



## Mindful Movement & Breathing Techniques for Regulation

### Affect Regulation

- the ability to experience and respond to emotions in healthy ways
- **Window of Tolerance (Dan Siegel)**  
optimal level of arousal within which we effectively process and integrate our experiences
- Parasympathetic and sympathetic nervous system activation influences affect regulation

### Social Engagement

- **Polyvagal Theory (Stephen Porges)**  
demonstrates that nervous system regulation impacts social engagement
- Unregulated = difficulty interpreting social cues and sense of safety

### Co-Regulation

- **Stimulates mirror neurons**
- Builds empathy & compassion
- Initiates a sense of safety for improved social interactions
- Teaches autoregulation
- Begins with mind-body connection



"Cues of safety are the treatment...safety is defined by feeling safe and not simply by the removal of threat."

Porges, S. W., & Dana, D. (2018). Clinical applications of the polyvagal theory: The emergence of polyvagal-informed therapies (Norton series on interpersonal neurobiology). WW Norton & Company, p. 61



# Resources

for positive connections  
& effective regulation

## Autonomic States & Breath

### Ventral Vagal (social engagement)

full, deep, easy, steady, slow, long,  
calming, filling, even, regular, sustaining

### Sympathetic (action)

sharp, short, fast, loud, forced, irregular,  
tight, restricting, fiery, gasping

### Dorsovagal (immobility)

shallow, silent, unfulfilling, flat empty,  
weak, depleting

## Understanding Breath Exercise

(How the Diaphragm Works)

Interlace fingers in front of  
chest, elbows relaxed by sides.

Inhale, raise elbows out to  
sides, fingers flattening.

Exhale, relax elbows, return to  
starting position.

## Window of Tolerance

the work of  
Daniel Siegel  
Bessel van der Kolk

### What is the Window of Tolerance

### Ways to Expand the Window of Tolerance

### The Body Keeps the Score

## Polyvagal Theory

the work of Stephen Porges

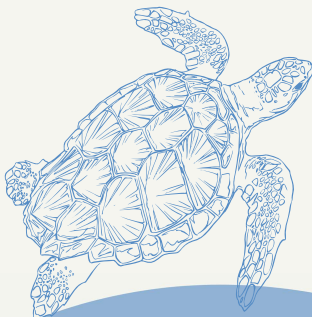
### New Insights into Adaptive Reactions of the Autonomic Nervous System

### Yoga and the Polyvagal Theory



### Turtle Shell

Rest your belly on your  
thighs, forehead on the floor,  
your forearms or hands. Take  
3-5 slow breaths and feel OK.



Learn more about  
Mirror Neurons

Questions, need more information? Contact  
lisa@createcalm.org or call 240-532-CALM (2256)

# Resources: Full Links

## Polyvagal Theory

the work of Stephen Porges

New Insights into Adaptive Reactions of the Autonomic Nervous System

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/>

Yoga and the Polyvagal Theory

<https://www.igi-global.com/chapter/yoga-and-polyvagal-theory/261163>

## Window of Tolerance

the work of Daniel Siegel & Bessel van der Kolk

What is the Window of Tolerance

<https://www.nicabm.com/trauma-how-to-help-your-clients-understand-their-window-of-tolerance/>

Ways to Expand the Window of Tolerance

<https://www.nicabm.com/trauma-how-to-help-a-client-come-back-into-their-window-of-tolerance/>

The Body Keeps the Score

<https://a.co/d/0dDQZwH>



Learn more about  
Mirror Neurons

<https://link.springer.com/article/10.1007/s11299-014-0160-x>