

NERVOUS SYSTEM TOOLKIT



The nervous system is critical for your health and well-being. It controls anything from basic behaviors like breathing, and heart rate to more elaborate mechanisms like learning and emoting. Being able to tune in and connect with your nervous system gives you access to the inner resources to ground and self-sooth. By being aware of your nervous system, and working on nervous system regulation you can create a sense of safety within. Experiment with any of these practices that can be used to help calm and regulate your nervous system.

1- Shake It Out

Shaking is the body's way of releasing cortisol (stress hormones) in order to calm itself down, and regulate.

How To:

- Bend knees slightly, plant both feet on the ground, begin slowly bouncing up and down
- Let shoulders, stomach, and hands relax as you shake
- Shake vigorously for 10-15 minutes, attending to how your body feels as you move.

2- Bilateral Stimulation

Through stimulating each hemisphere of the brain, you can access more high functioning parts of the brain like the prefrontal cortex. In hyper-arousal the limbic system cuts off communication, disallowing you to think using logic.

How To:

- Pick up a light object around you (pencil, phone, utensil, water bottle, etc.)
- Hold the object arms length away, and at eye level
- Without moving either your head or neck, move the object to the left slowly, following only with your eyes
- Move the object slowly back to the center, and continue on with the right side
- Practice for 30-60 seconds at a time

3- Patting Yourself Down

Patting yourself down brings awareness to the body, allowing yourself to experience the sensation can help with getting you out of your head. The abrupt stimulation of nerves through touch can disrupt anxious thought patterns, and the firm sensation can increase blood flow—stimulating the parasympathetic nervous system.

How To:

- Cup your hands like you're trying to hold water in each hand
- Begin at the top of your head and pat your cupped hand slowly and repetitively as you alternate between right and left hands
- Pat down your whole body from head, to shoulders, chest, stomach, thighs, knees, calves and feet.

4- Legs Propped Against the Wall

By laying flat on your back and propping your legs up against the wall at a ninety degree angle is a tool to relieve lower back pain, and reduce symptoms of anxiety.

If you're experiencing shortness of breath, or dizziness, this pose can also help restore a sense of balance within.

5- Balance Exercises

By engaging in exercises that require coordination and balance means you must pay attention to your internal landscape, while giving your body information about your physical environment. This use of proprioception and interception is an effective and quick way to bring your prefrontal cortex back on line.

Examples:

- Balancing on one foot
- Walking a tightrope or balance beam
- Walking backwards
- Practices like yoga or Tai Chi



Therapy Techniques Toolkit

RJ Shavelson



Therapy Techniques Toolkit:

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The Dreambody Toolkit Joseph H. Goodbread, 1987 **Volunteering in Global Mental Health** Sophie Thomson, Peter Hughes, Sam Gnanapragasam, 2023-11-09 A practical, theoretical, and inspiring guide for clinicians embarking on global mental health volunteering. *The Coaching at Work Toolkit* Perry Zeus, Suzanne Skiffington, 2002-02-28 Recent studies show that life skills coaching, executive coaching, and business coaching are all effective ways of achieving sustainable growth, change, and development in an individual, group, or organization. *The Coaching at Work Toolkit* is the first comprehensive practical resource for coaches in the use of the theories, tools, techniques, and practices that affect learning and change. This book offers coaching tools and psychology-based techniques and is a much-needed guide to understanding the practice of coaching and applying the theories and language associated with it. The employment of life skills coaching, executive coaching, and business coaching is being heralded as the way to create organizations of the future. Anyone interested in achieving their

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The Human Services Counseling Toolbox William A. Howatt,2000 Provides thorough coverage of counseling processes and techniques and guides the user in developing an effective counseling style [A Tool Kit for Building Capacity for Community-based Treatment and Continuing Care of Young Drug Users in the Greater Mekong Subregion](#) United Nations. Economic and Social Commission for Asia and the Pacific,2007 [The Development and Improvement of Speech Therapy Tools Using MATLAB Environment](#) Eman Abbas Alkafawi,2008 **A Practical Guide to Group Facilitation** Yorck von Korff,2024-06-03 A Practical Guide to Group Facilitation introduces a unique threefold approach to facilitation blending Person Centered Practice system knowledge and method expertise together It serves as a comprehensive resource for facilitators seeking to enhance their professional skills The book delves into the significance of Person Centered Practice as the cornerstone of facilitation exploring personal facilitator qualities like congruence empathic listening and unconditional positive regard inspired by the principles of Carl Rogers It successfully integrates Jane Loevinger s personal development theories with facilitator skill development illustrating the symbiotic relationship between personal growth and effective facilitation Additionally the book incorporates Nonviolent Communication NVC into the facilitator s toolkit offering practical strategies for navigating challenging situations It covers a spectrum of facilitation methods from structured approaches to the Person Centered style of Carl Rogers equipping facilitators to face diverse group contexts Presenting valuable skills and insights to enhance professional practice this book will be highly relevant reading for facilitators mediators and those offering training It will also be useful reading for professionals in participatory processes such as coaches team leaders organizational leaders managers and mentors **Clinical Handbook of Psychotropic Drugs** Kalyna Z. Bezchlibnyk-Butler,J. Joel Jeffries,2005 The classic reference to psychotropic medications with over 170 000 copies sold *The Clinical Handbook* has become a standard reference and working tool for thousands of psychiatrists psychologists physicians nurses and other mental health professionals This book is a must for everyone who needs an up to date easy to use comprehensive summary of all the most relevant information about psychotropic drugs Find clear advice about medication options and precautions Look up details of

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Crisis, 2005

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Offering an introduction to the major theories of personality and integrating theory with research the authors illustrate each theory with a case and analyse the strengths and limitations of each approach **Group Techniques** Robert K. Conyne, Jeri L. Crowell, Mark D. Newmeyer, 2008 Group Techniques offers a practical new approach to understanding and implementing a broad range of group techniques Through the Purposeful Group Techniques Model PGTM a generic flexible conceptual model that can be for use in a variety of contexts the text demonstrates how group leaders can choose group techniques purposefully based on the type of group the group s developmental stage and applicable best practice guidelines With the help of the model and concrete case based descriptions of how to lead groups the text examines counseling psychoeducation psychotherapy and task groups Publisher s description *The Philosophers' Magazine* ,2001 *American Journal of Art Therapy* ,1983 Radiation Protection and Shielding Isabel F. Gonçalves, 2005

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