



wired for connection

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The information in this handout is intended for the use of participants from the **Communities of Wellbeing** introductory workshop into polyvagal theory presented on 6 October 2021.
communitiesofwellbeing.org.au

Acknowledgement

The material presented was informed by research and teachings from Dr Stephen Porges, the founder of polyvagal theory, and Deb Dana, who has been instrumental in translating the science into practical applications for clinical settings and the broader community.

Find out more

www.stephenporges.com
www.rhythmofregulation.com

When sharing these activities with others please:

- Invite **curiosity** and never pressure a person to participate
- Always end with activities in **ventral** (the green zone)
- Make any modifications that you need to, to help you or others feel **safe** and **comfortable**.

For more information email Amy.Wallis@outlook.com.au

bringing awareness to neuroception

How do you know when you are in a ventral vagal state (the green zone)? What are your bodily sensations? What do you feel, think or do?



SAFETY
social
engaged
connected

How do you know when you are in a sympathetic state (the red zone)? What are your bodily sensations? What do you feel, think or do?



DANGER
mobilised
action taking
fight and flight

How do you know when you are in a dorsal vagal state (the blue zone)? What are your bodily sensations? What do you feel, think or do?



LIFE-THREAT
immobilised
disconnected
shutdown

What gets me into this state?

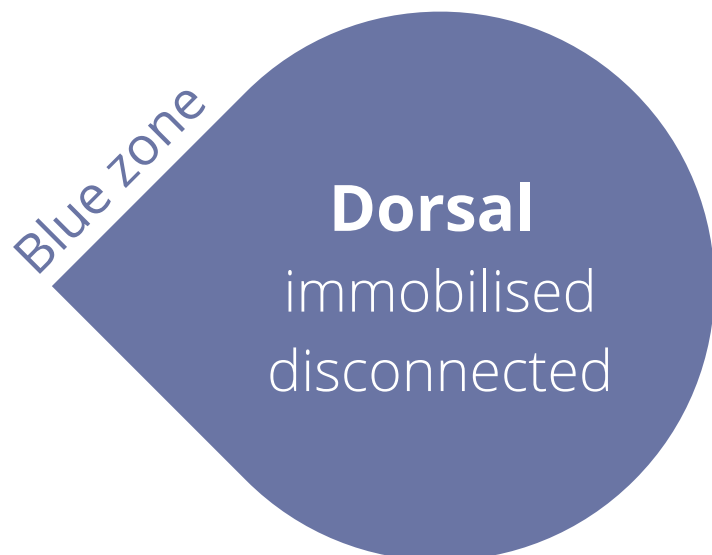
Glimmers



Triggers



Triggers



State creates story

What do you **think**?

What do you **feel**?

What do you **do**?



Complete these sentences:

The world is...

Others are...

I am...

What do you **think**?

What do you **feel**?

What do you **do**?



Complete these sentences:

The world is...

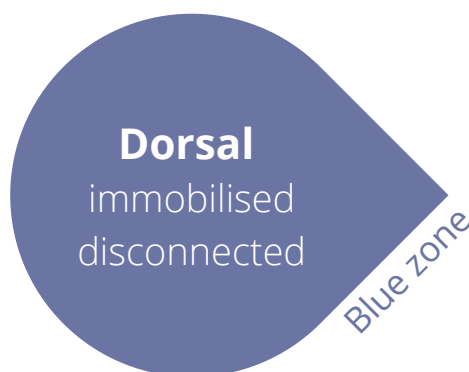
Others are...

I am...

What do you **think**?

What do you **feel**?

What do you **do**?



Complete these sentences:

The world is...

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