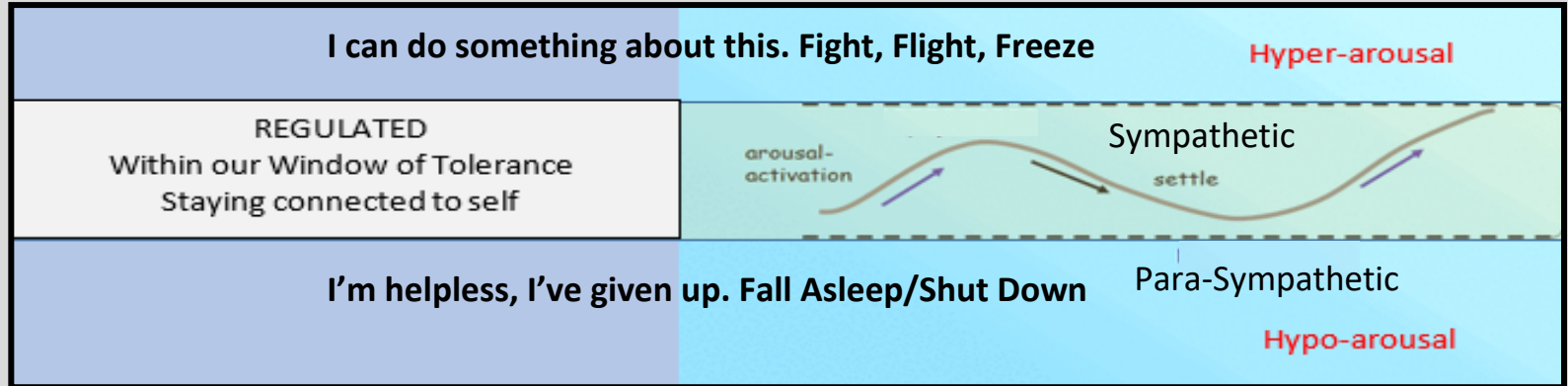
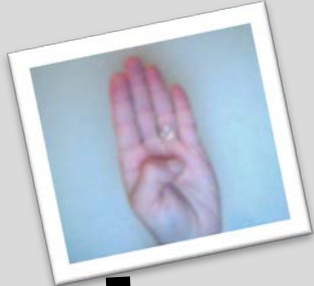
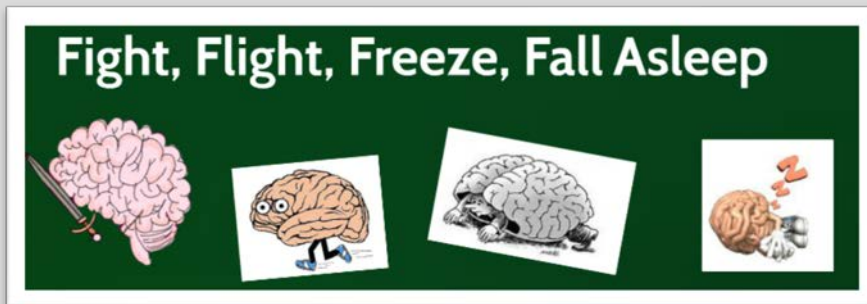


# Speaking the Language of the Nervous System

Flipping our Lid!



When the Brain Stem is in charge = **SAFETY FIRST**



Perception - "I can do something about this!" or "I'm helpless."

## Interesting Facts:

We are made to pulse all day long.  
Our window of tolerance is not static.  
Our state of arousal is based upon our perception.

## Questions to ponder:

- Do I know how to come back to a regulated state?
- How come I can do something one time and not at other times?
- What is the behavior telling me about the state of the arousal of the nervous system? What is it telling me about my perception in that moment?

**How do we support returning to a regulated state?**

**What is the behavior telling us?**

**How do we widen the window of tolerance?**