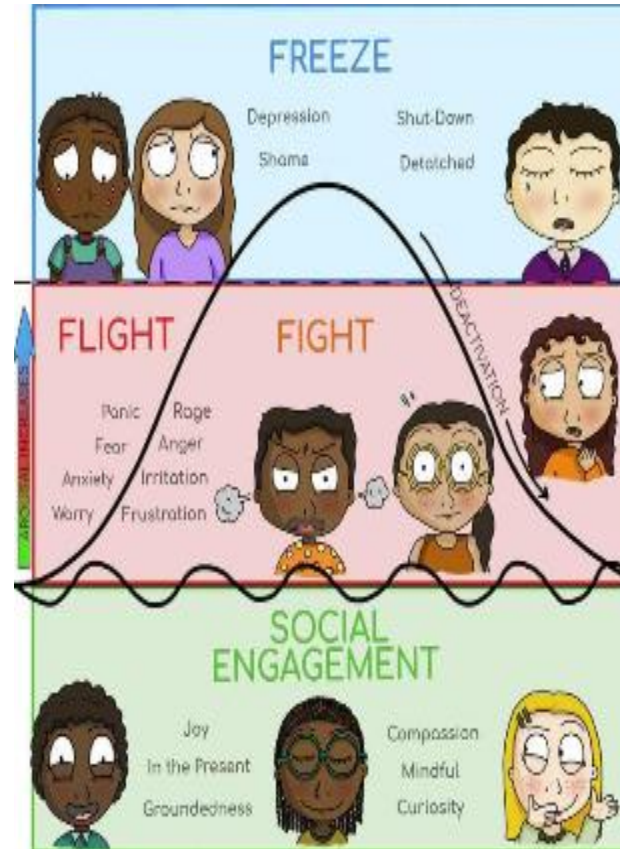


Physical and mental health and wellbeing is an 'ongoing balancing act' between 2 systems -Porges Polyvagal Theory (2011)

Stress Regulation System

- Ability to regulate stress
- Ability to regulate social interactions
- Ability to regulate positive and toxic stress



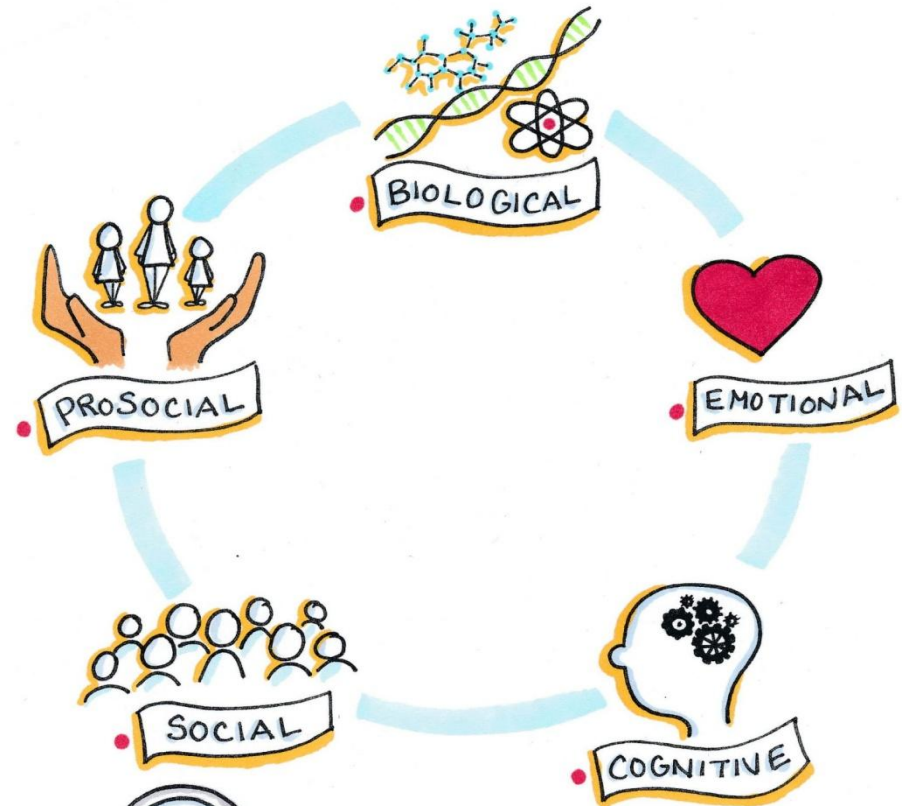
Social Engagement System

- Ability to interact with others
- Ability to understand others
- Ability to make sense of social relationships.
- Ability to enjoy social relationships

STUART SHANKER'S

5 DOMAINS OF SELF-REG

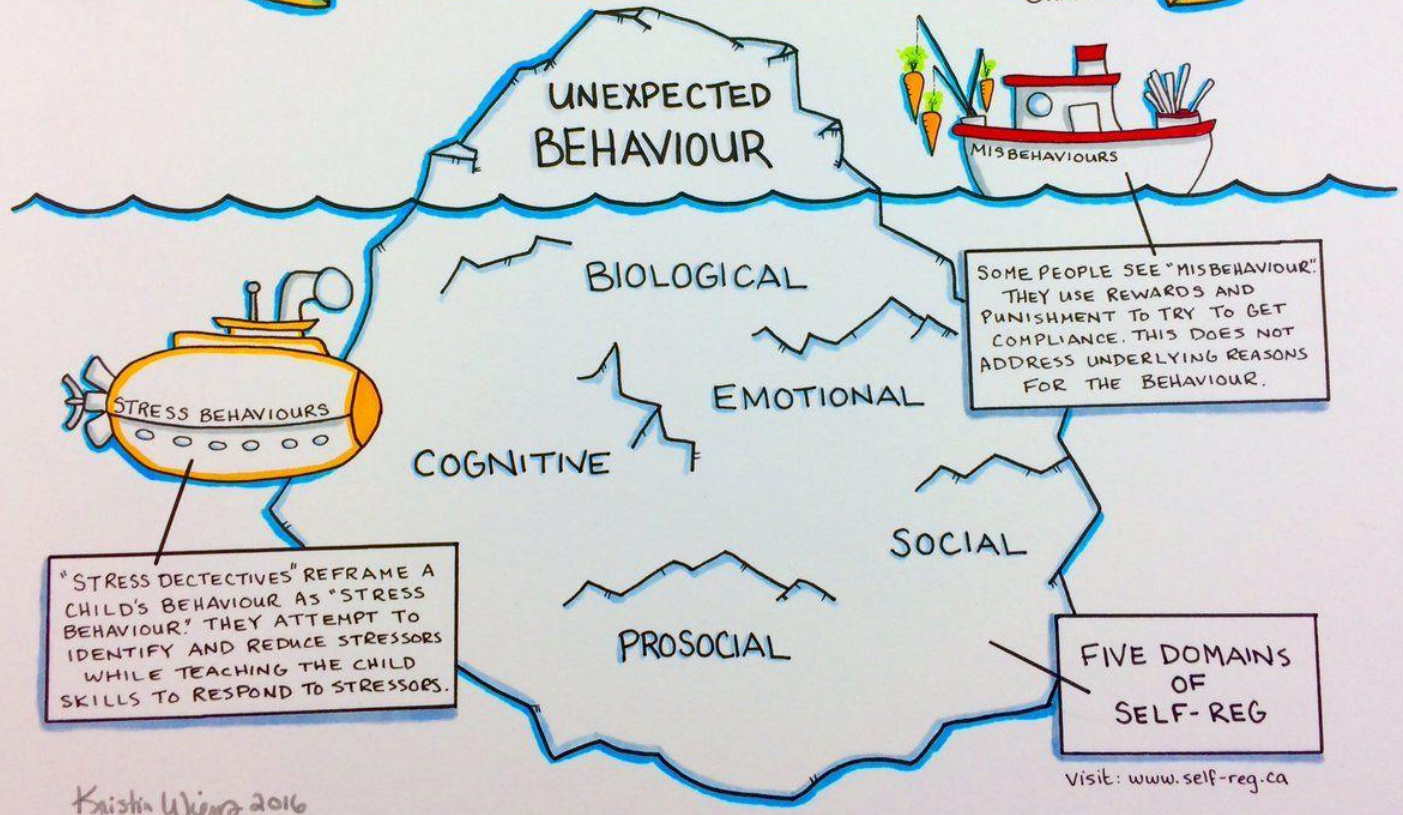
WWW.SELF-REG.CA



- EACH DOMAIN HAS ITS OWN STRESSORS
- EACH DOMAIN INTERACTS WITH THE OTHER DOMAINS
- WE NEED TO BE "STRESS DETECTIVES" FOR ALL 5 DOMAINS

BEHAVIOUR IS COMMUNICATION

@kwiens02



Kristin Wiens 2016

STUART SHANKER'S

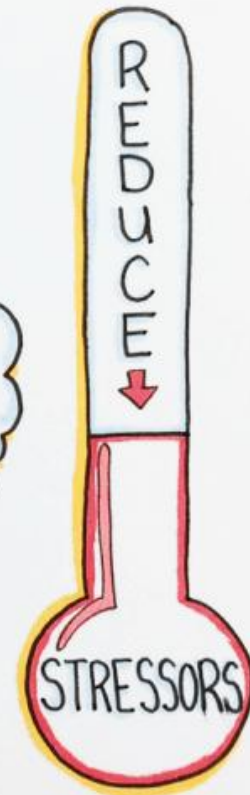
FIVE STEPS of SELF-REG

Visuals by @kwiens62



- DEVELOP PERSONALIZED STRATEGIES TO PROMOTE RESILIENCE & RESTORATION

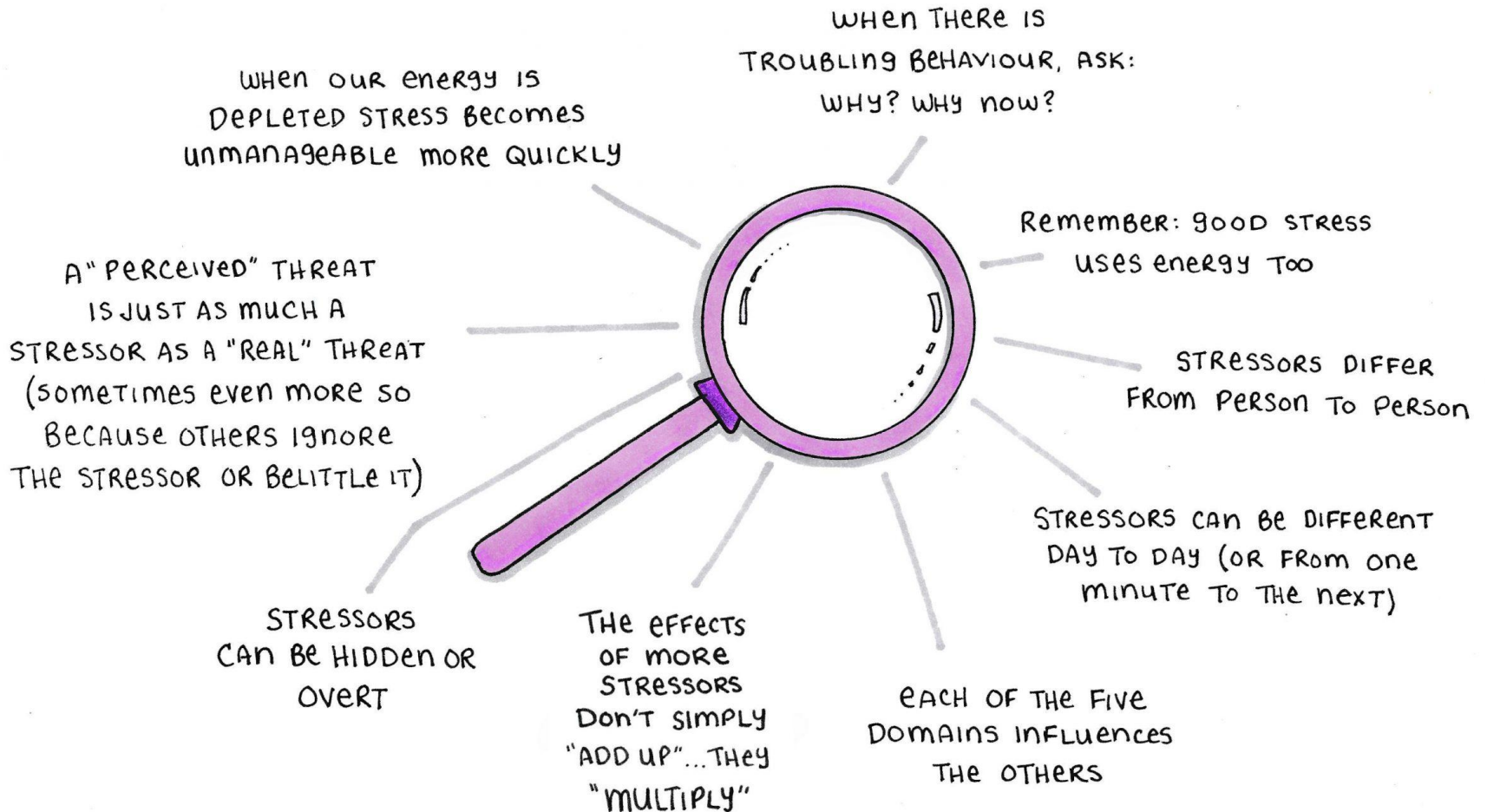
Kwiens 2016



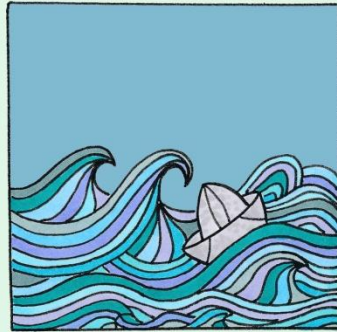
FOR MORE INFORMATION
VISIT: www.self-reg.ca

RECOGNIZE STRESSORS

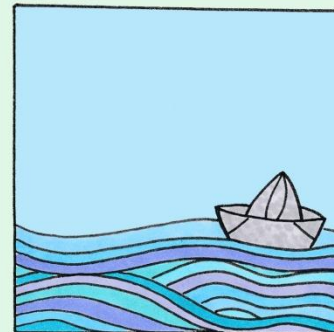
@kwiens62



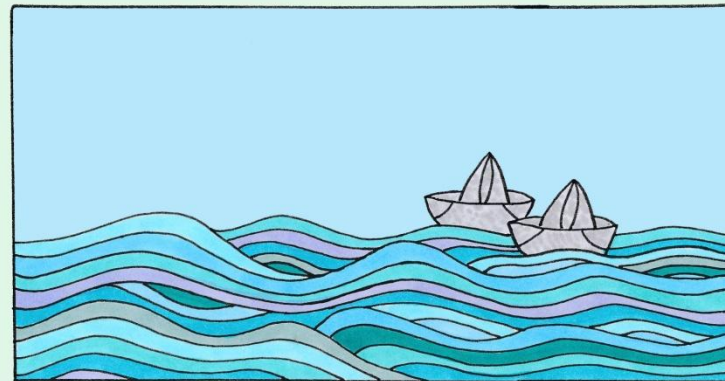
WHEN THEIR STORM



MEETS OUR CALM



CO - REGULATION OCCURS



@kwiens62