Getting Back ONLINE When We’re Deep in It
Silly joke time!
In times of stress, it's good to laugh. And Breathe.
Recall the last time you felt absolutely overwhelmed.
Recall the last time you felt absolutely overwhelmed.

Just calm down…
NEVER IN THE HISTORY OF CALMING DOWN HAS ANYONE EVER CALMED DOWN BY BEING TOLD TO CALM DOWN.
Describe what was happening inside of you.
What were the sensations that were happening in your body?
Proceedings of the National Academy of Sciences.
The body is smarter than we are.
feelings & sensations

- using **words** to describe
- small, medium, large feelings
- scale of 1-10
- Mad, Sad, Angry, Frustrated, Scared

- Physiological happenings in the body
- An energy charge in the body from a trigger
- butterflies, tension, heat, sweaty, fire in throat, pit in stomach, head hurts
- Body is communicating the intensity of the experience.
Trigger > Sensation > Thought > Emotion > Reaction

Stranger enters class

Butterflies & Tension in abdomen

They might hurt me?

Fear

Fight Flight Freeze
Proceedings of the National Academy of Sciences.
Sympathetic and Parasympathetic nervous systems
essdk.me/neuroplaylist
Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

Parasympathetic
- Eyes: Constrict Pupil
- Salivary Glands: Stimulates Salivation
- Heart: Slows Heartbeat
- Lungs: Constrict Bronchi
- Stomach: Stimulates Digestion
- Liver: Stimulates Bile Release
- Intestines: Stimulate Peristalsis and Secretion
- Bladder: Contracts Bladder

Sympathetic
- Eyes: Dilate Pupil
- Salivary Glands: Inhibit Salivation
- Heart: Accelerates Heartbeat
- Lungs: Dilate Bronchi
- Stomach: Inhibits Digestion
- Liver: Stimulates Glucose Release
- Kidneys: Stimulate Epinephrine and Norepinephrine Release
- Intestines: Inhibit Peristalsis and Secretion
- Bladder: Relaxes Bladder

Trauma Resource Institute's Community Resilience Model (CRM)
Vagus Nerve 101
Vagus Nerve 101

Sensory functions of the vagus nerve include:

- providing somatic sensation information for the skin behind the ear, the external part of the ear canal, and certain parts of the throat
- supplying visceral sensation information for the larynx, esophagus, lungs, trachea, heart, and most of the digestive tract
- playing a small role in the sensation of taste near the root of the tongue

Motor functions of the vagus nerve include:

- stimulating muscles in the pharynx, larynx, and the soft palate, which is the fleshy area near the back of the roof of the mouth
- stimulating muscles in the heart, where it helps to lower resting heart rate
- stimulating involuntary contractions in the digestive tract, including the esophagus, stomach, and most of the intestines, which allow food to move through the tract

Latin “wandering”
- Somatic components. These are sensations felt on the skin or in the muscles.
- Visceral components. These are sensations felt in the organs of the body.
“Fight Flight Freeze” Nerve
Proceedings of the National Academy of Sciences.
So what do we DO with this info?
We can work with the *sensations* in a way that’s counter to what the vagus is doing.
Sensations.

Hot/Cold
Pressure/Tension
Texture
Trauma Resource Institute’s Community Resilience Model (CRM)

Elaine Miller-Karas

Wake County Public Schools
The Resilient Zone

When we are in our “Resilient Zone,” we have the best capacity for flexibility and adaptability in mind, body and spirit.

CRM skills deepen the Resilient Zone

Trauma Resource Institute’s Community Resilience Model (CRM)
Trauma Resource Institute’s Community Resilience Model (CRM)
### SENSATION WORDS

<table>
<thead>
<tr>
<th>Twitch</th>
<th>Dull</th>
<th>Sharp</th>
<th>Achy</th>
<th>Jagged</th>
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<tbody>
<tr>
<td>Frozen</td>
<td>Airy</td>
<td>Thick</td>
<td>Trembling</td>
<td>Shivery</td>
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<tr>
<td>Smooth</td>
<td>Chills</td>
<td>Vibrating</td>
<td>Itchy</td>
<td>Pulsating</td>
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<tr>
<td>Solid</td>
<td>Numb</td>
<td>Empty</td>
<td>Blocked</td>
<td>Moving</td>
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<td>Congested</td>
<td>Expanding</td>
<td>Tight</td>
<td>Puffy</td>
<td>Bubbly</td>
</tr>
<tr>
<td>Tingling</td>
<td>Shaky</td>
<td>Paralyzed</td>
<td>Sweaty</td>
<td>Hard</td>
</tr>
</tbody>
</table>

Trauma Resource Institute’s
Community Resilience Model (CRM)
Vagus Nerve
Balancing Techniques

Positive Social Relationships

Cold
Gargling
Singing/Chanting
Massage
Laughter

Yoga & Tai Chi
Breathing Deeply & Slowly
Exercise
Journal Challenge:

As you go about your activities of daily living this week, use the skills of Tracking Resourcing, Resource Intensification and/or Grounding.

Write down what happened as you brought your awareness to Grounding or Resourcing.
Ginger Lewman

Community Resilience-Building
Project Based Learning
Maker Education
Technology Integration
Gifted & HighAbility Learners

www.GingerLewman.org
resilience-coaching.essdack.org

@GingerLewman

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Hutchinson Kansas
If you’d like more information, please reach out to the
**ESSDACK Resilience Team**

[resilience-coaching.essdack.org](http://resilience-coaching.essdack.org)

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[essdk.me/ERT](http://essdk.me/ERT)
Upcoming ESSDACK Virtual Learning Opportunities

Resilience Now
May 7 & 8

Equipping Resilience Coaches
Starts June 1

Family & Schools Peace Initiative
June 15 & 16
July 6-10
July 20-24