

# When do I?

Instructions: Consider the examples on the following page. Reflect on which resonate with you. On the next page, identify examples from your own experience.

Connected	Feel connected and safe?
safe	
playful	
Mobilized	Feel mobilized?
agitated	
fight/flight	
Immobilized	Feel immobilized?
collapse	
freeze	

# When do I?

Instructions: Consider these examples. Reflect on which resonate with you. Use the blank template to identify examples from your own experience.

<p><b>Connected</b></p> <p>safe</p> <p>playful</p>	<p><b>Feel connected and safe?</b></p> <ul style="list-style-type: none"> <li>• Enjoying early morning quiet time before the day begins</li> <li>• Spending time with colleagues for 10 minutes at the beginning of the day</li> <li>• Exchanging smiles and words of appreciation with a co-worker</li> <li>• Having lunch or dinner with a friend</li> <li>• Listening to my favorite music</li> <li>• Spending time with my dog or cat</li> <li>• Thinking of things I am grateful for</li> </ul>
<p><b>Mobilized</b></p> <p>agitated</p> <p>fight/flight</p>	<p><b>Feel mobilized?</b></p> <ul style="list-style-type: none"> <li>• Facing too much to do, with too little time</li> <li>• Working with a student who is not cooperating</li> <li>• Confronting in-the-moment technology issues</li> <li>• Running late to a meeting</li> <li>• Navigating a conversation with an aggressive parent or colleague</li> <li>• Being accused of making a mistake</li> <li>• Feeling unprepared for a presentation or other important task</li> </ul>
<p><b>Immobilized</b></p> <p>collapse</p> <p>freeze</p>	<p><b>Feel immobilized?</b></p> <ul style="list-style-type: none"> <li>• Feeling powerless to help a student in need</li> <li>• Watching the news</li> <li>• Witnessing budget cuts</li> <li>• Experiencing chronic pain or disability</li> <li>• Being marginalized or left out of conversations</li> <li>• Perceiving a lack of options to resolve a critical issue</li> <li>• Facing too much to do with too little time</li> </ul>

## What helps me?

Instructions: Identify examples from your own experience. Take care of your self when reflecting on examples from challenging or traumatic experiences.

<p>Connected</p> <p>safe</p> <p>playful</p>	<p>Stay in this space <u>on my own</u>?</p>	<p>Stay in this space <u>with others</u>?</p>
<p>Mobilized</p> <p>agitated</p> <p>fight/flight</p>	<p>Move out of this space on my own?</p>	<p>Move out of this space with others?</p>
<p>Immobilized</p> <p>collapse</p> <p>freeze</p>	<p>Move out of this space on my own?</p>	<p>Move out of this space with others?</p>

# What helps me?

Instructions: Consider these examples. Reflect on which resonate with you.

<b>Connected</b>	<p>Stay in this space <u>on my own</u>?</p> <ul style="list-style-type: none"> <li>• Adequate, quality sleep</li> <li>• Listening to music</li> <li>• Prayer or meditation</li> <li>• Reviewing daily successes</li> <li>• Compassionate self-talk</li> <li>• Walking, hiking, or biking in nature</li> <li>• Running, yoga, or other types of exercise</li> <li>• Time alone in the morning</li> <li>• Reading novels</li> <li>• Reading non-fiction</li> <li>• Reading scripture or other resources from spiritual traditions</li> <li>• Cooking, gardening</li> <li>• Taking a drive</li> <li>• Soaking in an awe of nature</li> </ul>	<p>Stay in this space <u>with others</u>?</p> <ul style="list-style-type: none"> <li>• Smiling at people, and seeing their smiles in return (this can activate vitality in the nervous system in an amazing way)</li> <li>• Meeting a friend for coffee</li> <li>• Making a point to eat lunch with a colleague (outside if weather is moderate)</li> <li>• Spending time with spiritual community</li> <li>• Taking a walk with a friend</li> <li>• Giving or getting hugs</li> <li>• Telling people face-to-face something you appreciate about them</li> <li>• Sending a quick thank-you note to a colleague who helped you</li> <li>• Taking time before the rush of the day to connect with colleagues</li> </ul>
safe		
collaborative		
curious		
flexible		
self-compassion		
Mobilized		
Immobilized		

# What helps me?

Instructions: Consider these examples. Reflect on which resonate with you.

<b>Connected</b>		
<b>Mobilized</b>		
judgmental		
driven to compete		
agitated		
fight/flight		
<b>Immobilized</b>		

**Move out of this space on my own?**

- Create a to-do list for the day; create a second list of things you will work on/worry about another day
- Get outside for some movement, even if for 10 minutes
- Turn off fluorescent lights (these may subtly increase mobilization or perception of threat)
- Wiggle your toes, barefoot or with shoes on
- Play music that is calming (to support your nervous system in regulating)
- Clean your office or a space in your house
- De-clutter your office or a space in your house
- Take an inventory of cues of safety in your environment (remind yourself there is no bear in building, even if it feels like there is)
- Increase pressure to joints (this can activate the body's calming systems) – press on a wall, do a few pushups, or take a short run

**Move out of this space with others?**

- Tell someone how you're feeling (this is so simple, but sometimes works wonders because we are social beings)
- Get moving at a gym or yoga class
- Go for walk with a colleague or friend with or without talking
- If not with someone in person, ask a friend to do a "phone walk," with each of you walking/talking with earbuds
- If sharing frustration, ask at beginning of conversation if your colleague or friend can listen without trying to "fix it"

# What helps me?

Instructions: Consider these examples. Reflect on which resonate with you.

<p>Connected</p>		
<p>Mobilized</p>		
<p><b>Immobilized</b></p>	<p><b>Move out of this space <u>on my own</u>?</b></p> <ul style="list-style-type: none"> <li>• Take an inventory of cues of safety in your environment, reminding yourself there is no bear in the building, even if it feels like there is</li> <li>• Put on uplifting music that is moderately-paced</li> <li>• Take a walk</li> <li>• Pray or meditate</li> <li>• Create a list of 5-10 things to be grateful for</li> <li>• Tell yourself, "This is a moment of suffering. Suffering links me to others and reflects what it means to be human." (see work of Kristin Neff, Ph.D.)</li> <li>• Think of a person who believes in you</li> <li>• Remember a positive memory of an encounter with a loved one, pet, or mentor</li> <li>• Allow yourself to cry with a sense of the compassion and care you would give to a child</li> <li>• Spend time in nature</li> <li>• Watch an uplifting TV show or movie</li> <li>• Take a bath or shower</li> <li>• Smile (with your whole face); these types of smiles may activate Safe/Connected experiences</li> <li>• Rinse feet/hands/face with cool, refreshing water</li> </ul>	<p><b>Move out of this space <u>with others</u>?</b></p> <ul style="list-style-type: none"> <li>• Share how you're feeling with a colleague or friend</li> <li>• Accept a hug</li> <li>• Do one small, random act of kindness (e.g., buy someone a coffee, write someone a quick thank-you note)</li> <li>• Smile kindly at people in a warm, intentional way</li> <li>• Send a short video or text to a friend</li> <li>• Go for walk with a colleague or friend with or without talking</li> <li>• If not with someone in person, ask a friend to do a "phone walk," with each of you walking/talking with earbuds</li> </ul>
<p>feeling trapped</p>		
<p>loss of hope</p>		
<p>collapse</p>		
<p>depressed</p>		
<p>freeze</p>		