

# 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:

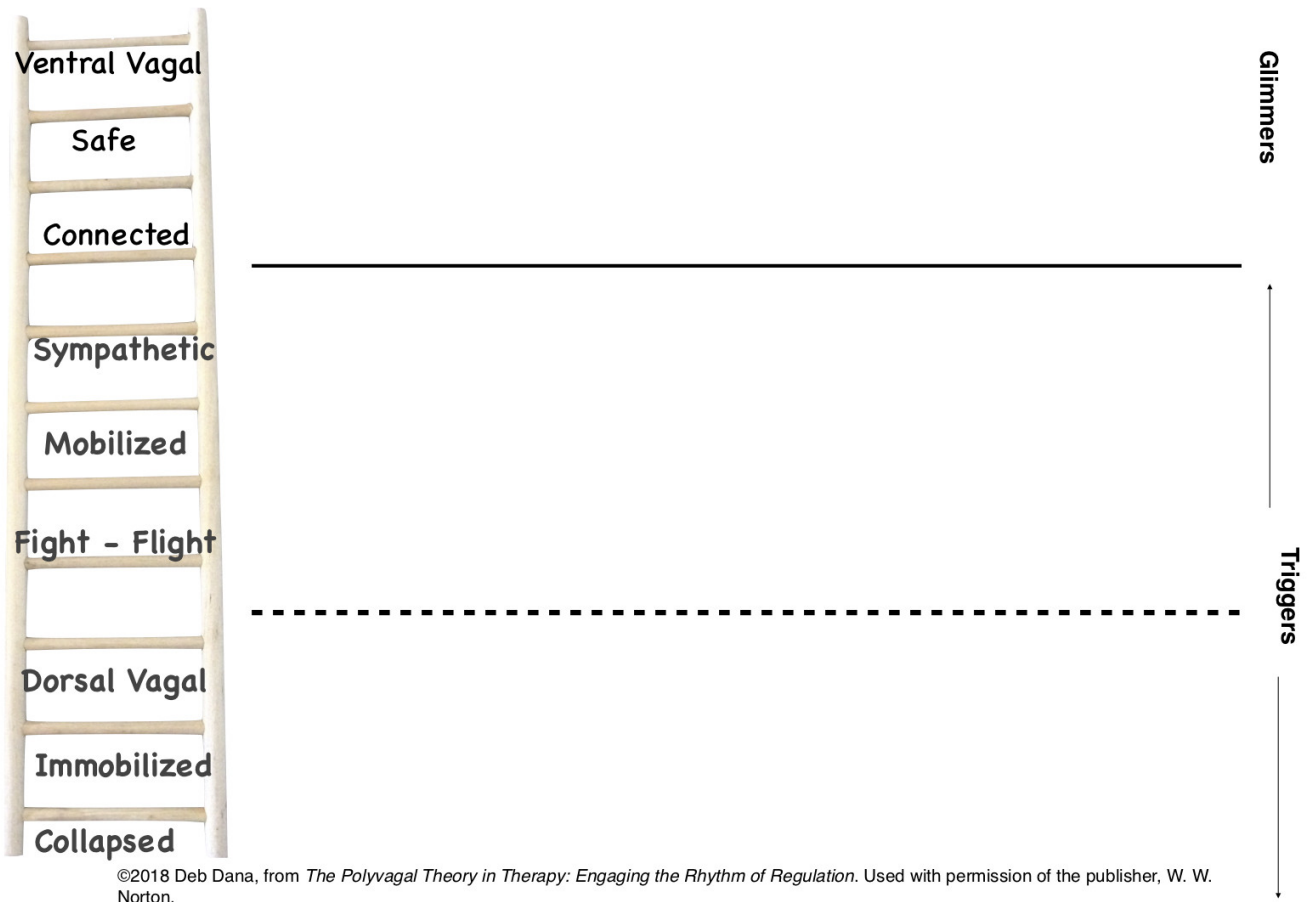
<b>Ventral Vagal</b>		
<b>Safe</b>		
<b>Connected</b>	The world is... I am...	<input type="text"/>
<b>Sympathetic</b>		
<b>Mobilized</b>		
<b>Fight - Flight</b>	The world is... I am...	<input type="text"/>
<b>Dorsal Vagal</b>		
<b>Immobilized</b>		
<b>Collapsed</b>	The world is... I am...	<input type="text"/>

©2018 Deb Dana, from *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*. Used with permission of the publisher, W. W. Norton.

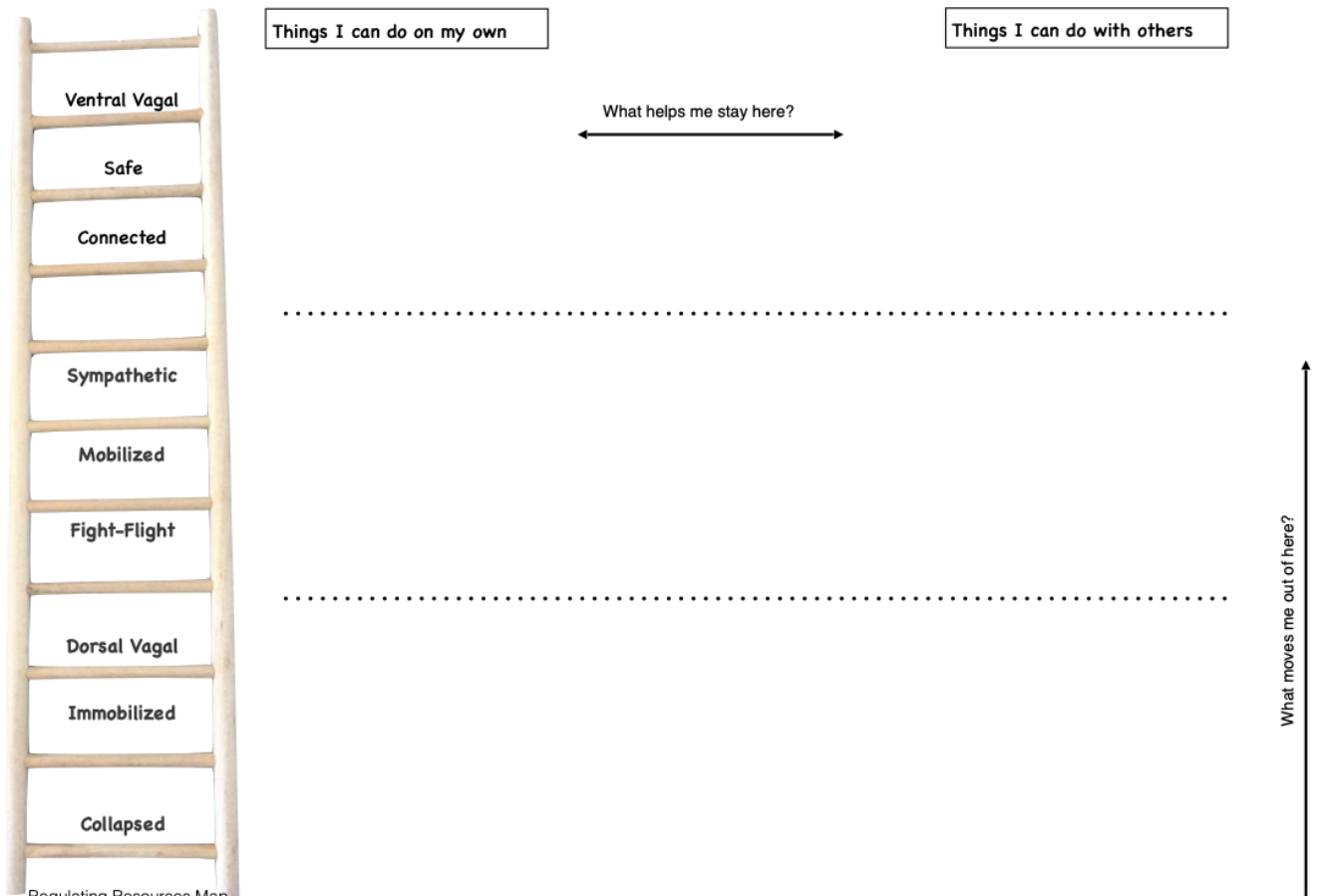
Part 2 - Recorded June 4th, 2020

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

Handouts:



**Regulating Resources Map**



---

Revision #8

Created 20 May 2020 20:59:09 by Steve Bastian

Updated 26 September 2025 19:38:44 by Steve Bastian