

Neurological Threshold Continuum	Behavioral/Self Regulation Response	Continuum
<p>High (habituation)</p>	<p>Passive strategies</p> <p>Low Registration Unaware of surroundings, so threshold is rarely challenged Takes longer to respond Misses cues or stimuli Missing or under responding to stimuli low energy takes a lot of reach threshold looks uninterested or flat affect</p>	<p>Active strategies</p> <p>Sensation Seeking Works against threshold to get input Humming, clapping, etc Pursues sensory experiences Pleasure with pursuit of sensory experiences Seeks high intensity Engaged and active</p>
<p>Low (sensitization)</p>	<p>Sensory Sensitivity requires little stimuli Quick response to stimuli Reacts readily Distractible Disorganized Irritable Perceives things as louder, brighter, etc</p>	<p>Sensation Avoiding Overwhelmed by input Likes predictability & low demand environments Tries to get away from stimuli Deliberate behavior to withdraw Negative affect Limits sensory environ- Blunted affect, decrease in social interactions , withdraws</p>

Full belly breathing

Sit up straight

Place one hand on chest and one hand on belly. Begin by slowly inhaling through your nose, pushing your belly away from your spine. Feel your belly hand move out and your lungs fill with air.

Slowly release your breath through your mouth. Empty your upper chest first and then your lower belly. The slower the better.

Pause and then inhale again. Feel your belly expand.

Slowly exhale and feel the relaxation as you exhale. Make your exhales last longer than your inhalation (for example, 4 sec in and 6 sec out)

Repeat 6 times focusing on using belly breathing each time.

Square Breathing

- Still taking deep belly breaths.
- Take breathe in to the count of 4.
- Hold breathe for the count of 4.
- Slowly exhale for the count of 6.

Nostril Breathing

Hold your left nostril closed and exhale through the right.
Inhale through the right and then close the right nostril.
Exhale through the left and then inhale through the left.
Close off the left side and exhale through the right and inhale through the right.

If you do not get belly breath, you are using upper breathing and this is alerting!

Long slow exhalation turns on the parasympathetic system.

Children will match your breathing.

Positive Steps to Wellbeing

Be kind to yourself



Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.



Have some fun and/or be creative

Having fun or being creative helps us feel better and increases our confidence.

Enjoy yourself!



Help others



Get involved with a community project, charity work, or simply help out someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Relax



Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.



Balance sleep

Get into a healthy sleep routine – including going to bed and getting up at the same time each day.



Connect with others



Stay in touch with family and friends – make regular and frequent contact with them.

Beware drink and drugs



Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.

See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')



What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.



Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be – they will pass.