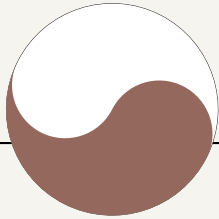
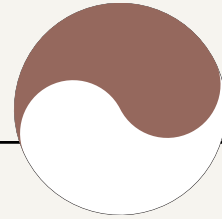


Further Self Reflect

INTRO TO SoMATIC



NERVOUS SYSTEM MAIN STATES



PARASYMPATHETIC

Rest & digest
Returns body to calm
More presence
Decreased heart rate &
blood pressure
Body's able to repair
More creative, more play
Yawning, burping

SYMPATHETIC

Fight or flight
Preps body to go -
more alertness, more anxiety
Increased heart rate &
blood pressure
Decreased digestion
Adrenaline & glucose increase
Sweating, shaking

where do you sense you spend more time - in your day to day?

when you're stressed or figured?

what's on the other side of healing, using Somatic Experiencing or any healing?

to live this life fully , what's that to you?