

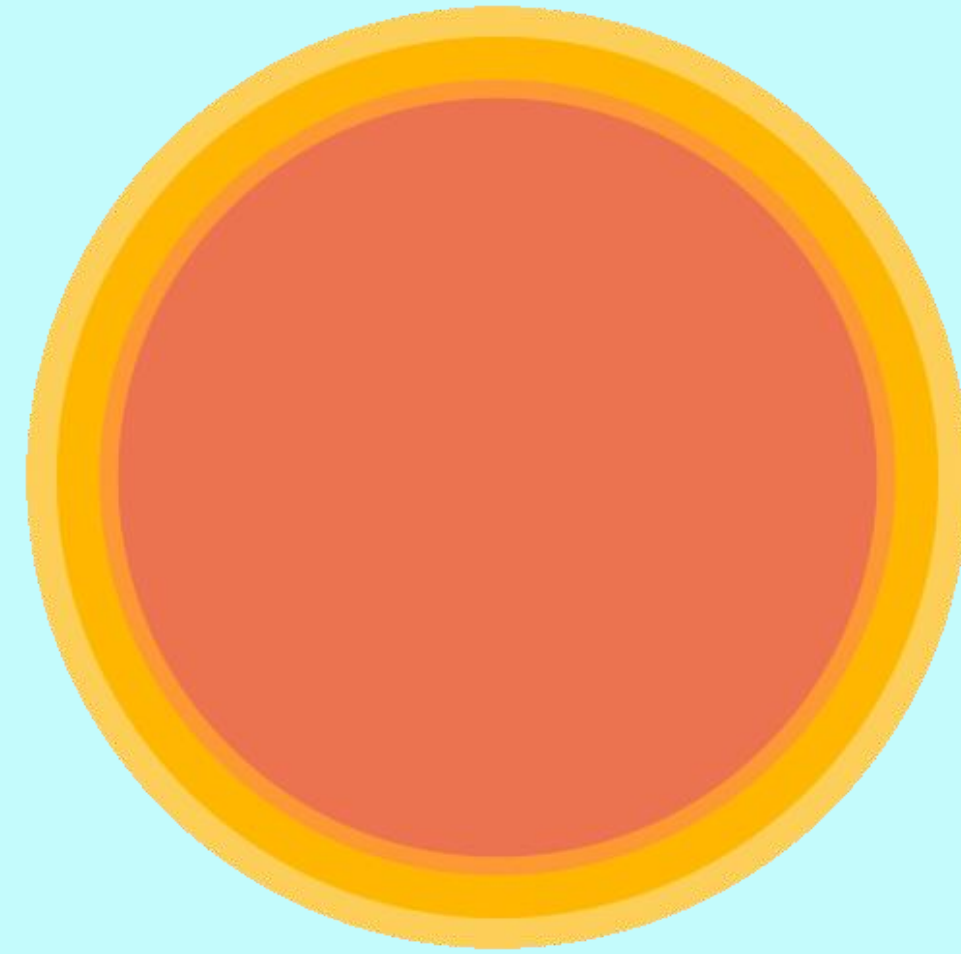



USING YOUR BODY TO CALM YOUR MIND

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MINDEFUL MOMENT



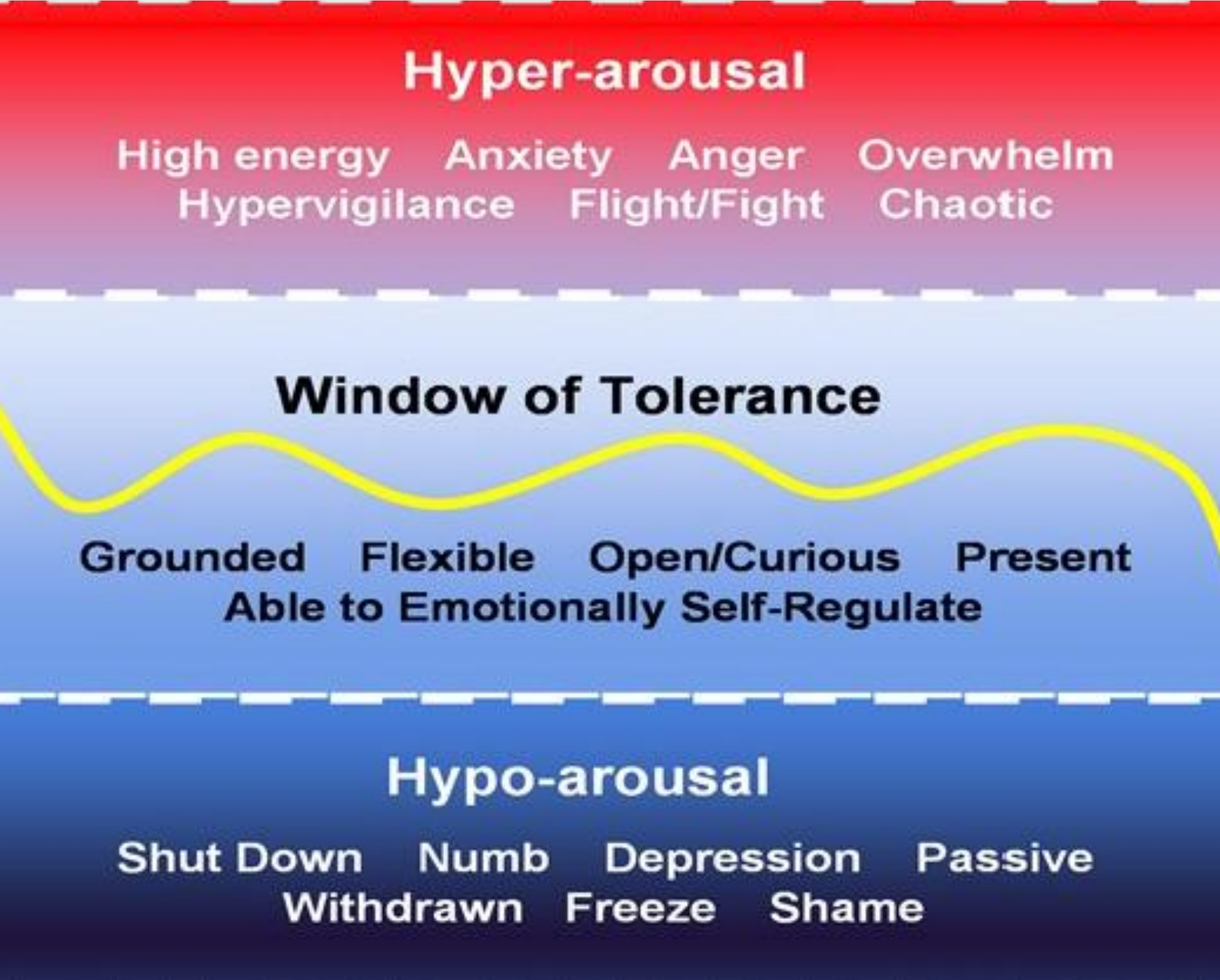


Agenda

- Window of Tolerance and the 4 Trauma or Stress Responses
- Defining trauma and how it impacts the nervous system and emotional regulation
- Trauma Sensitive Yoga (TSY) – what is it and how does it support emotional regulation
- Experience a TSY practice



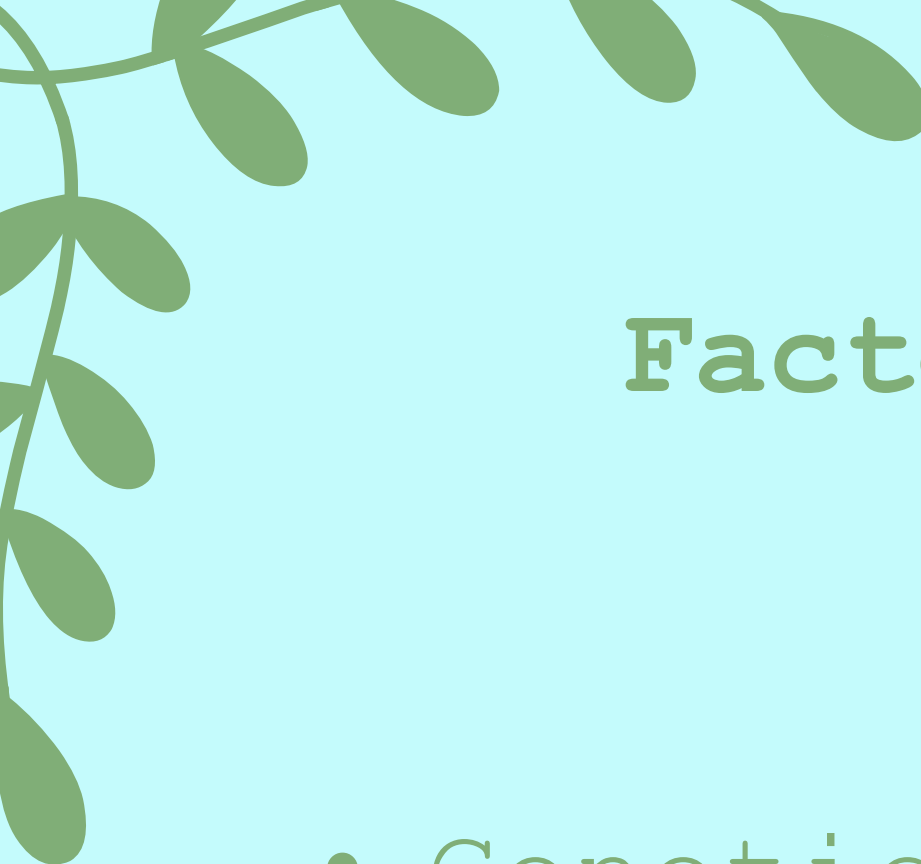
WINDOW OF TOLERANCE



Fight or Flight

Optimal state
of
arousal

Freeze or Fawn



Factors that influence your window of tolerance:

- Genetics
- History of trauma
- Physical health
- Relationships
- Addiction/Mental health
- Sleep
- Nutrition
- Stress-work, finances, news, etc.



Our Body's Response to Stress & Trauma

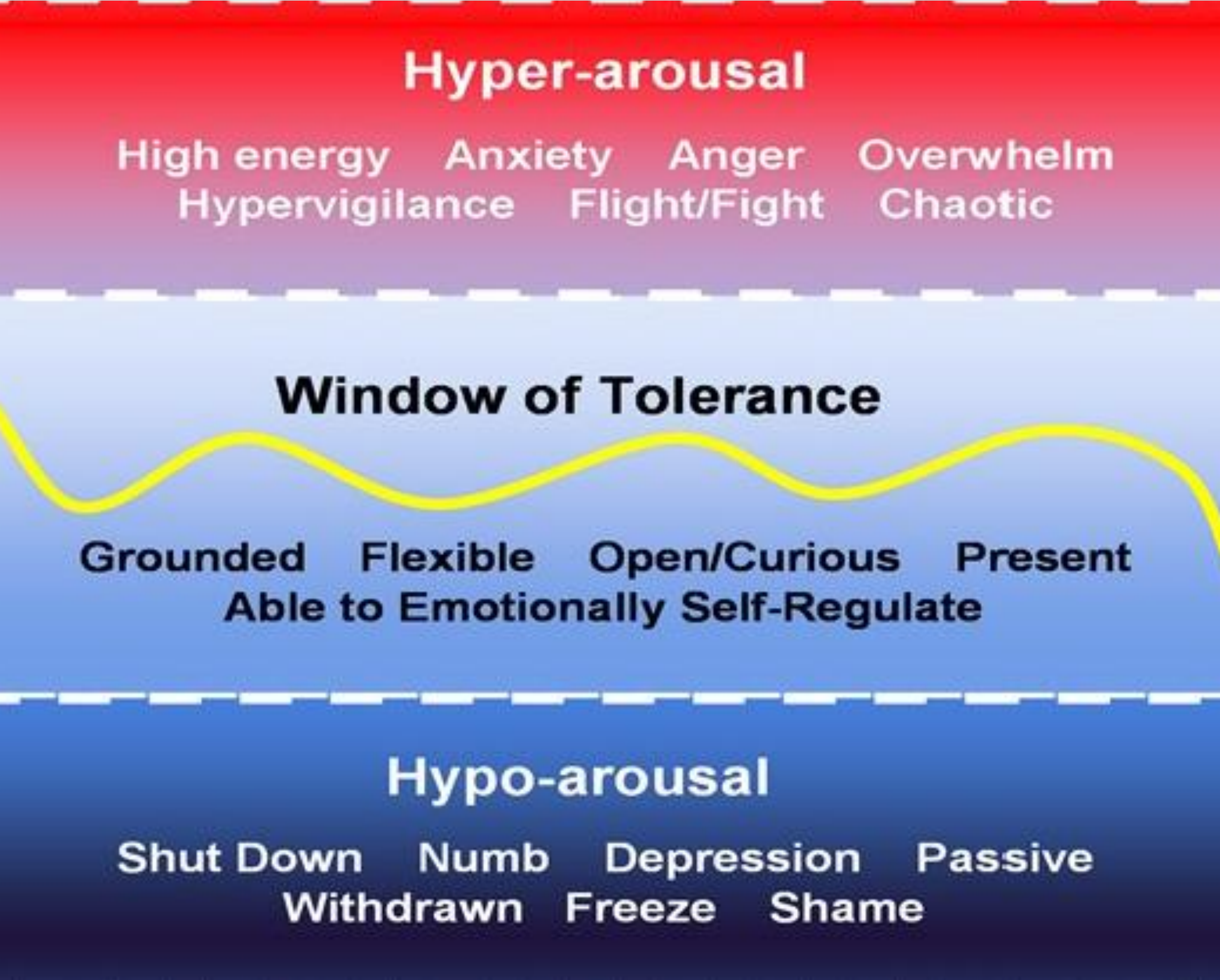
Fight: Anger, irritability, or aggression

Flight: Anxiety, fear, panic, avoidant behavior, perfectionism

Freeze: Difficulty concentrating or following instructions, memory problems, depression, dissociation, isolation

Fawn: People-pleasing behaviors, prioritizing other's needs, lack of boundaries

An overactive trauma/stress response is common among survivors of trauma, particularly those who experienced long-term abuse or neglect.



Fight or Flight

Optimal state
of
arousal

Freeze or Fawn

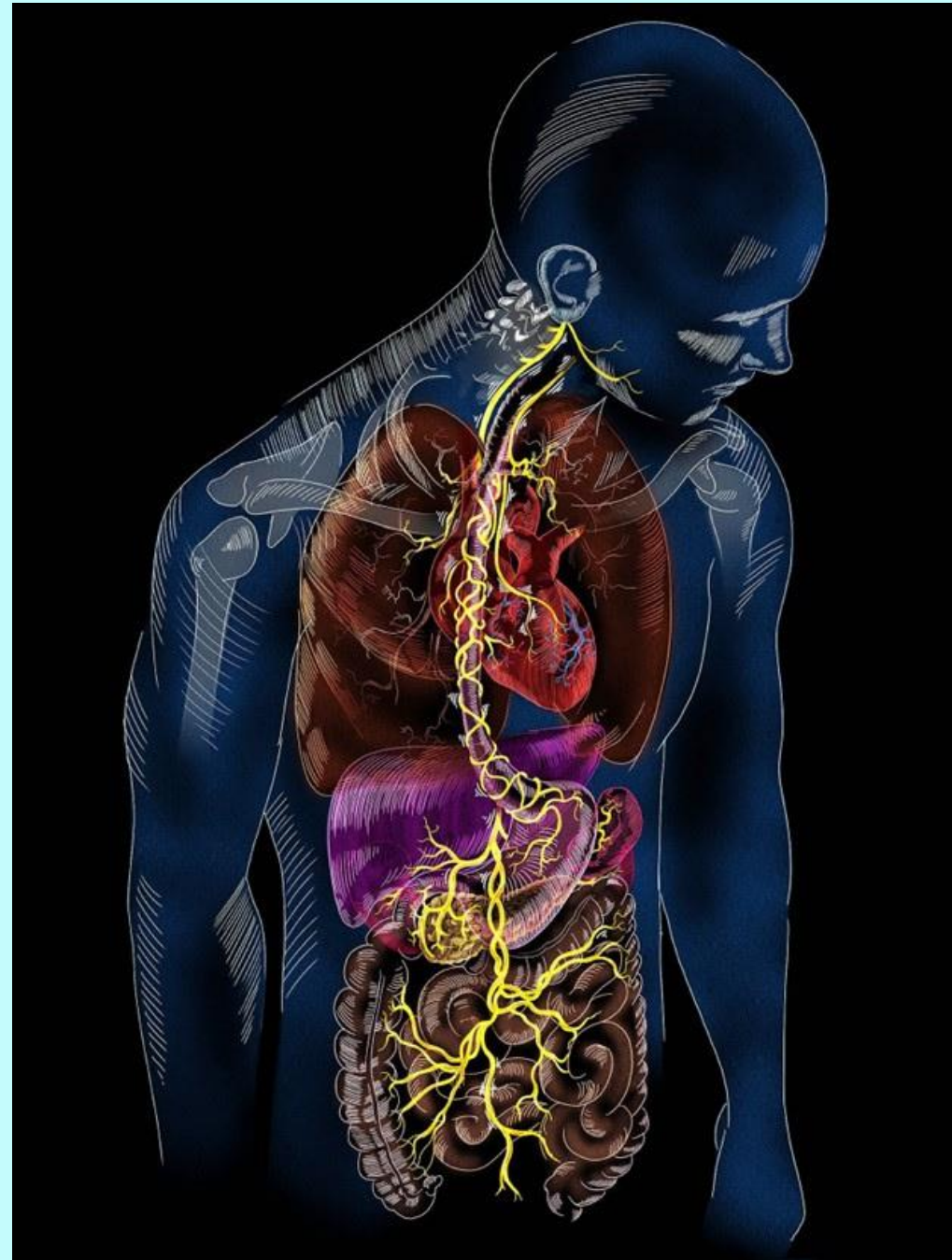


What is Trauma?

Trauma is a psychic wound that hardens you psychologically and then interferes with your ability to grow and develop.

Trauma is not what happens to you, it's what happens inside you as a result of what happened to you.

-Dr. Gabor Mate



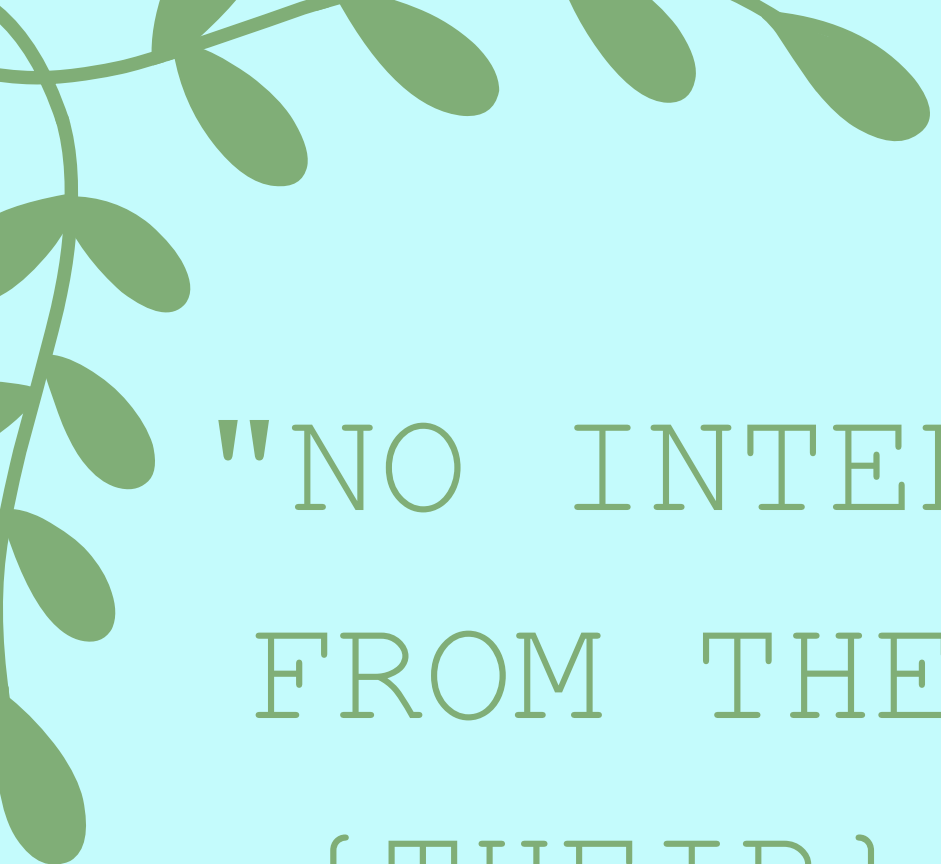
Trauma impacts the window of tolerance and increases the trauma response and decreases ability to regulate emotion.



Trauma Sensitive Yoga



TRAUMA CENTER
TRAUMA SENSITIVE YOGA
A PROGRAM OF THE CENTER FOR TRAUMA & EMBODIMENT AT JRI



"NO INTERVENTION THAT TAKES POWER AWAY FROM THE SURVIVOR CAN POSSIBLY FOSTER {THEIR} RECOVERY, NO MATTER HOW MUCH IT APPEARS TO BE IN {THEIR} IMMEDIATE BEST INTEREST."

-JUDITH HERMAN, M.D.



The four main components of TCTS:

1. Invites interoception- the 6th sense
2. Uses invitational language- there are no commands or coercion
3. Provides choices- options
4. Is a shared authentic experience- there is no "teacher/student" but rather a facilitator and participants



Interoception

“Interoception is a sense that provides information about the internal condition of our body—how our body is feeling on the inside. Interoception allows us to experience many body sensations such as a growling stomach, dry mouth, tense muscles or racing heart.”



Invitational Language

1. AS YOU'RE READY...

2. WHEN YOU'RE READY...

3. IF YOU LIKE...

4. MAYBE...

5. YOU MIGHT...

6. YOU'RE WELCOME TO...

7. POSSIBLY...

8. PERHAPS ...



Practice making choices

Consider these two questions:

- “What is most conducive to survival?”
- “What do I want?”



Shared Authentic Relationship

Interpersonal trauma or Complex-Posttraumatic Stress Disorder (C-PTSD) happens between people and heals between people.

In TCTSY, there is no teacher/master and student/pupil. The facilitator is having an authentic, real-time experience with the participants.



Questions or Comments




Trauma Sensitive Yoga Practice



Questions or Comments

For online TCTSY practices:

<https://www.healwithcfte.org/classes>



Resource

- Support groups- AA, Al-Anon, SMART Recovery, Recovery Dharma, NEDA, NAMI, SAA
- Psychology Today- online therapist directory
<https://www.psychologytoday.com/us/therapists/idaho>
- Text 988- Suicide and Crisis Line
- National Domestic Violence Hotline- 800-799-7233

Don't struggle alone



THANK YOU!

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