):**
  - Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Skeptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Detestable, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated, Hopeful, Intimate, Sensitive, Thankful, Loving, Creative, Courageous, Valued, Respected, Confident, Successful, Inquisitive, Curious, Joyful, Free, Cheeky, Aroused, Energetic, Eager, Awe, Astonished, Perplexed, Disillusioned, Shocked.
- Happy (Orange/Yellow):**
  - Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Skeptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Detestable, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated, Hopeful, Intimate, Sensitive, Thankful, Loving, Creative, Courageous, Valued, Respected, Confident, Successful, Inquisitive, Curious, Joyful, Free, Cheeky, Aroused, Energetic, Eager, Awe, Astonished, Perplexed, Disillusioned, Shocked.
- Surprised (Green):**
  - Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Skeptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Detestable, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated, Hopeful, Intimate, Sensitive, Thankful, Loving, Creative, Courageous, Valued, Respected, Confident, Successful, Inquisitive, Curious, Joyful, Free, Cheeky, Aroused, Energetic, Eager, Awe, Astonished, Perplexed, Disillusioned, Shocked.

**EMOTION-SENSATION WHEEL**  
©LINDSAYBRAMANE

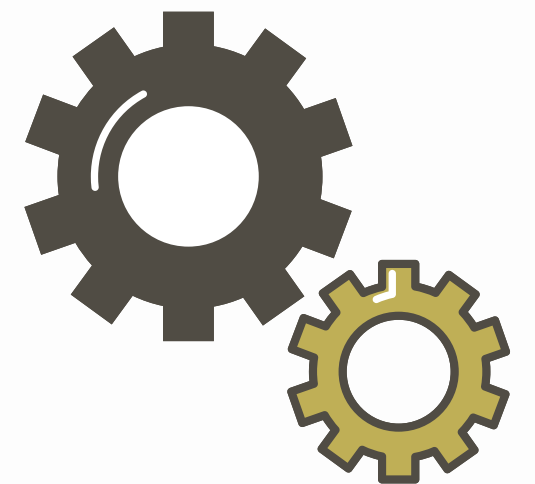
Emotion	Sensations
<b>FEAR</b>	LIP-TREMBLE, LIMP, HIDING, HOT, SCOWL, TURNING AWAY, LOUD WORDS, FLUSHED, RACING, CLENCHING, TIGHT JAW, HEADACHE, NUMB, GUT-TURNING, FEELING HOT, LIP CURLED, SHUDDERING, WRITHING, NEED TO MOVE, FACE-SCRUNCHED, NAUSEA, LUMP IN THROAT, QUEASY, TURN AWAY, LOOKING DOWN, EMPTY, CURLING UP, SLOUCHING, CRYING, BODY ACHES, TIREDNESS, SLOW, HEAVINESS, EYE ROLLS, WEAK, BUZZING, LIGHT, WARM, SENSITIVE, STILL, RELAXED, STEADY, JAW SET, CALM, SOFT, TALL, INFLATED, BROW-FURROW, AWAKE, ENERGETIC, OPEN, JUMPY, ELECTRIFIED, EYEBROWS UP, JAW DROP, SPEECHLESS, BREATHLESS, SWEATY PALMS, JUMPY, TREMBLING, NUMB HANDS, FIDGETY, FOOT-TAPPING, RACING, QUIET, FROZEN, TENSE, COLD, UNSTEADY, BLUSHING, TENDER.
<b>ANGER</b>	HURT, INSECURE, HATEFUL, MAD, AGGRESSIVE, IRRITATED, DISTANT, CRITICAL, DISAPPROVAL, DISAPPOINTED, AWFUL, AVERSION, GUILT, ABANDONED, DESPAIR, DEPRESSED, LONELY, APATHETIC, OPTIMISTIC, INTIMATE, PEACEFUL, COURAGEOUS, SATISFIED, PROUD, CURIOUS, JOY, EXCITEMENT, AWE, CONFUSION, SHOCK, ANXIOUS, INSECURE, INFERIOR, UNWANTED, EMBARRASSED.
<b>SAD</b>	DISGUST, DISAPPOINTED, AWFUL, AVERSION, GUILT, ABANDONED, DESPAIR, DEPRESSED, LONELY, APATHETIC, OPTIMISTIC, INTIMATE, PEACEFUL, COURAGEOUS, SATISFIED, PROUD, CURIOUS, JOY, EXCITEMENT, AWE, CONFUSION, SHOCK, ANXIOUS, INSECURE, INFERIOR, UNWANTED, EMBARRASSED.
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# TOOLS FOR REGULATION

## WORKPLACE EDITION

- **Grounding**
  - Pressing into any surface or notice what your body is currently touching
- **Orienting**
  - Taking in the space around you, notice light, textures, color,
- **Centering**
  - Pause. Notice and name what you are feeling in your body from the inside out- “interoception”
  - Meditation + embodiment
- **Establishing Rhythm**
  - Take your lunch/intentional breaks
  - Set boundaries - leave at a certain time every day no matter what!
- **Stimulating the Vagus Nerve**
  - Isolated gaze - look away from your computer.
  - Cold exposure - take a walk outside in winter. Splash face with cold water.
  - Self massage
  - Humming
  - Tapping
  - Deep breathing





# TOOLS FOR REGULATION

## WORKPLACE EDITION

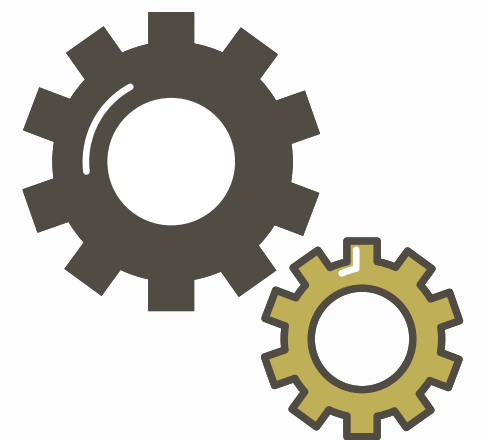
WHAT TOOLS/PRACTICES  
WOULD **YOU** ADD TO THIS LIST?



# TOOLS FOR REGULATION

## PERSONAL LIFE EDITION

- **Grounding**
  - Touch grass
  - Sensory meditation
- **Orienting**
  - Taking in space around you - what do you notice?
  - Spend time in nature
- **Centering**
  - Noticing and naming what you are feeling from the inside out;
  - Practice sharing these feelings with a trustworthy partner
  - Meditation
- **Establishing Rhythm**
  - Get enough sleep
  - Have breakfast + dinner
  - Make a routine
- **Stimulating the Vagus Nerve**
  - Hug a loved one
  - Fostering new relationships/connections
  - Cold plunge + Sauna
  - Self massage
  - Breath Practices
  - Conscious movement - yoga, dance, stretching, shaking, etc.
  - Singing + Chanting



# TOOLS FOR REGULATION

PERSONAL LIFE EDITION

WHAT TOOLS/PRACTICES  
WOULD **YOU** ADD TO THIS LIST?



# SENSORY MEDITATION



# CONNECTING CONVERSATIONS

- What is something new you learned today?
- What is challenging you most?
- What bodily sensations were/are coming up for you?
- What is a regulation tool you would like to try?



# RESOURCES

- <https://www.kenhub.com/en/library/anatomy/the-nervous-system>
- <https://my.clevelandclinic.org/health/body/23123-peripheral-nervous-system-pns>
- <https://training.seer.cancer.gov/anatomy/nervous/>
- [https://www.osmosis.org/learn/Introduction\\_to\\_the\\_somatic\\_and\\_autonomic\\_nervous\\_systems](https://www.osmosis.org/learn/Introduction_to_the_somatic_and_autonomic_nervous_systems)
- <https://www.simplypsychology.org/peripheral-nervous-system.html>
- <https://www.polyvagalinstitute.org/whatispolyvagaltheory>
- <https://neurodivergentinsights.com/blog/up-and-down-regulation>
- <https://www.morningsideacupuncturenyc.com/blog/acupuncture-and-the-vagus-nerve>
- <https://traumapractice.co.uk/trauma-symptoms/>
- Rebel Hearts Yoga Teacher Training content by Alexa Halstead
- Soma Yoga Teacher Training content by Hannah Uiri

