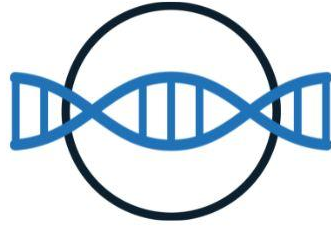




Carol Gelbard, LCSW
NDF Emotional Wellness Director



GNEM SYMPOSIUM SPEAKER SERIES

presented by The Neuromuscular Disease Foundation

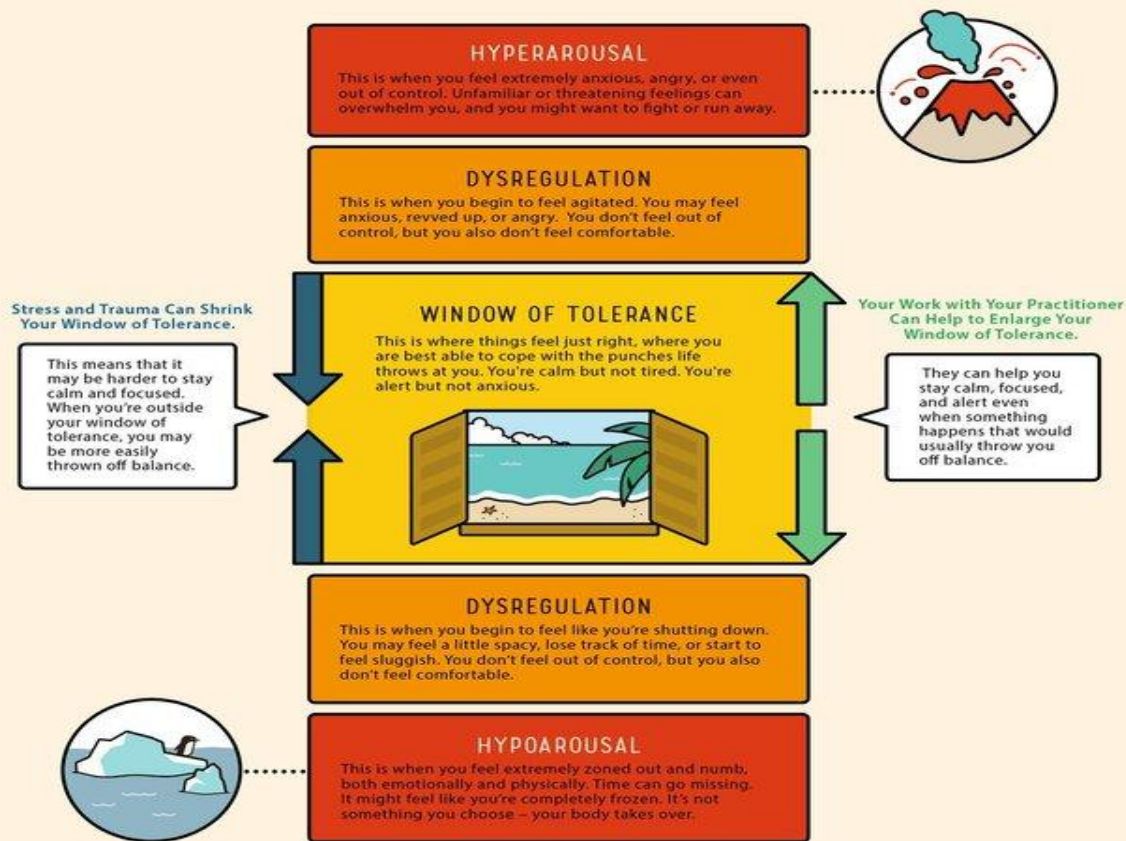
Regulating and Recharging Our Nervous System— Tools to Nurture Our Bodies and Our Minds

Sunday, January 8th • 9am PT

- Nervous system regulation
- Factors that influence our nervous system and our ability to self-regulate
- Help raise self-awareness by identifying symptoms of dysregulation
- Identify new strategies/tools to your circumstances
- Help manage stress and optimize overall emotional and physical well-being

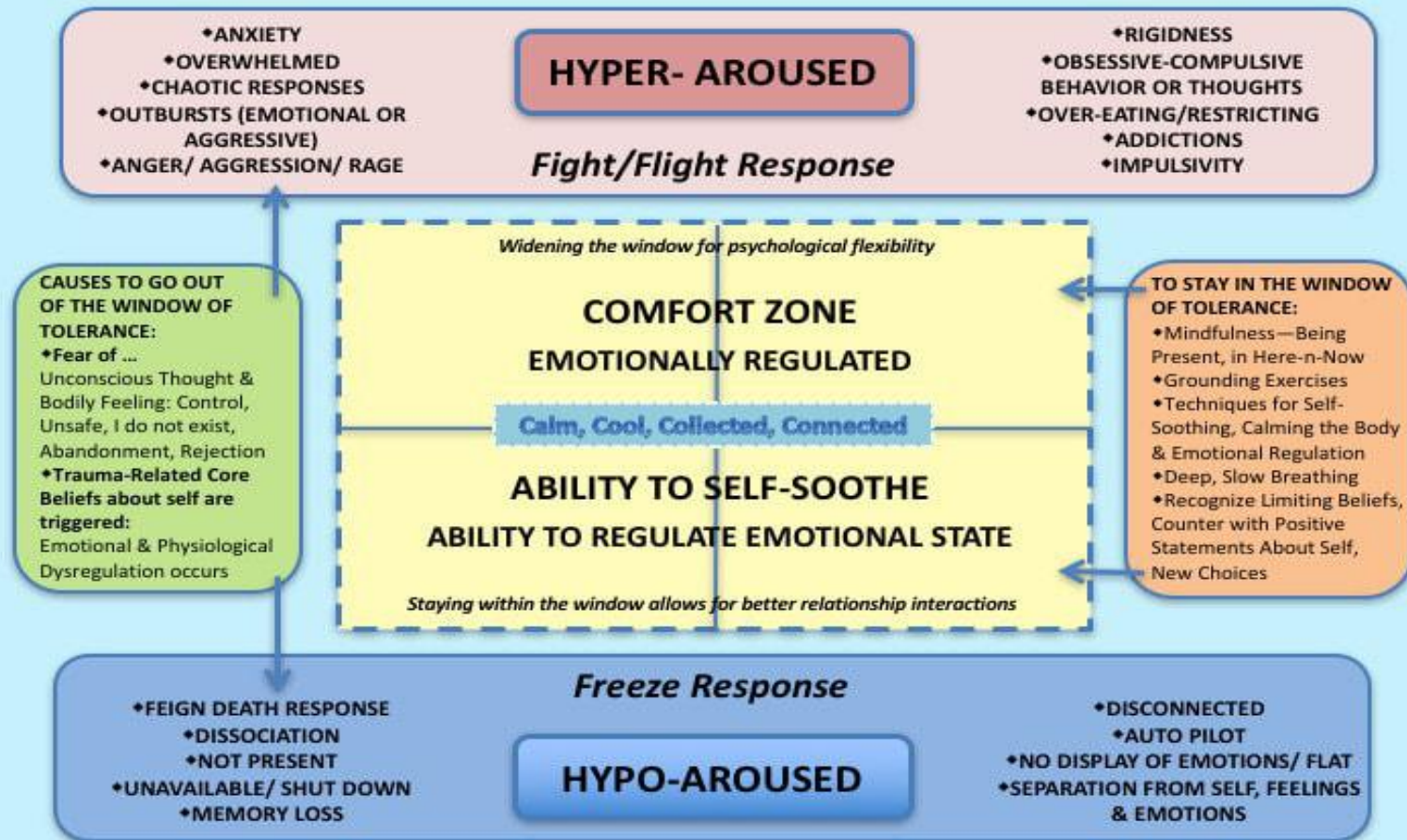


How Trauma Can Affect Your Window of Tolerance



WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES:

Widening the Comfort Zone for Increased Flexibility



WINDOW OF TOLERANCE AWARENESS WORKSHEET

Identify, recognize the symptoms you experience and build awareness



For **HYPERAROUSAL**, check all the symptoms you experience and enter the level of severity from 1 to 5 (one is the least severe and five is extreme and paralyzing):

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away

HYPERAROUSAL

- | | | | |
|---------------------------|--------------------------|---------------------------|-----------------------------------|
| <input type="radio"/> ___ | Anxiety | <input type="radio"/> ___ | Addictions |
| <input type="radio"/> ___ | Impulsivity | <input type="radio"/> ___ | Over-Eating |
| <input type="radio"/> ___ | Intense Reactions | <input type="radio"/> ___ | Obsessive Thoughts/Behaviour |
| <input type="radio"/> ___ | Lack of Emotional Safety | <input type="radio"/> ___ | Emotional Outbursts |
| <input type="radio"/> ___ | Hyper-Vigilance | <input type="radio"/> ___ | Chaotic Responses |
| <input type="radio"/> ___ | Intrusive Imagery | <input type="radio"/> ___ | Defensiveness |
| <input type="radio"/> ___ | Tension | <input type="radio"/> ___ | Racing Thoughts |
| <input type="radio"/> ___ | Shaking | <input type="radio"/> ___ | Anger/Rage |
| <input type="radio"/> ___ | Rigidity | <input type="radio"/> ___ | Physical and Emotional Aggression |
| <input type="radio"/> ___ | ----- | <input type="radio"/> ___ | ----- |
| <input type="radio"/> ___ | ----- | <input type="radio"/> ___ | ----- |



For **HYPOAROUSAL**, check all the symptoms you experience and enter the level of severity from 1 to 5 (one is the least severe and five is extreme and paralyzing):

- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze

HYPOAROUSAL

- | | | | |
|---------------------------|-----------------------------------|---------------------------|--------------------------------------|
| <input type="radio"/> ___ | The feeling of being disconnected | <input type="radio"/> ___ | Decreased Reactions |
| <input type="radio"/> ___ | No Display of Emotions | <input type="radio"/> ___ | Shame/Embarrassment |
| <input type="radio"/> ___ | Auto-Pilot Responses | <input type="radio"/> ___ | Depression |
| <input type="radio"/> ___ | Memory Loss | <input type="radio"/> ___ | Difficulty Engaging Coping Resources |
| <input type="radio"/> ___ | Feign Death Response | <input type="radio"/> ___ | Low Levels of Energy |
| <input type="radio"/> ___ | Numbness | <input type="radio"/> ___ | Can't Defend Oneself |
| <input type="radio"/> ___ | Disabled Cognitive Processing | <input type="radio"/> ___ | Shutdown |
| <input type="radio"/> ___ | Reduced Physical Movement | <input type="radio"/> ___ | Can't Say No |
| <input type="radio"/> ___ | ----- | <input type="radio"/> ___ | ----- |
| <input type="radio"/> ___ | ----- | <input type="radio"/> ___ | ----- |

SELF-REGULATION ACTIVITIES

Techniques to activate your parasympathetic nervous system

Carol Gelbard LCSW

Decrease Arousal

- Diaphragmatic breathing (deep and slow tummy breathing)
- Sleep 7-9 hours
- Tech-free time
- Weighted blanket
- Cold water
- Cold food (ice cream, cold drink, ice cubes)
- Chanting and singing
- Music (soothing and calming music and sounds)
- Smells scented candles (aromatherapy)
- Grounding activities Naming (5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can touch and 1 thing you can taste)
- Journal to release trauma
- Being in Nature
- Somatic experiencing
- Acupuncture
- Meditation
- Massage
- Looking at a picture of someone you love
- Watching fractals
- Accessing religious/spiritual tokens
- Accessing other items of sentimental value
- Cuddle with a pet or a human

Increase Arousal

- Anything that stimulates the senses or body
- Smelling essential oils or candles
- Engage in positive social relationships.
- Laugh out loud! A full belly laugh stimulates the vagus nerve and is contagious
- Smiling and touching lips gently
- Engage in prayer, having a mantra
- Mild exercise stimulates gut flow and the vagus nerve
- Massages, even gently massaging around the carotid sinus located on the sides of your neck can stimulate the vagus nerve
- Gargling activates the vagus nerve by activating the muscles in the back of the throat while exhaling slowly
- Yawning
- Chewy crunchy food
- Hot shower/bath
- Warm soothing foods (soups, tea, hot chocolate, heating pad)
- Rocking chair
- Weighted blanket
- Finger painting
- Water play with a straw (blowing through the straw)
- Listening to energizing mood-boosting music



GDEM SYMPOSIUM SPEAKER SERIES

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Speaker Series #010823

Carol Gelbard, LCSW &

NDF Director of Emotional Wellness

FINAL HIGHLIGHTS:

“Regulating and Recharging Our Nervous System— Tools to Nurture Our Bodies and Our Minds”

Key Takeaways

1. Nervous Systems are Complex
2. Identifying symptoms of dysregulation can build self-awareness
3. Implementing strategies during times of dysregulation to restore balance and effectively self regulate
4. You can learn new ways to rejuvenate your nervous system by incorporating these techniques into your daily routine
5. Through practice one can rewire their automatic response to stress and activating events

My email

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