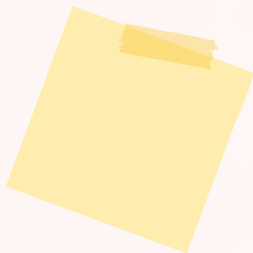


Polyvagal



ANCHORING NOTES

Reflect on the people, places, moments, and objects that consistently make you feel safe and connected. Represent these anchors in a notebook through words and art. Alternatively, represent these anchors on sticky notes and leave them around your home or workspace.



TAKE IT SLOW AND STEADY

Practice slow, intentional movements. When overwhelmed, slow down everything—your actions, your thoughts, your speech. This signals safety to your nervous system and helps reduce anxiety.

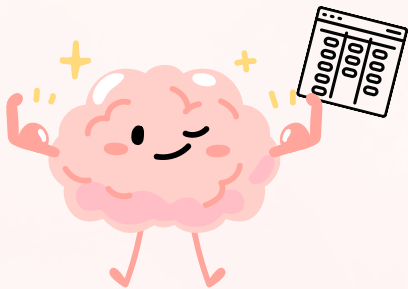
Affirmation: "I move at my own pace, and I honor my body's rhythm."



BRAIN -BODY TRACKER

Divide a notebook or note on your phone into three sections: calm, happy, connected, fight or flight, and stress shutdown.

Carry the notebook with you and record moments you feel your brain and body shifting between states. See if you notice patterns that drive these shifts throughout your day and week



GROUNDING THROUGH THE SENSES

Reconnect with the present moment by focusing on your senses. Look around and describe 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

This helps shift the nervous system from a survival state to a calmer one.



FINDING "GLIMMERS"

Glimmers are small, positive moments that help you feel safe, calm, and happy. Think of glimmers as tiny "sparks of joy" that tell your brain and body, "It's okay to relax; you're in a safe place." Glimmers can be small things like feeling the sun on your skin, hearing a song you love, or petting an animal.

**Notice when you feel a glimmer spark and hold space to enjoy the moment and ground yourself. You can track your glimmer moments or share them with friends. -
exercise**



IF...THEN... STATEMENTS

Reflect on your brain-body goals and set intentions on how you hope to feel and address stress. To help yourself carry out these goals, craft if... then... statements guiding yourself on how you can respond to internal and external cues.

☾ ✨ ✨ ✨	
☾	If I feel anxious in class, then I will
☾	excuse myself and take the time to
☾	walk to the water fountain.
☾	
☾	If I feel overwhelmed at work, then I
☾	will find a moment to listen to a
☾	comforting song.
☾	☆☆☆
☾	If am feeling burnt out, then I will
☾	take a break and call a friend.
☾	
☾	If I start to feel my fight or flight
☾	response kick in, then I will engage in
☾	a breathing exercise.
☾	☀
☾	
☾	

GROUNDING GOODY BAG

Find objects, smells, tastes, and textures that comfort you and connect you to state of calm. Place these items around your space or bring them with you throughout your day. Examples could be lighting a soothing candle in your home, wearing a piece of jewelry.



BEFRIEND YOUR STRESS RESPONSE

Remember, your body's stress response is there to protect you from danger. When you feel stressed or anxious, acknowledge your body's reaction as an attempt to help. Instead of fighting it, try to understand it. Ask yourself: What in this situation might be triggering my body's stress response? Is there a real danger, or could my body be reacting to a past experience or strong emotions? Once you've identified the trigger, work with your body to create safety.

