

Body Image Boost Holiday Edition



with Jenni Schaefer

Week 3: Science of Safety

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NEUROCEPTION

AM I SAFE?

Unconscious process in which the body takes in information to determine safety.

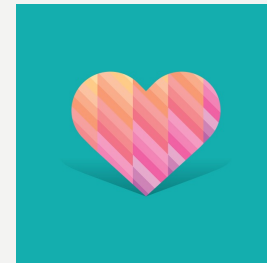
*This is happening all of the time without our awareness—
but it isn't always accurate.*

WHEN SAFE...

SOCIAL ENGAGEMENT SYSTEM COMES ONLINE!

Not the sympathetic nervous system (fight or flight)

Not the parasympathetic nervous system (freeze)



But the social engagement system has the power to regulate both—to guide us into the window of tolerance (and keep us there).

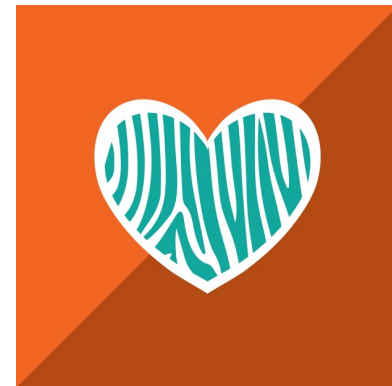
The window of tolerance is the zone of activation and energy in which we can cope with life without moving into fight or flight, or freeze.

The social engagement system helps us to connect with safe others, which is the most powerful way to regulate the body.

NEURAL EXERCISES

Help Social Engagement System to Come Online

- Swing in a head-to-toe direction
- Breathe through your nose, and with a longer exhale
- Sing or play a musical instrument
- Listen to Disney music!
- Play and pets
- Create structure in your life



STRUCTURE

THE BRAIN LIKES PREDICTABILITY

Create a healing center in your very own home

- Create a calendar; hang it on the wall
- Post-it note therapy
- Light a candle
- Essential oils. Try cedar wood oil.
- Make it easy to journal, and to “do recovery,” with your home set-up
- Morning and evening ritual

“Appointments” to reach out

- Add your name to the group list: signup.bodyimageboost.com
- Download or view the group list: list.bodyimageboost.com

DOWNLOAD HOMEWORK PDF:

SCIENCEOFSAFETY.BODYIMAGEBOOST.COM