

The Science and Practice of Self-Regulation



May 31, 2023

What we'll be talking about

1 Resilience and self-regulation, what does science tell us?

2 Why this matters for child abuse and neglect prevention and intervention.

3 Practicing self-regulation in life and work.

Guidelines for Digital Dialogue

Please Participate

- Phone lines are muted but Q & A and chat boxes are active throughout
- Please participate in audience polls as they come up

Materials Will Be Available

Within a week of the Digital Dialogue, the CBLCC website will have posted:

- A recording of the session
- The slide deck

Poll:

How often in your life do you feel "stressed out"?

Response Options:

- All the Time*
- Daily*
- Weekly*
- Irregularly*
- Almost Never*

The Science and Practice of Self-Regulation



May 31, 2023

Presenter



Teresa Posakony

Co-Founder
Power of Ease Keys

Teresa is a leader and innovator in the Self-Healing and Resilient Communities movement. She works with individuals, organizations, and communities globally to help us realize our innate capacity to flourish. Teresa is a passionate student, researching at the intersection of neuroscience, anatomy, energy medicine, and somatic intelligence. Teresa is the primary author of the course Self-Regulation: Creating Habits of Ease. She teaches trauma-informed care, and the “Art of Participatory Leadership.” Teresa has extensively studied somatic practice including breathwork, posture, movement, and voice. Teresa has an Anatomy Specialization from the University of Michigan. She is a practitioner of Reconnective Therapy and has advanced training in anatomy, energy medicine, coaching, and conscious awareness.

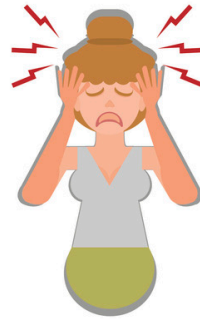


Resilience and Self-Regulation

What does the science tell us?

THE EFFECTS OF CHRONIC STRESS

WITHOUT ANY RELIEF OR RELAXATION ,CAN LEAD TO



HEADACHES



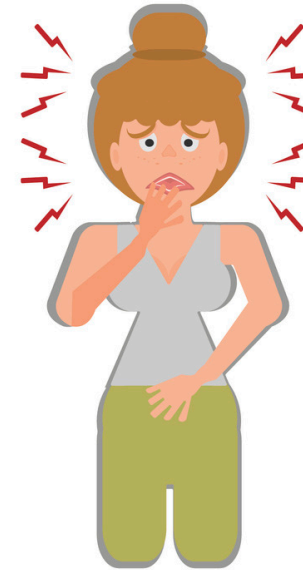
SLEEP LOSS



UPSET STOMACH



INCREASED BLOOD PRESSURE



CHEST PAINS

FORCES MUSCLES TO BE IN A CONSTANT TO TENSION , LEADING TO SERIOUS ISSUES.

45%

HEART DISEASE

50%

STROKE

25%

HEART ATTACK

Unrelieved Stress Can Harm the Body

STRESS - RESTORE CYCLE

STRESS

RESTORE

POWEROFEASEKEYS.COM

Self-Regulation
Practices Can Help
Restore the Body
After Stressful
Experiences

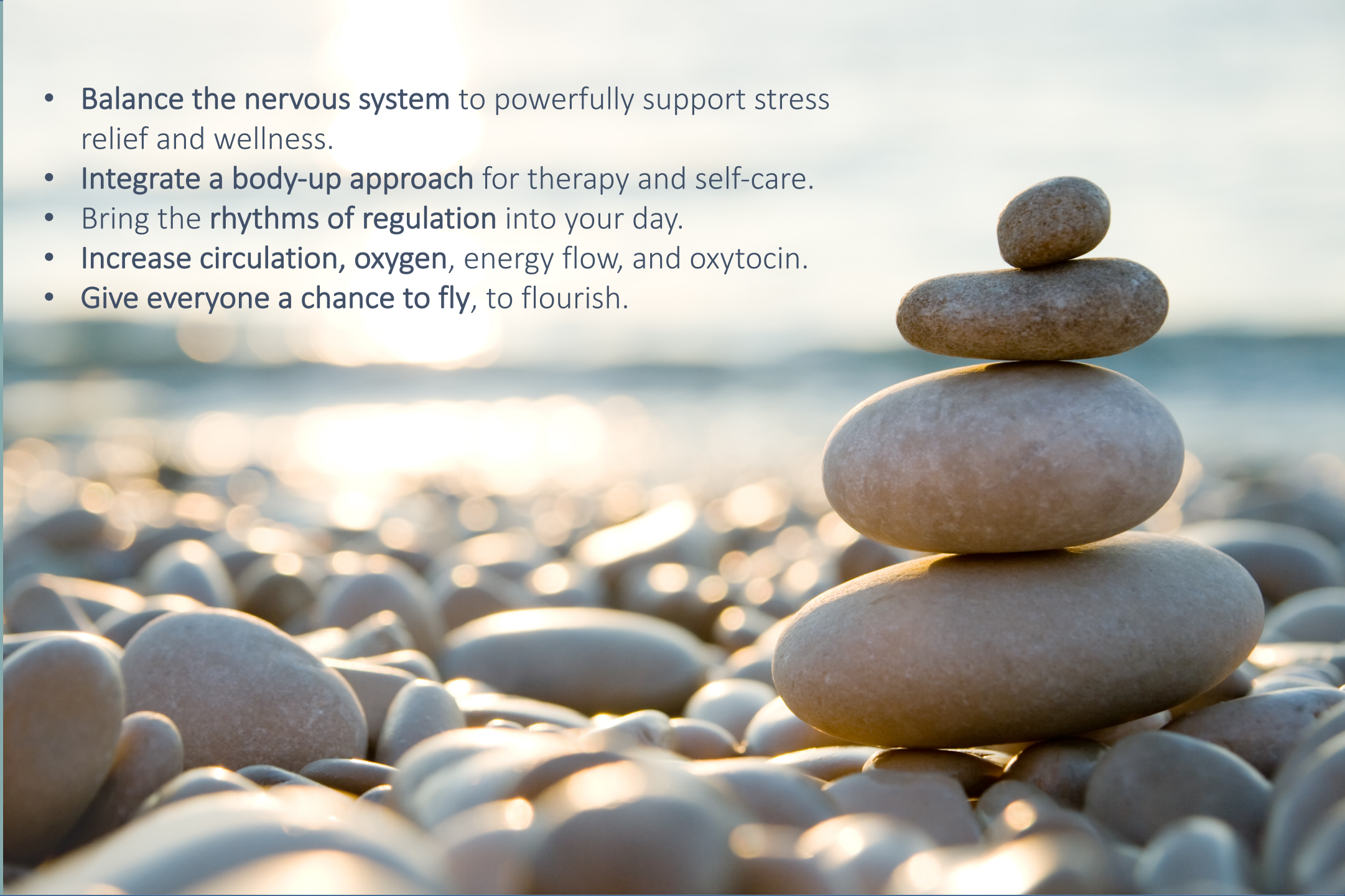


Practicing Self-Regulation in Life and Work

Digging in to the what and how of applying the science of self-regulation.

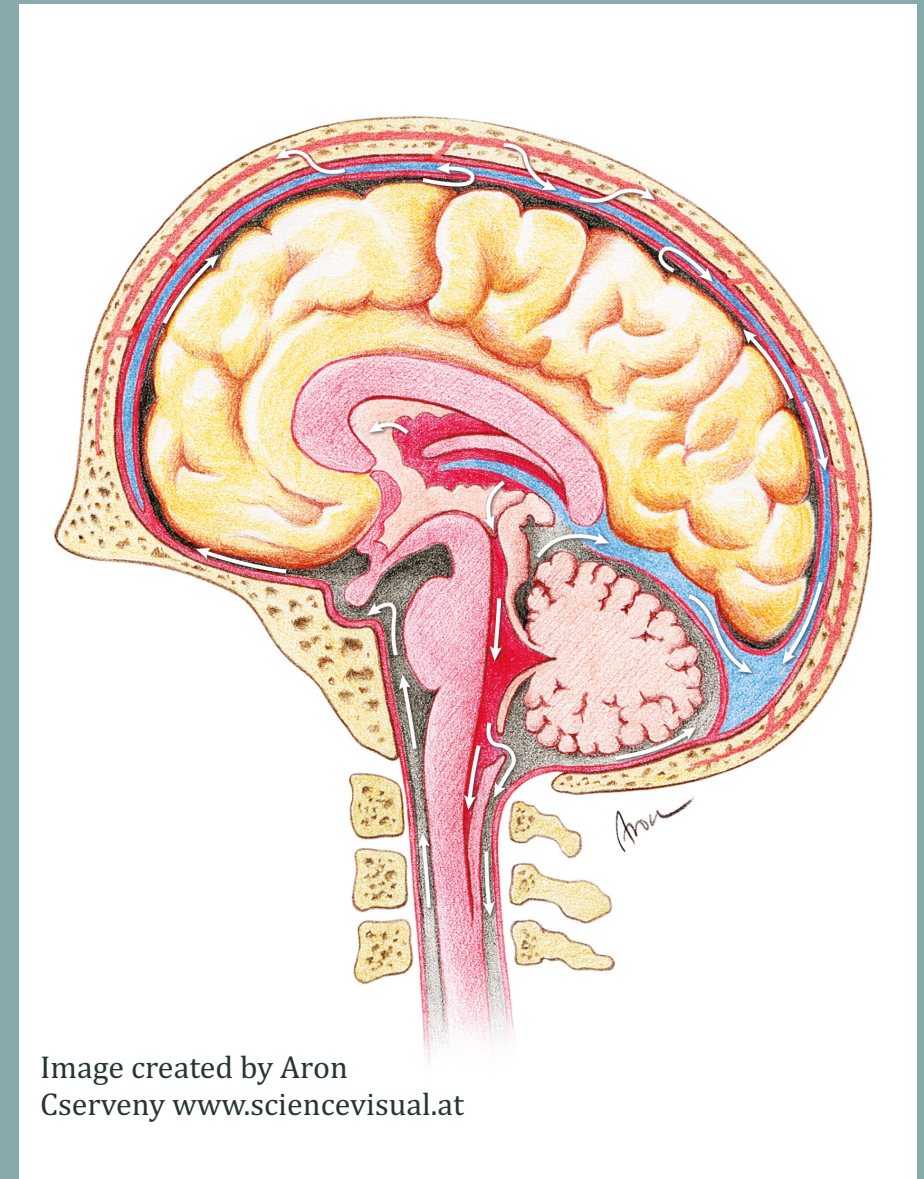
RESTORE

- Balance the nervous system to powerfully support stress relief and wellness.
- Integrate a body-up approach for therapy and self-care.
- Bring the rhythms of regulation into your day.
- Increase circulation, oxygen, energy flow, and oxytocin.
- Give everyone a chance to fly, to flourish.



Love Your Brainstem

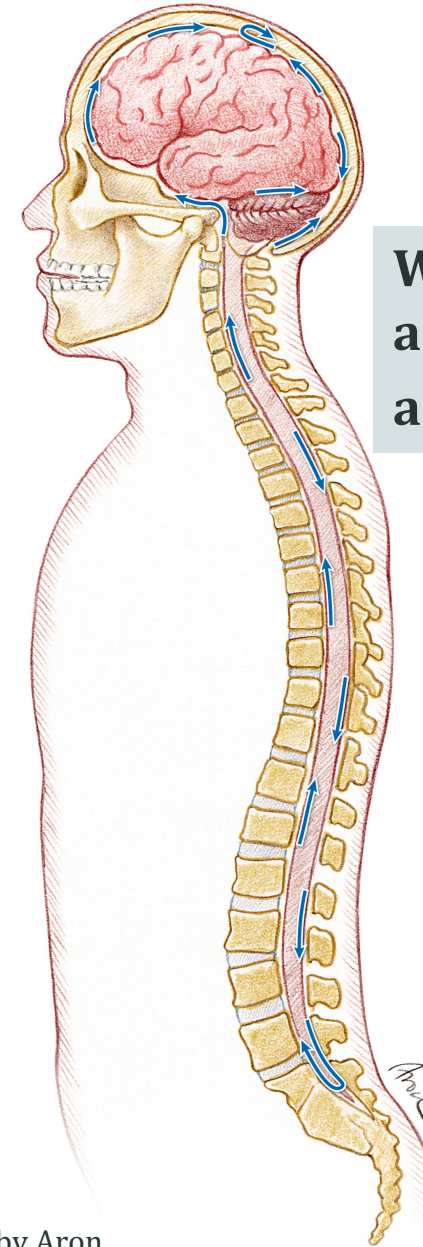
- The brain is connected to the spine via the brainstem.
- The arrows in the image show the pathway for Cerebrospinal Fluid (CSF) flow in the brain. CSF is a clear liquid that nourishes and cushions the brain.
- The channels for CSF flow at the top of the spine are narrow.
- Taking care of area at the top of the spine is crucial for brain health.



“We need to get kids out of their brainstem and back into learning and life.” ~ Dr. Rob Anda

Nourish Your Brain and Nerve Roots

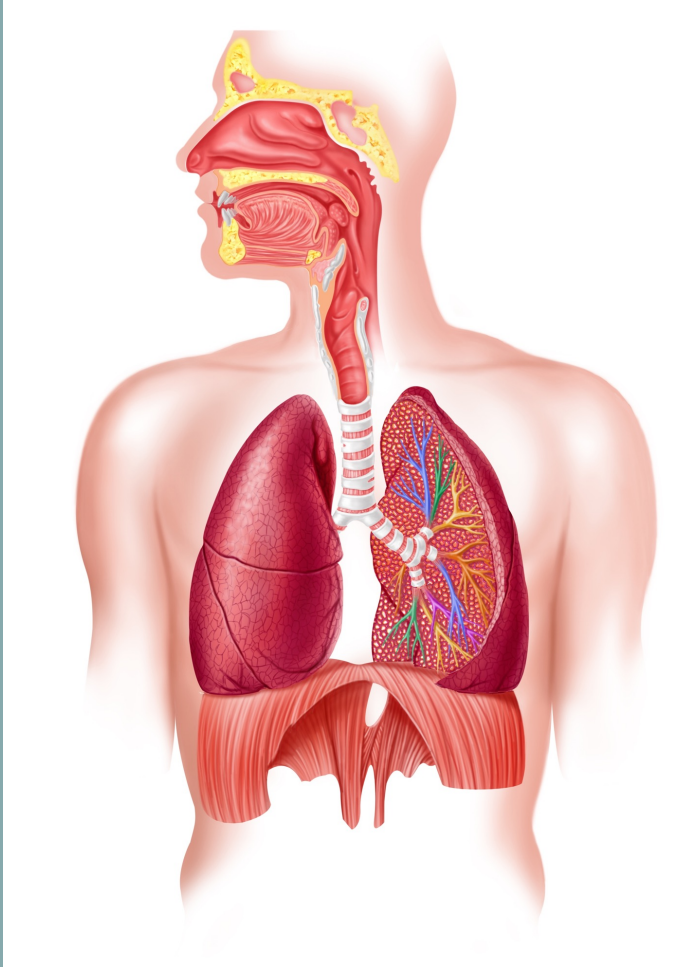
- Cerebrospinal Fluid (CSF) nourishes the brain and nerve roots.
- The CSF fluid flows like a fountain down along the spine to the sacrum, back up to the brain, and all around the brain.
- When the brainstem and cranial base have good alignment, the brain naturally functions better.
- If there is an impingement at the top or bottom of the spine, it constricts the flow of CSF and blood circulation to the brain.



**We get smarter
as our brains
are nourished.**

Image created by Aron
Cserveny www.sciencevisual.at

Four Aspects of Restorative Breathing



#1

There is space for the breath to enter easily

#2

Ease in the jaw creates ease in the neck and trachea, the windpipe.

#3

The lungs are supported, balancing on the respiratory diaphragm.

#4

The vagus nerves initiate in the brainstem and are instrumental in regulation for the heart and lungs.

Relationship Between the Lungs and Bones

- The ribs and the lungs dynamically adapt together.
- Lungs reach high into the upper rib basket.
- When the shoulders are rolled forward, it's harder to breathe deeply.
- Muscles and bones of the shoulders draw in to protect the heart and lungs.





Why this matters

How do you see a focus on resilience and self-regulation impacting our work in child abuse and neglect prevention and intervention?

Chronic Stress Impacts Our Field at All Levels



Workers



Parents



Children

Self-Healing & Resilient Communities





Q&A

Please type your questions into the Q&A box.

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Thank you for joining us!

