



# IPEC Module 1 Video 4: Consent, Self-Care, and Closure

## Resources

- Porges, Dr. Stephen. 2011. [“The Pocket Guide to Polyvagal Theory”](#). Available at the link or at your favorite bookseller.

## Accreditation Questions (Quiz in Teachable)

- What are some of your existing self care rituals? What are some that are easy to implement?
- What are rituals built into our industry that can become a part of your intention practice?
- What are ways to implement or employ community care?

## Self-Reflection Questions

- Are there any actions I can take to change or influence any of the aspects of my job that cause me to feel imbalanced?
  - If yes, what are they?
  - If no, what sort of regulation does my body need?

## Embodiment Exercises/Questions

- How does my body feel when it is regulated?