

Wired for Connection

Webinar

A big thank you to Julie Bohni (Registered Clinical Counsellor) for sharing about how we are wired, and strategies to deal with anxiety in these tumultuous times. See the handouts below.

Part 1 - Recorded May 21st, 2020

<https://player.vimeo.com/video/421288360>

Handouts:

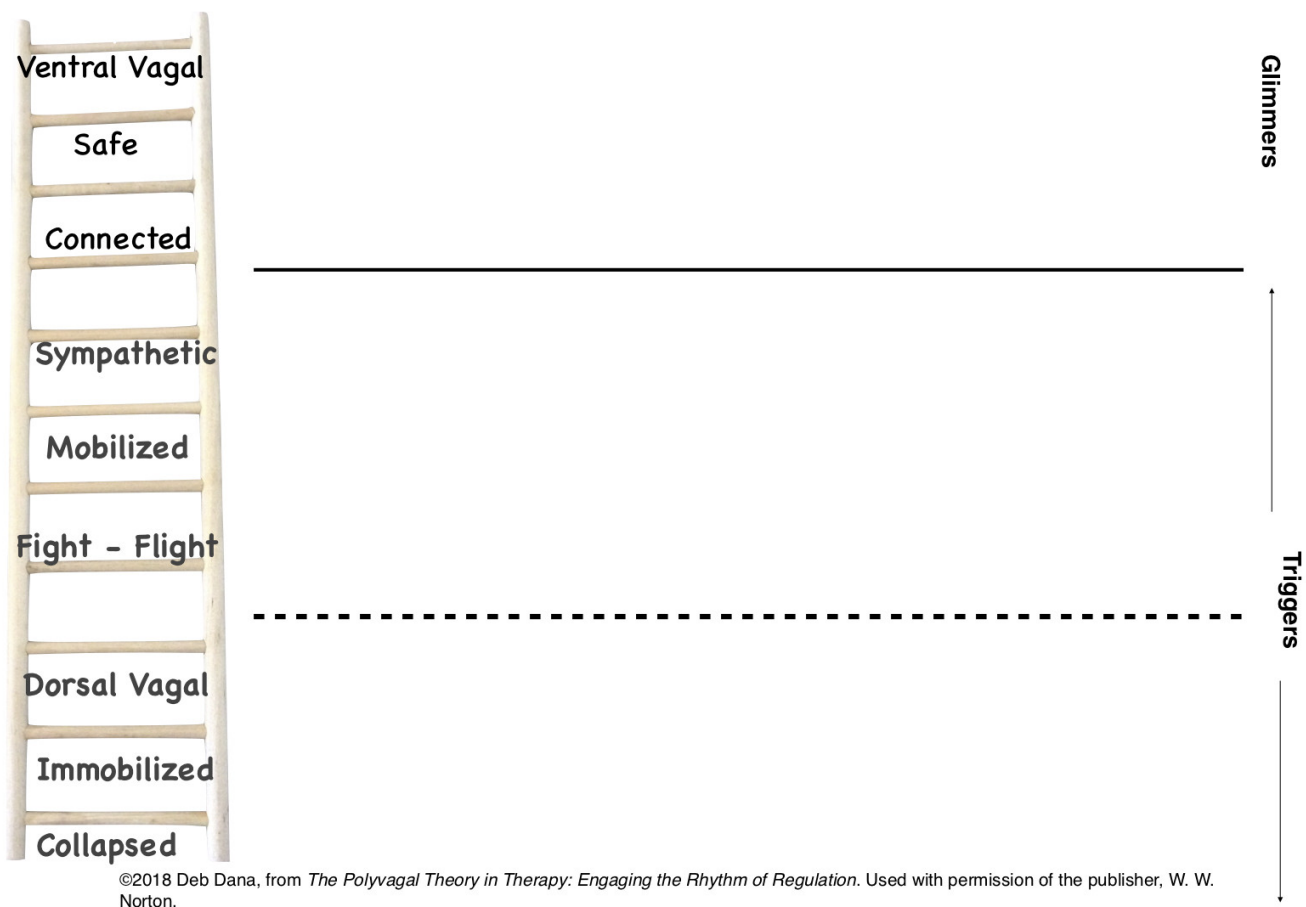
Ventral Vagal		
Safe		
Connected	The world is... I am...	
Sympathetic		
Mobilized		
Fight - Flight	The world is... I am...	
Dorsal Vagal		
Immobilized		
Collapsed	The world is... I am...	

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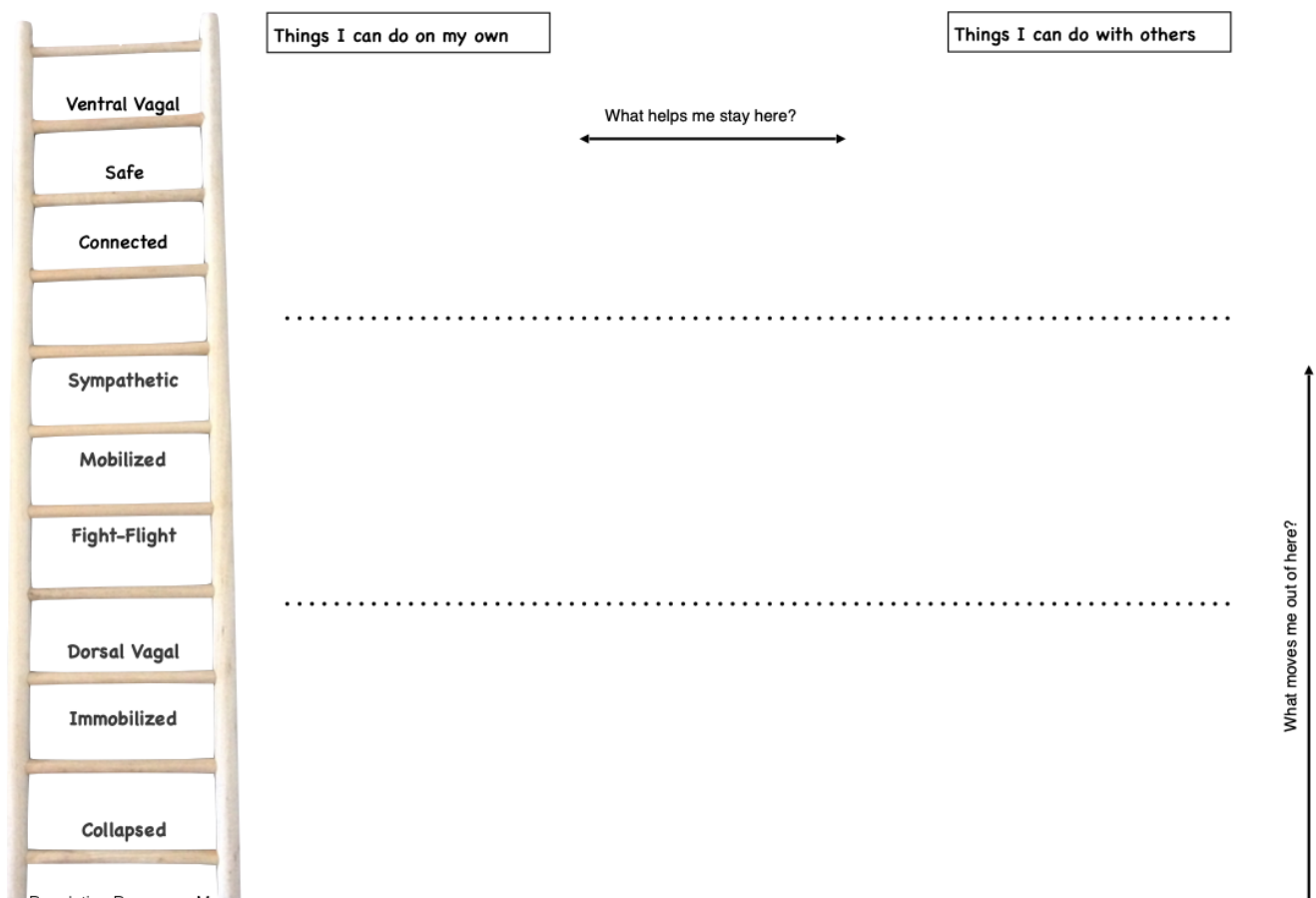
Part 2 - Recorded June 4th, 2020

<https://player.vimeo.com/video/426239408>

Handouts:



Regulating Resources Map



Revision #8

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