

WHOLE RESET FOR WHOLE WELLNESS

PART DEUX

RECHARGING YOUR NERVOUS
SYSTEM FOR RESILIENCE
AND PERFORMANCE

PRESENTED BY:



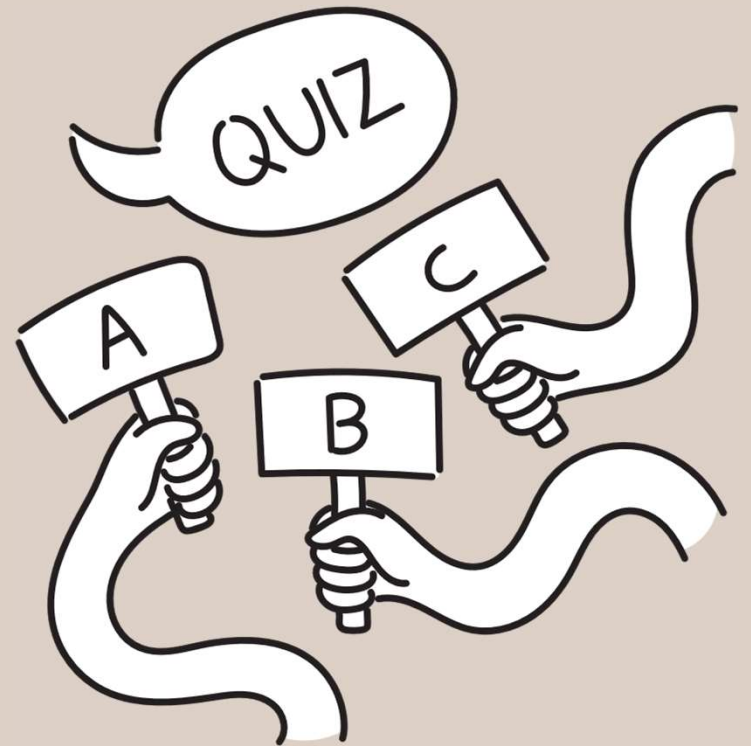
Mitch Foster



Sarah Santiago

REMEMBER US?

What did we discuss last? What were some of your takaways?



**WHEN WAS
THE LAST TIME
YOU FELT
APPRECIATED?**





DAY IN THE LIFE



**Each Day Adds Another
Stressor:**

Elected Officials

Staff Members

Technical Issues

Residents

Family and Friends

What are some examples?

THE NERVOUS SYSTEM STATES

4

Fourth Floor- Extreme state of stress, overwhelmingly draining for our nervous system
Survival mode takes over and body deploys automatic reactions in effort to protect itself from further trauma (unconsciousness, out of body feeling, memory loss, etc)

3

Third Floor- High state of stress, highly draining for our nervous system
Survival mode takes over and fight, flight, freeze, fawn reaction happens
Prefrontal cortex goes unplugged

2

Second Floor- mild state of stress, draining for our nervous system
Very active state using mental energy, can be enjoyable but requires increased thought, focus, attention, awareness, and problem solving

1

Ground Floor- restorative state of rest for our nervous system
Active state with low level mental energy, enjoyable, creative, flow state and being in nature

0

Basement level- deepest state of rest for our nervous system, most restorative level
Only two ways neuroscientists have discovered to get here: REM sleep & deep breathing



THE 4 F'S

Parasympathetic nervous system survival reaction: Fight, Flight Freeze, Fawn

Helpful phrase "I am having a psychological reaction" to combat unhelpful guilt (accountability is still important)

These responses have played an important role in human survival

Each of these responses can be helpful in the right situation, and unhelpful (potentially even harmful) in an inappropriate situation

Consider the healthy opposite of each response

FIGHT

Unhelpful Fight reaction:

- Yelling
- Combative
- Violent or aggressive

Healthy opposite of Fawn:

- Assertiveness
- Speak up for oneself

FREEZE

Unhelpful Freeze reaction:

- Shut down
- Unresponsive
- Stonewalling
- Emotionally retreat

Healthy opposite of Flight:

- Taking a deep breath/ pause to think
- Staying put and not running away

FLIGHT

Unhelpful Flight reaction:

- Avoiding conversations
- Storming out of interactions
- Avoiding follow up/repair/solutions

Healthy opposite of Freeze:

- Taking space to self regulate/cool off
- Giving yourself space and time to think

FAWN

Unhelpful Fawn reaction:

- people pleasing
- giving in
- being overly helpful

Healthy opposite of Fight:

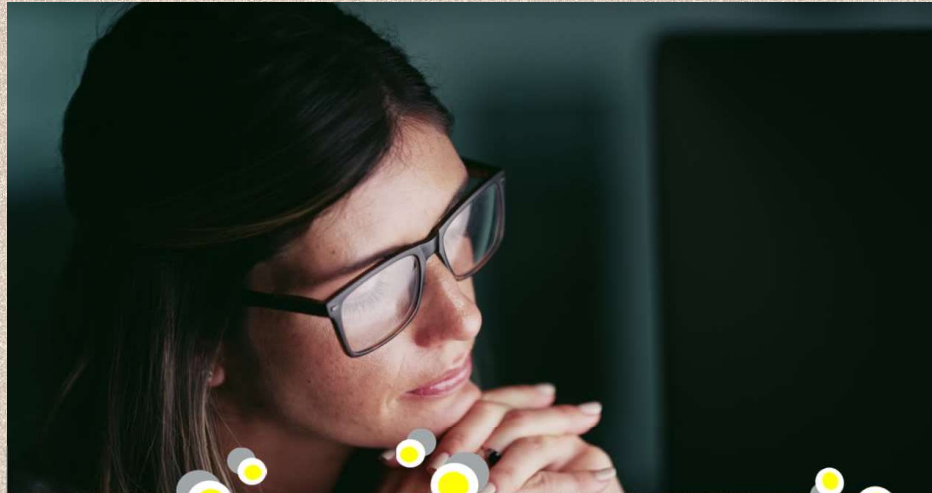
- Consider the other's perspective
- Work towards compromise



THINGS THAT TRAP US IN YELLOW

“I’ll relax/have fun once my to-do list is completed”

“The only way for me to figure this out/improve is to keep going”



“Work is my hobby!”

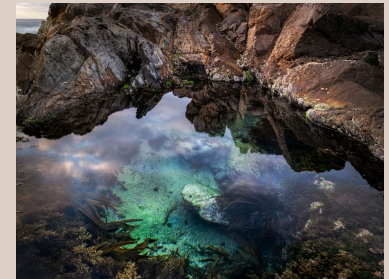
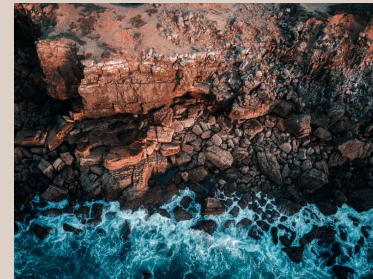
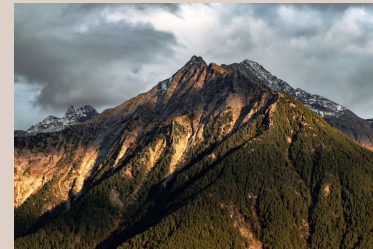
“I don’t have time for rest/fun”

“If I take a break, everything will fall apart/catch on fire”

“I am known for my work ethic”

NERVOUS SYSTEM RESET

- Daily green zone time(s)
- Daily blue zone time(s)
- Monitor your zones by checking in throughout the day
- Prevention is a significant key to avoiding unnecessary orange zone reactions
 - Be prepared and plan ahead
 - Build your toolbox
- Reduce guilt and increase self-compassion



A photograph of a mountain range with snow patches and a lake reflecting the scene, with the text "CHOOSE YOUR HARD" overlaid. The image is centered on a light beige background with a fine, repeating pattern.

**CHOOSE
YOUR
HARD**

THANK YOU

“Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”
-Viktor Frankl

Want to take this to the next level?
Join us later today at 2:45 for our breakout session:

***Whole Reset For Whole Wellness;
Building Your Personalized Wellness Action Plan***



WHOLE RESET FOR WHOLE WELLNESS

BUILDING YOUR
PERSONALIZED WELLNESS
ACTION PLAN