

Good News and Simple Tools for Building Resilience and Working with Trauma

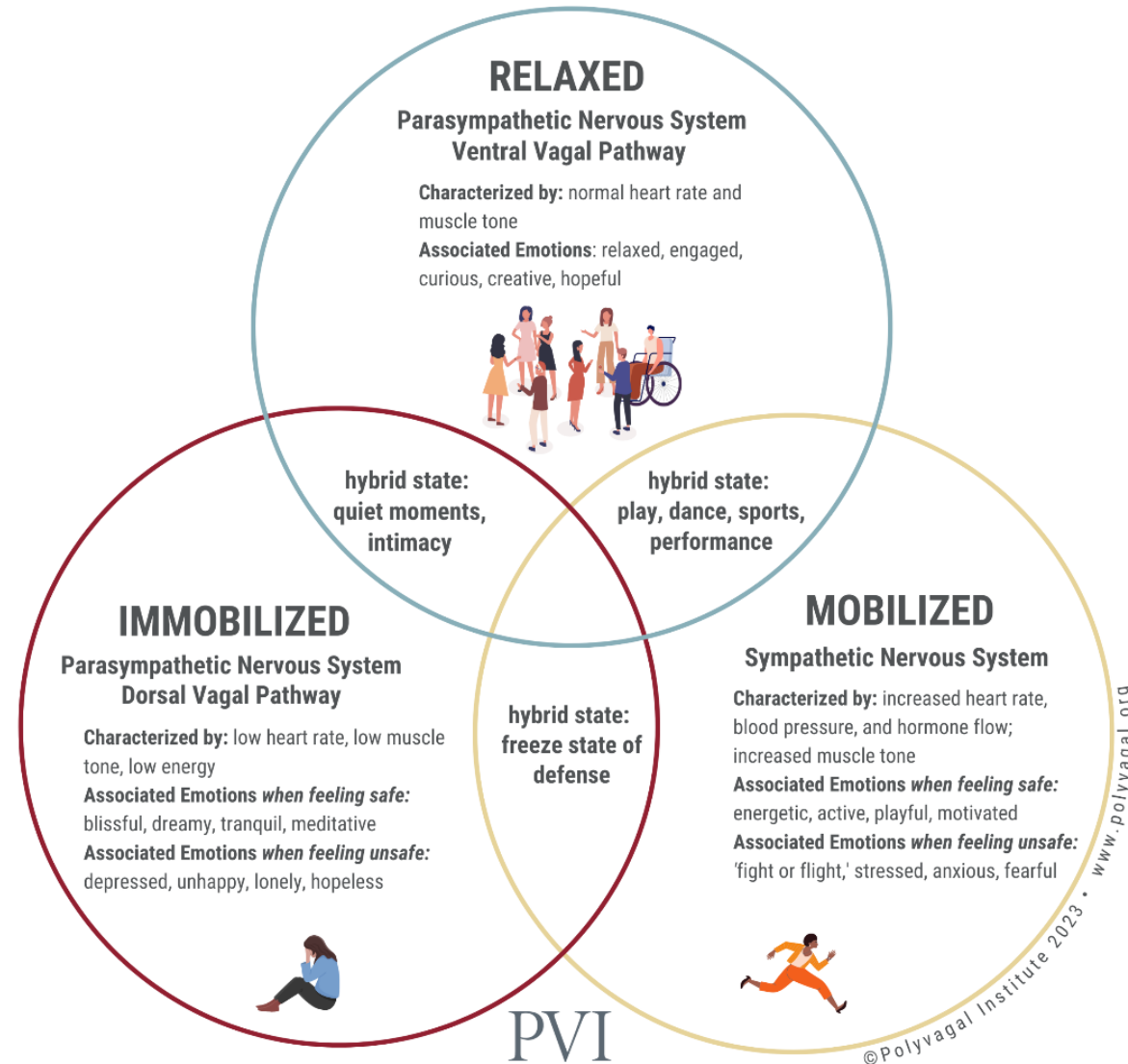


Linda Chamberlain PhD MPH

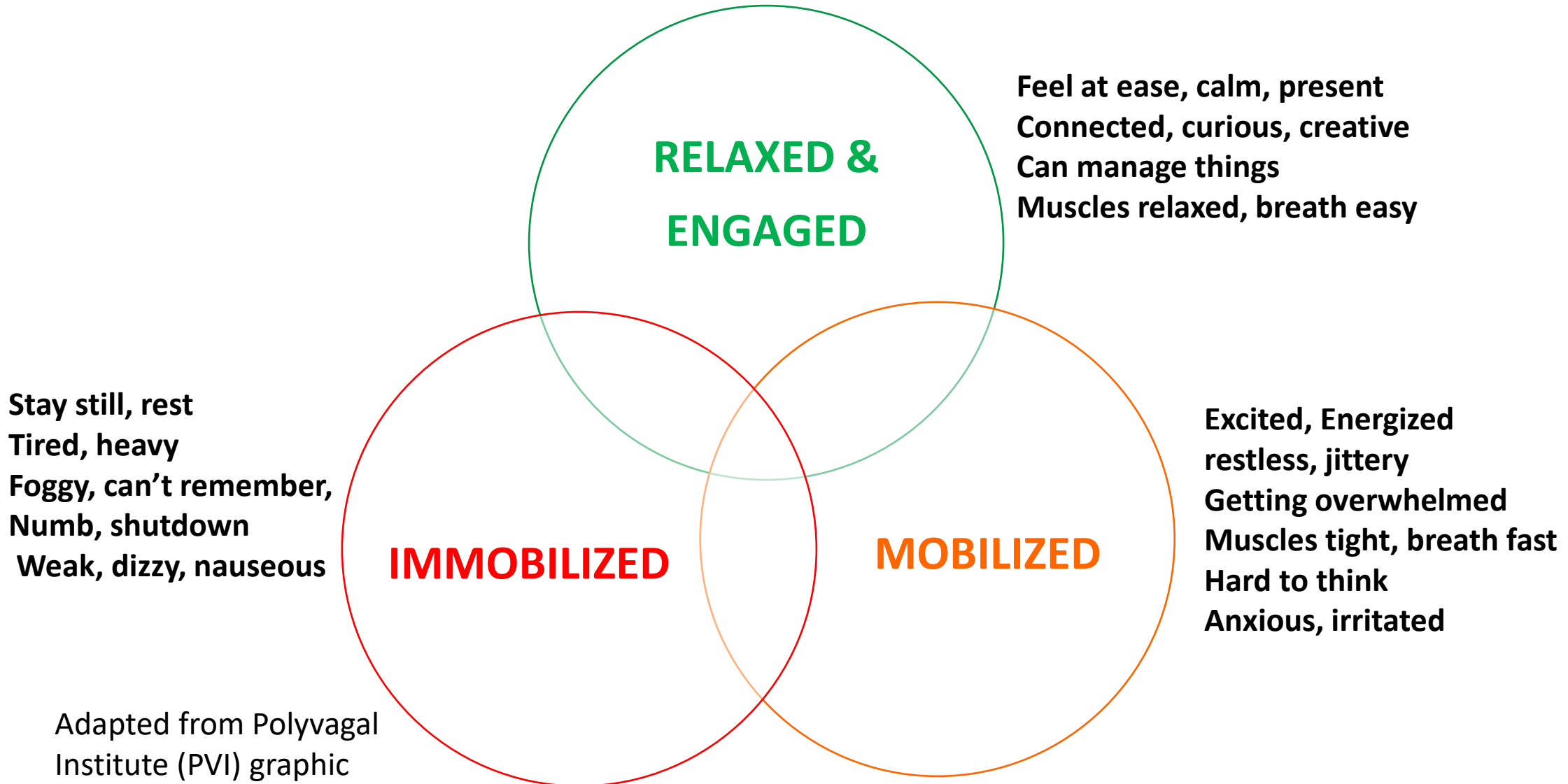
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WHERE AM I?

Autonomic Nervous System States per Dr. Stephen Porges' Polyvagal Theory

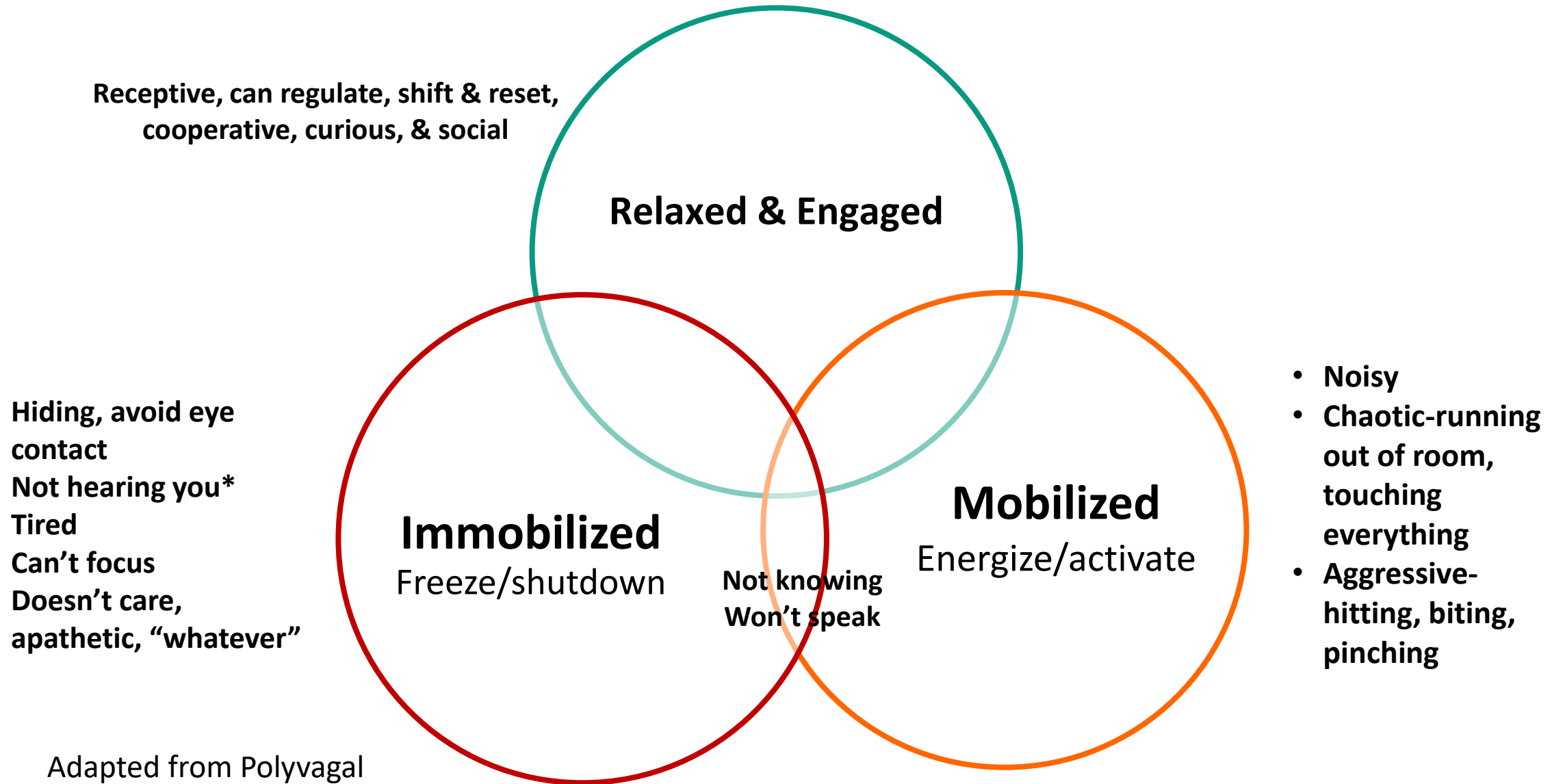


What are some words that describe how you feel when each one of these autonomic states is dominant:



Adapted from Polyvagal
Institute (PVI) graphic

Childhood Behaviors Associated with Autonomic States



Adapted from Polyvagal Institute (PVI) graphic