

# 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:

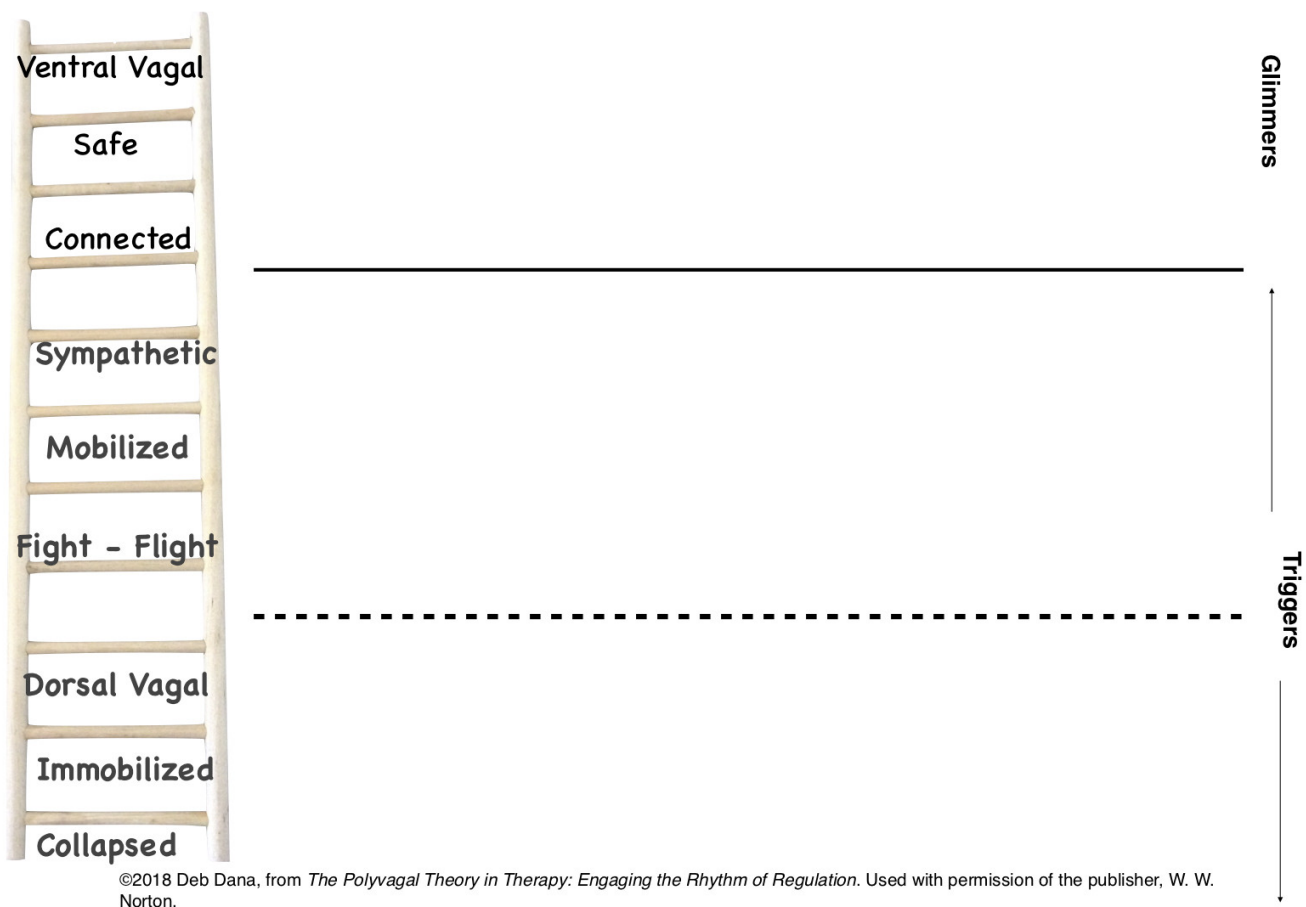
<b>Ventral Vagal</b>		
<b>Safe</b>		
<b>Connected</b>	The world is... I am...	
<hr/>		
<b>Sympathetic</b>		
<b>Mobilized</b>		
<b>Fight - Flight</b>	The world is... I am...	
<hr/>		
<b>Dorsal Vagal</b>		
<b>Immobilized</b>	The world is... I am...	
<b>Collapsed</b>		

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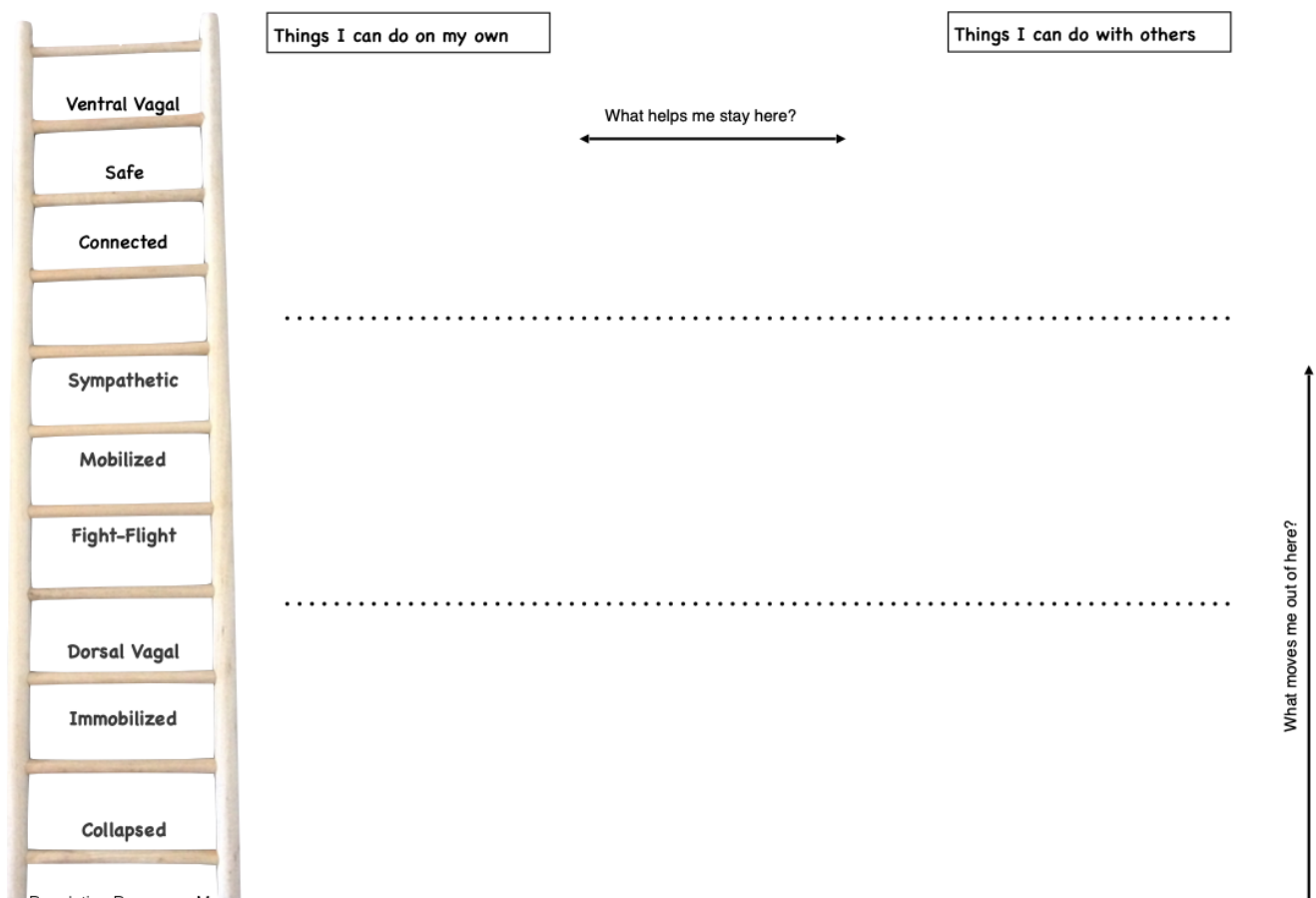
Part 2 - Recorded June 4th, 2020

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

## Handouts:



## Regulating Resources Map



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