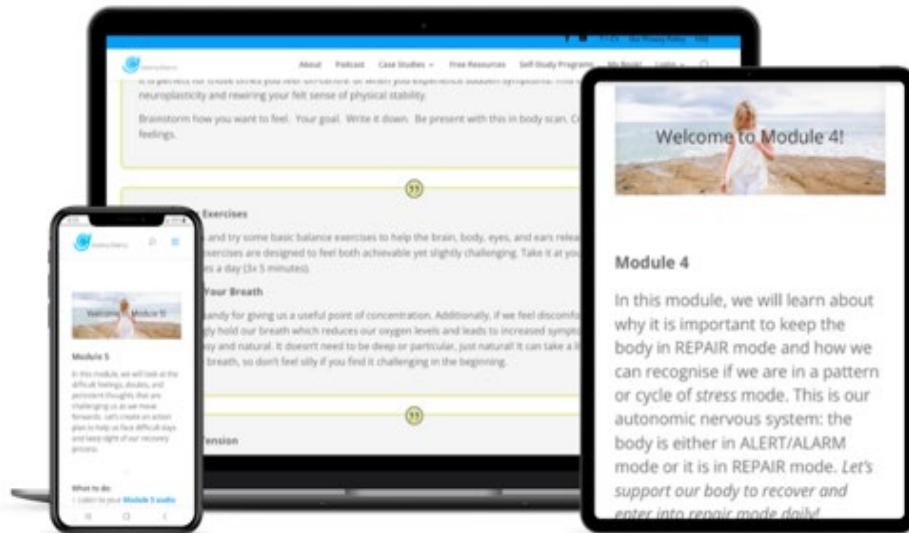


Welcome to Our ROCK STEADY Community

- Integrating Trauma
- What? Why? How?
- How to get more out of Rock Steady and Neuroplasticity



We will cover:

- Tools to regulate the nervous system quickly
- Ways to use our whole brain for healing
- Why we get stuck, the nature of trauma circuits and how we can reverse it
- Waking up a frozen nervous system
- Settling down a chronically stressed nervous system
- Left and right brain practices
- Tricks to cultivate new neural patterns
- And learning to integrate, or metabolise, old patterns

Vagal toning — Let's regulate our nervous system

Returning to our Window of Tolerance

- Hum, sing, trill,
- Shake, dance
- Cold water
- Touch, co-regulation

These body practices help to regulate our neural firing patterns, by both discharging excess energy and waking up frozen neural pathways.



Midbrain—the seat of fight, flight, freeze trauma patterns

Our midbrain needs:

- Certainty (breath, feet on ground, bum on chair)
- Predictability, consistency (reassurance, self-support)
- Basic comforts (food, shelter, belonging)

Without our inner reassurance, the midbrain will search endlessly for external certainty in any number of unhelpful ways.

Prefrontal Cortex (PFC)—Fiddlesticks! False Alarm!

Connection to self and others

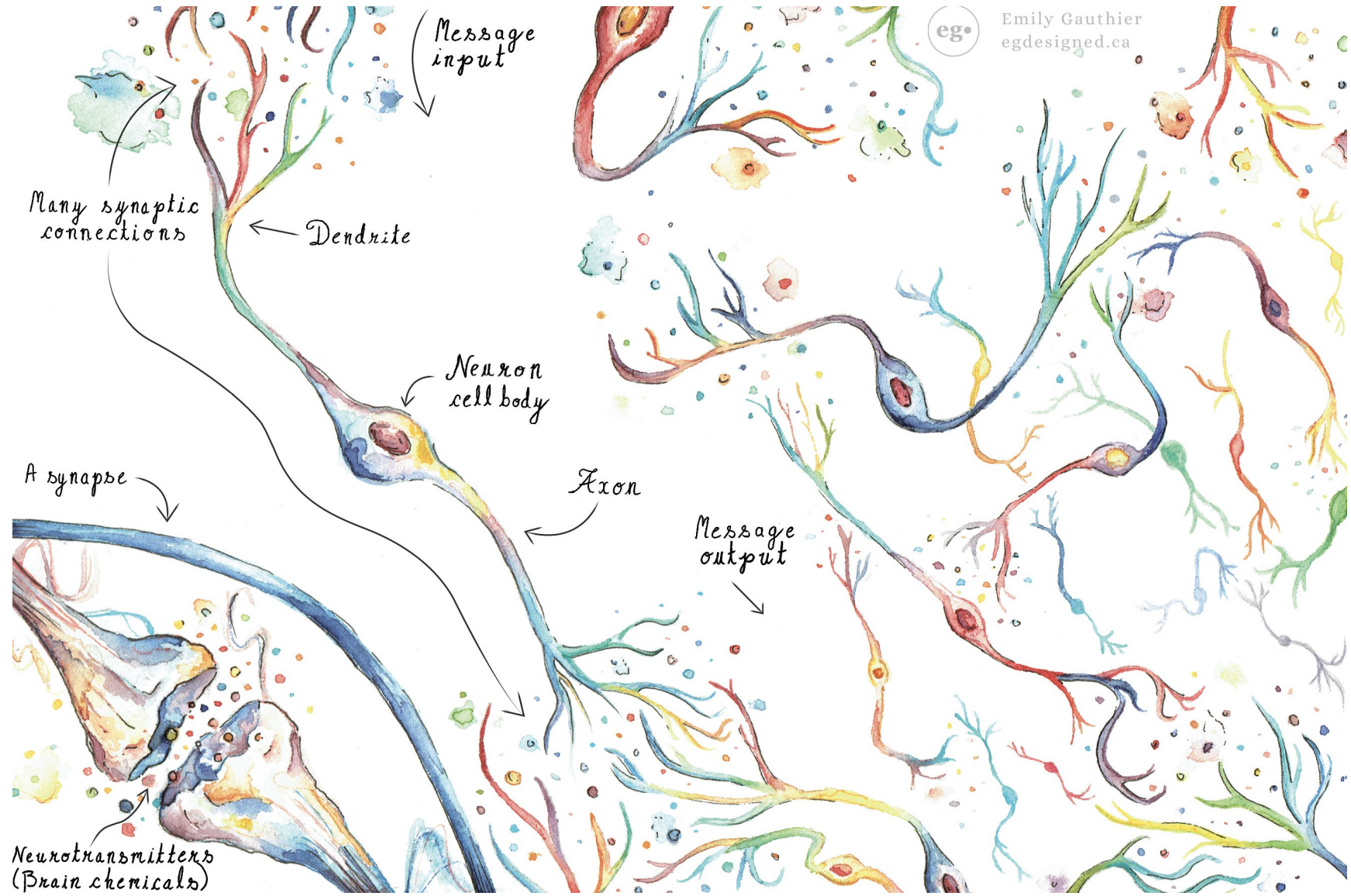
- Our PFC helps us to break midbrain loops and be present in our body.
- Awe, wonder, absurdity
- Novelty
- Creativity
- Humour
- Body scanning with colour, texture etc.

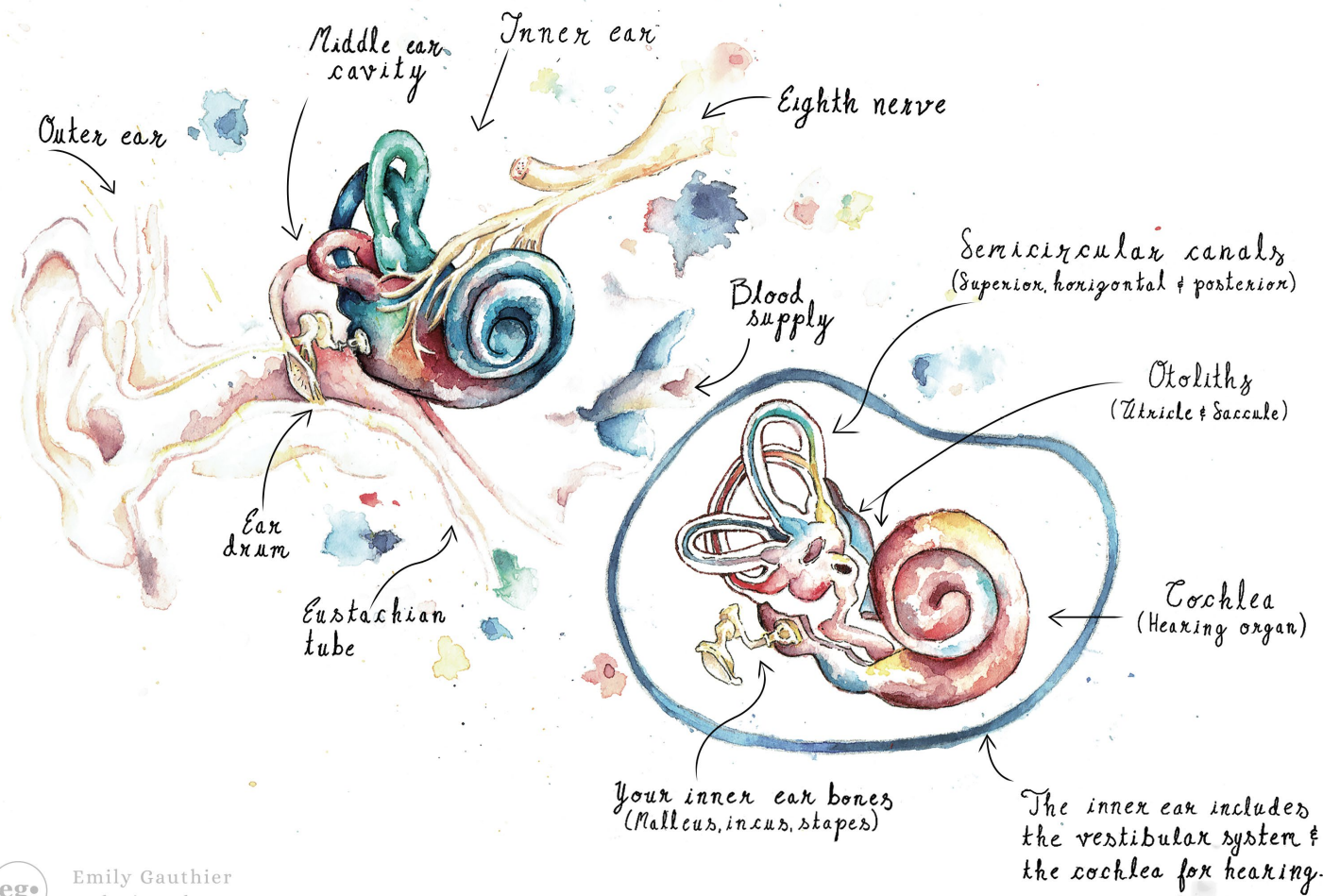
The major role of our PFC is to develop meaningful relationships to Self and the world around us. With creative use of our imagination, our inner world expands and opens up, creating a world of endless possibilities and opportunities.

OUR BRAIN!



eg Emily Gauthier
egdesigned.ca





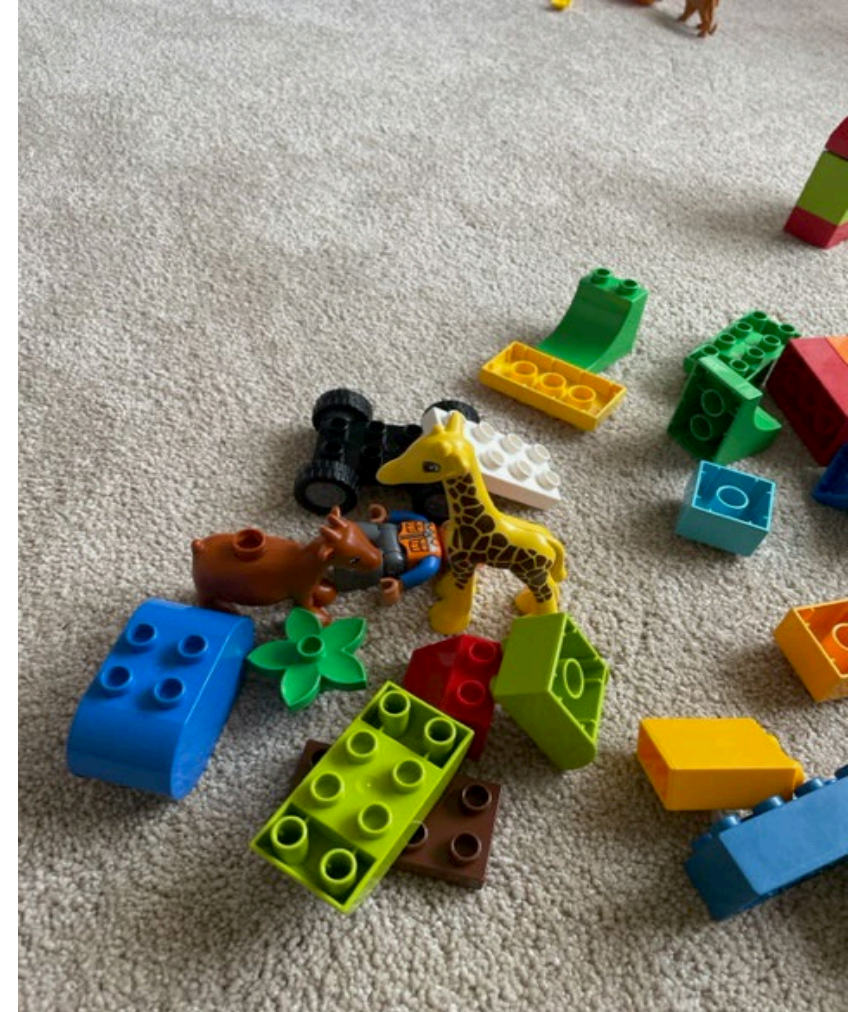
Our inner ears send neural messages to our brain for interpretation and meaning making.

We can be creative with how we interpret our inner ear sensations.

We can use our whole brain, to find a creative way to relate to our sensations.

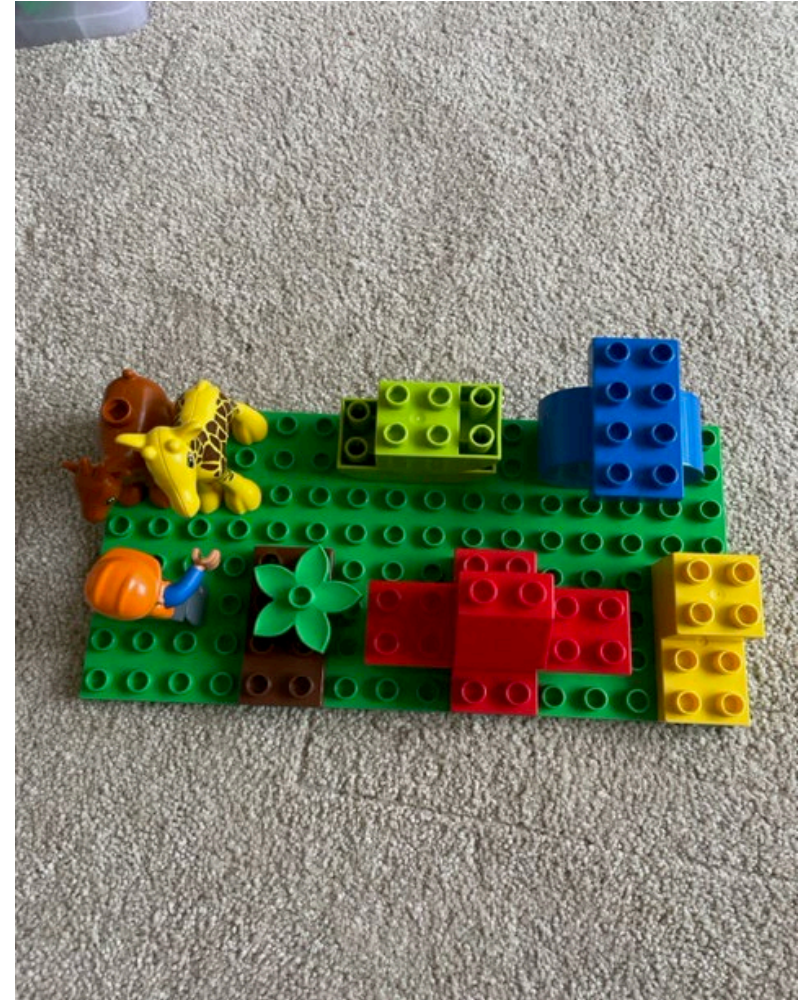
Right Brain Processing

- Abstract thought
- Symbols
- Colors
- Textures
- Music and sound



Left Brain Processing

- Linear thinking
- Time sequencing
- Semantic meaning
- Concrete definitions
- Logic



Which description of a pen is left-brained? Which is right-brained?

- An opportunity to create, make marks, it feels purposeful, useful and smooth to touch, a clicking sound.
- A plastic tube with ink inside that can be used for drawing or written communication.