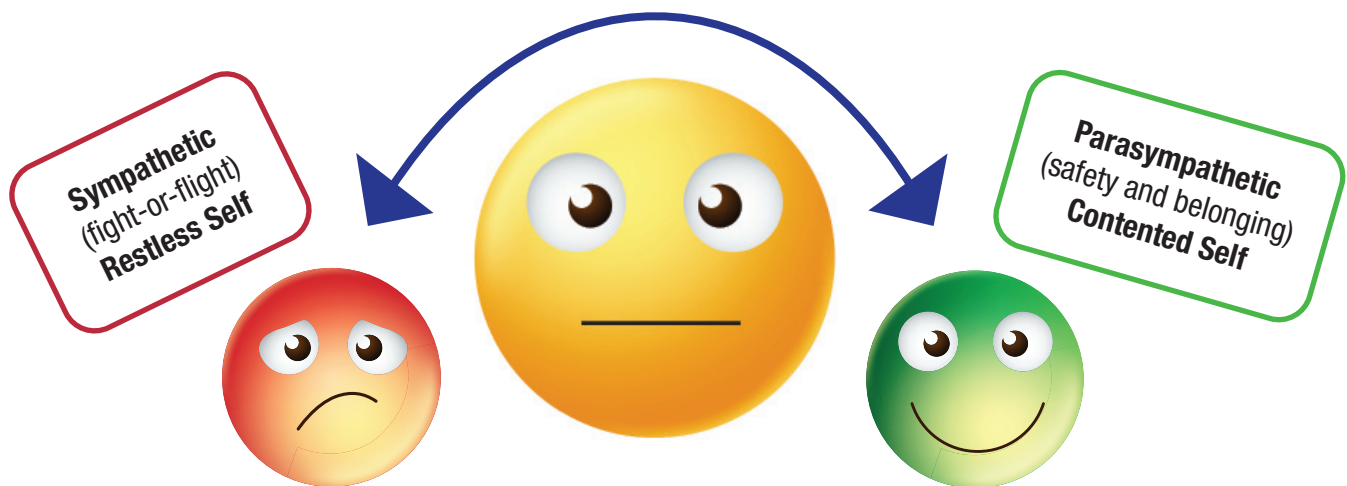


Autonomic Nervous System (ANS) Mental Model

Suppose the nerves of your sympathetic nervous system were shaped into the form of the restless self and placed on your right shoulder. Its job would be to yell messages into your right ear warning you of danger or preparing your body for physical activity, such as fight or flight.

And suppose the nerves of your parasympathetic nervous system were shaped into the form of the contented self and placed on your left shoulder. Its job would be to tell your body that you are all right so your heartbeat will slow down to normal and your immune and digestive systems would start working again.

**Regular Communication = healthy (HRV)
= resilience**



Sympathetic Nervous System

- **Strengthened by**
 - PTSD
 - Shock trauma
 - Relational trauma
 - Adverse childhood experiences
 - Chronic stress
 - Epigenetics
- **Becomes more agitated when adults are agitated**
- **Nervous system dysregulation = stuck in states of survival**
- **Leads to adaptive strategies (food, sex, etc.)**
- **Chronic unsafety leads to faulty wiring (cannot be turned off; gets louder)**

Parasympathetic Nervous System

- **Being calm with students feeds contented self**
 - Use low tone of voice
 - Approach from the side
 - Give consequences without threats
 - Mediate (tell the why)
 - Represent external controls as institutional rather than personal
- **Responding to contented self = de-escalation**
 - When possible, ask rather than tell
 - When possible, give options
 - When possible, give a second chance
 - Avoid triggers
- **Teach brain regulation**
- **Work on self-construction**