

A close-up photograph of lavender flowers in shades of purple and blue, with a soft, out-of-focus background. The flowers are arranged in a dense, elongated cluster.

*Discovering
Self-Care*

*Part One:
Rest & Restore*

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*Discovering
Self-Care*

What is Self-Care?

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Self Care

Self-care has been defined as the process of establishing behaviors to ensure holistic well-being of oneself, to promote health, and actively manage illness when it occurs.

Self Care

the practice of taking an active role
in protecting one's own well-being and happiness,
in particular during periods of stress.

"expressing oneself is an essential form of self-care"

Discovering Self-Care



Self-care: Develop a Routine That Works For You.

Self-care is important and we should all find ways to practice this routine. Heather Holm shares some ideas y...

SoundGirls.org / Nov 15, 2019



What is Self-Care?

Looking after ourselves
Developing Resilience ...



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What is Self-Care?

What is Embodiment?

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Embodiment

Mindfulness

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Mindfulness

Awareness of the body

Embodiment

Awareness as a body

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Mindfulness

Awareness of the body
focusing awareness on the present moment
being present and engaged with experience

Embodiment

Awareness as a body
focusing awareness in the present moment
being present and engaged within experience

An invitation - to check in

How are you?

Right now, in this moment, as a body?

Notice



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Embodiment

Awareness
which brings us
Choice

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*Centring and ...
Self Care Pose*

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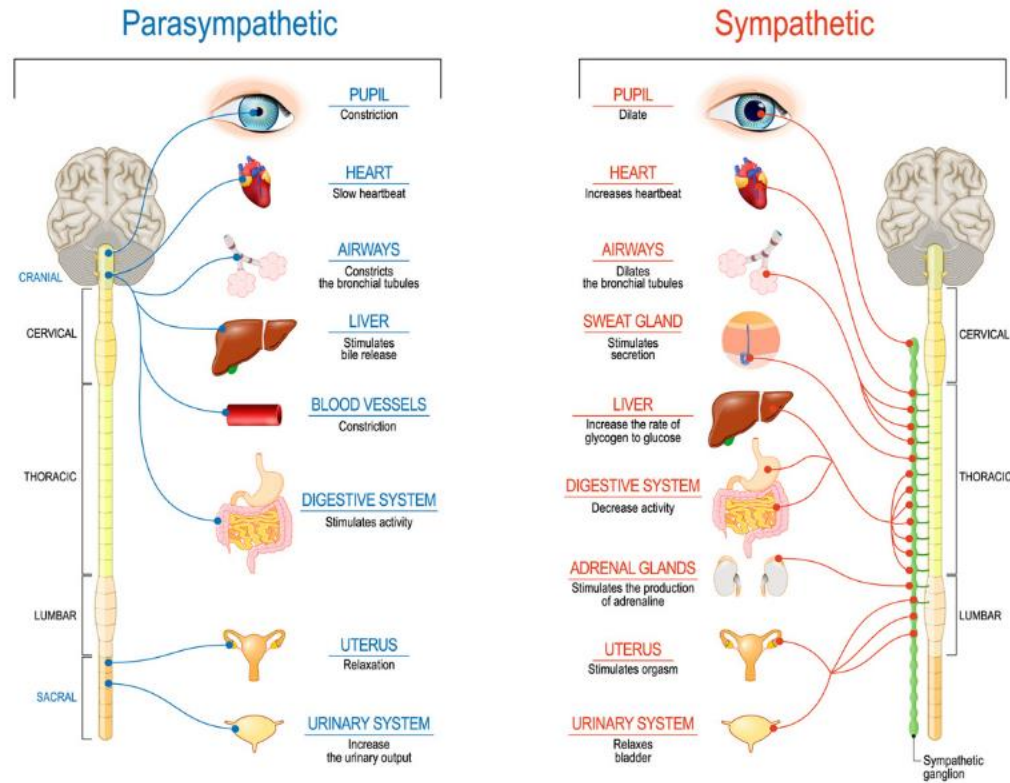
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*The Nervous System
Part 1*

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Discovering Self-Care

Nervous system



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Polyvagal Theory

Stephen Porges

@yogarogueuk

The Vagus Nerve

Parasympathetic NS

Ventral Vagal

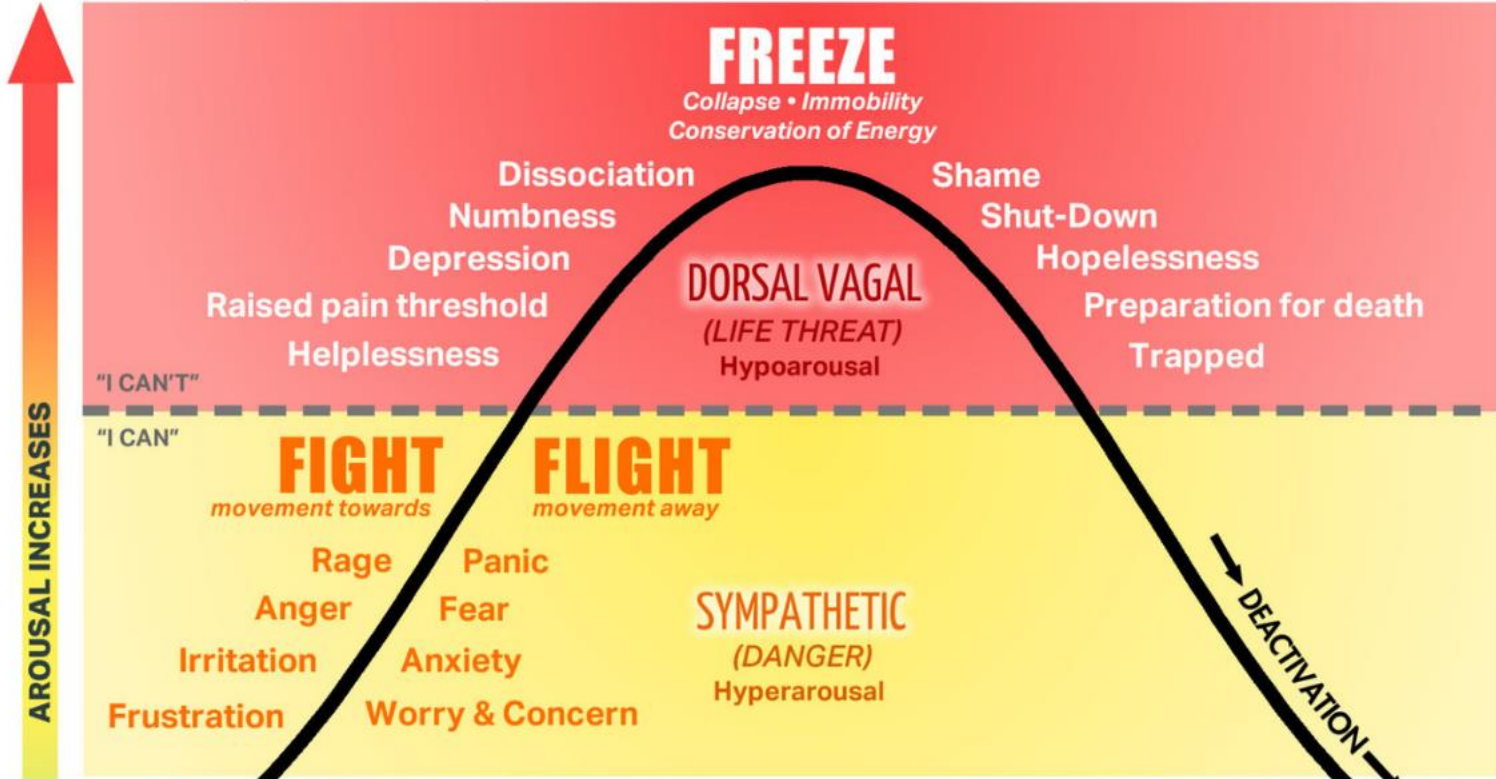
*Social Engagement
Rest and Digest*

Dorsal Vagal

Shut down!

POLYVAGAL CHART

The nervous system with a neuroception of threat:



PARASYMPATHETIC NERVOUS SYSTEM DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior
Attunement to Human Voice • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size
Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation
Relational Ability • Immune Response

The nervous system with a neuroception of safety:



PARASYMPATHETIC NERVOUS SYSTEM VENTRAL VAGAL COMPLEX

Increases

Digestion • Intestinal Motility • Resistance to Infection
Immune Response • Rest and Recuperation • Health & Vitality
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect
Movement in eyes and head turning • Prosody in voice • Breath

Decreases

Defensive Responses

VVC is the beginning and end of stress response.

When VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

The Importance of the Vagus Nerve

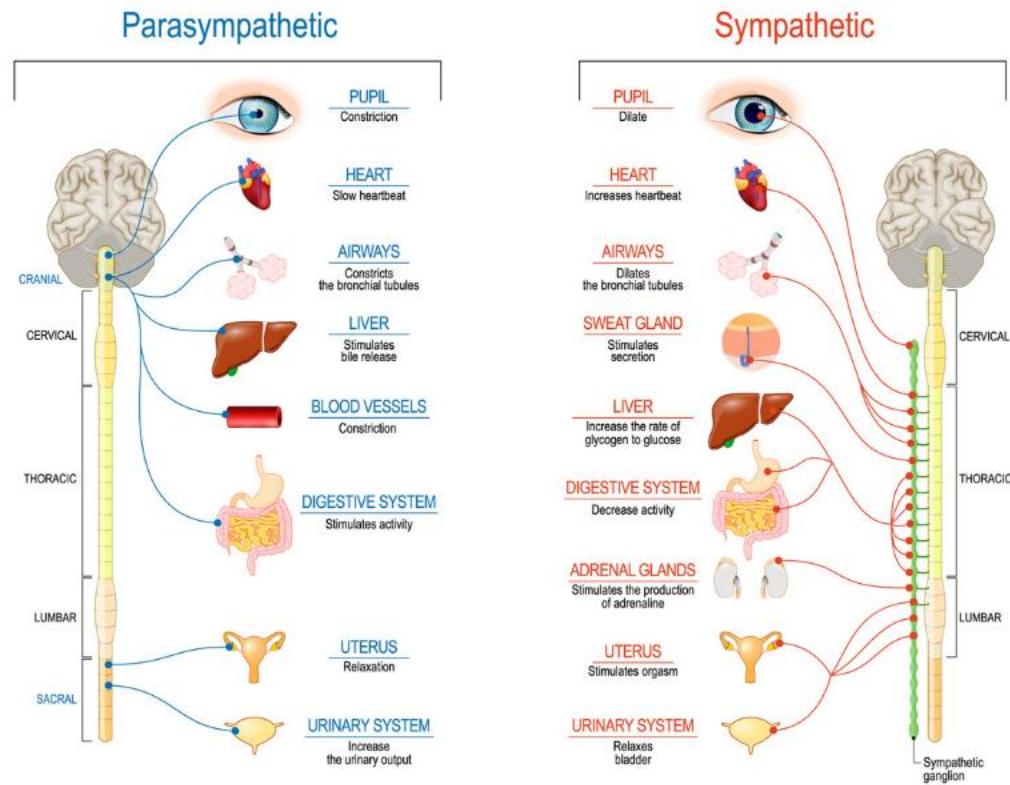
*Not just sending signals
out from the brain*

*Also bringing information in! -
80%*

*Faulty Inward and outward
information in chronic illness.
And under stress*

Discovering Self-Care

Nervous system



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Optimal Zone of Arousal

Dr. Dan Siegel - The Window of Tolerance

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Self-Care*

Social engagement

Mindful

Connected

Compassionate

Optimal Zone of Arousal

Calm

Grounded

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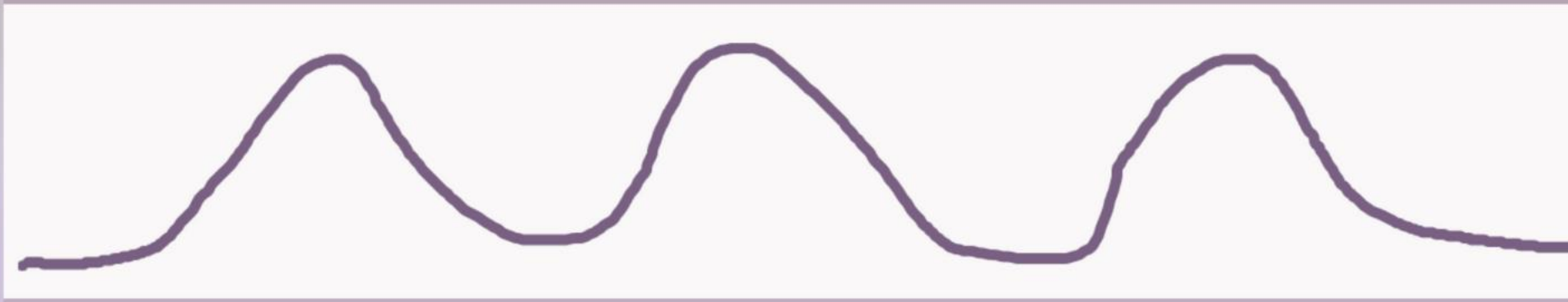
Dr. Dan Siegel - The Window of Tolerance

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A dance between SNS and PNS

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Fight, Flight

Panic

Hypervigilance

Rage

Hyper - Arousal

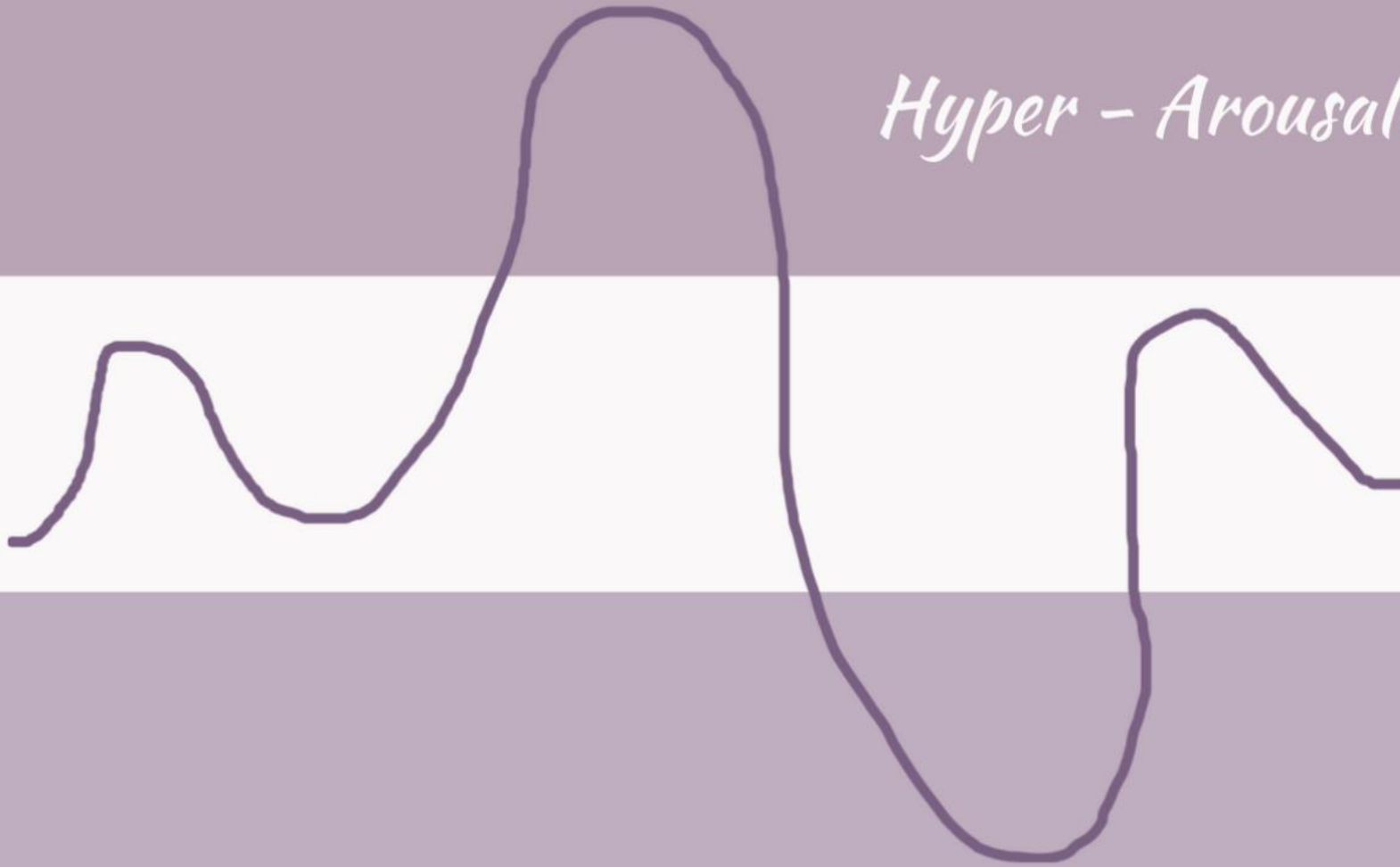
Anxiety

Impulsivity

Stuck on ON

Optimal Zone of Arousal

Hyper - Arousal



Optimal Zone of Arousal

Hypo - Arousal

Stuck on OFF

Shut down

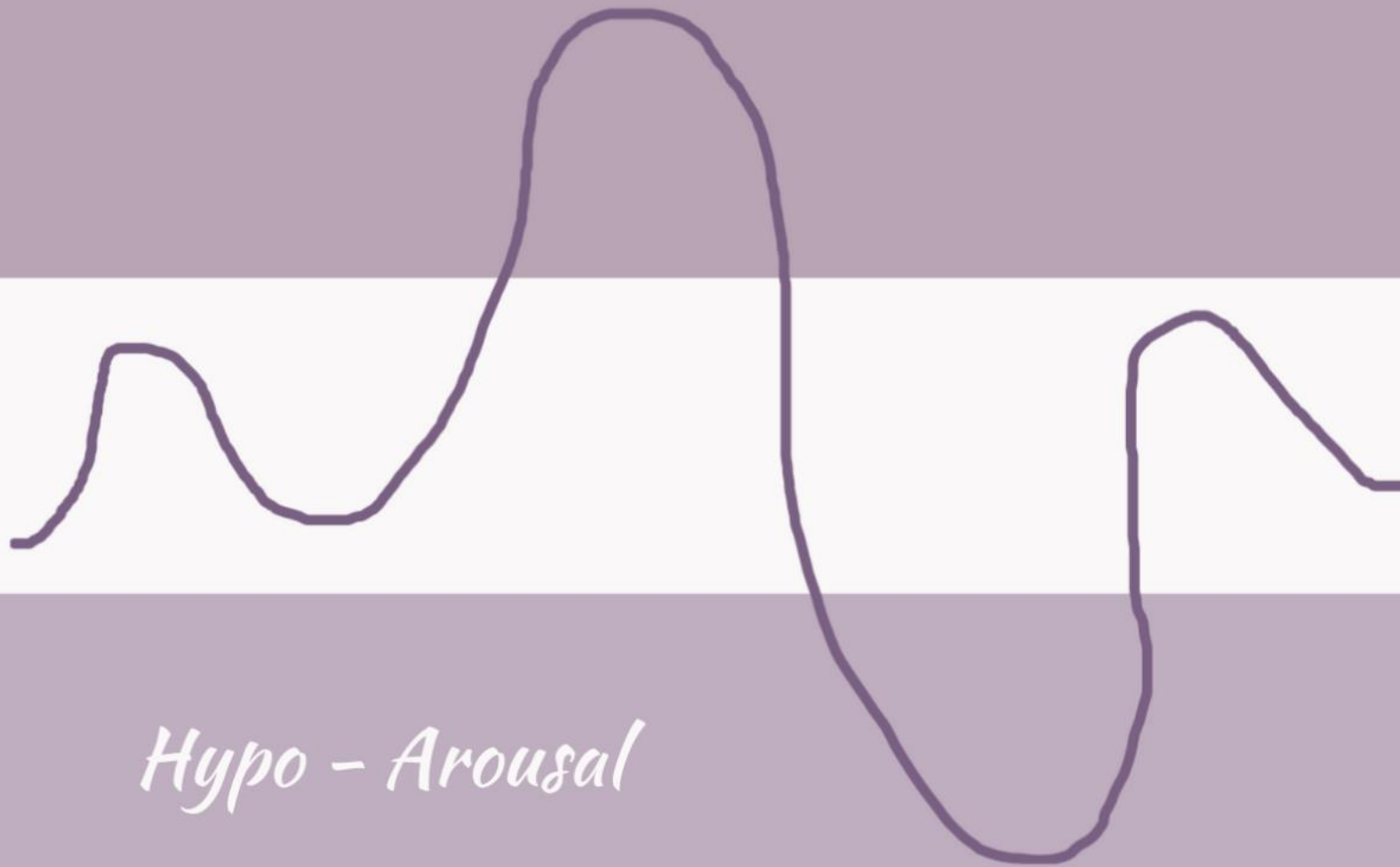
Overwhelm

Numbness

Dissociation

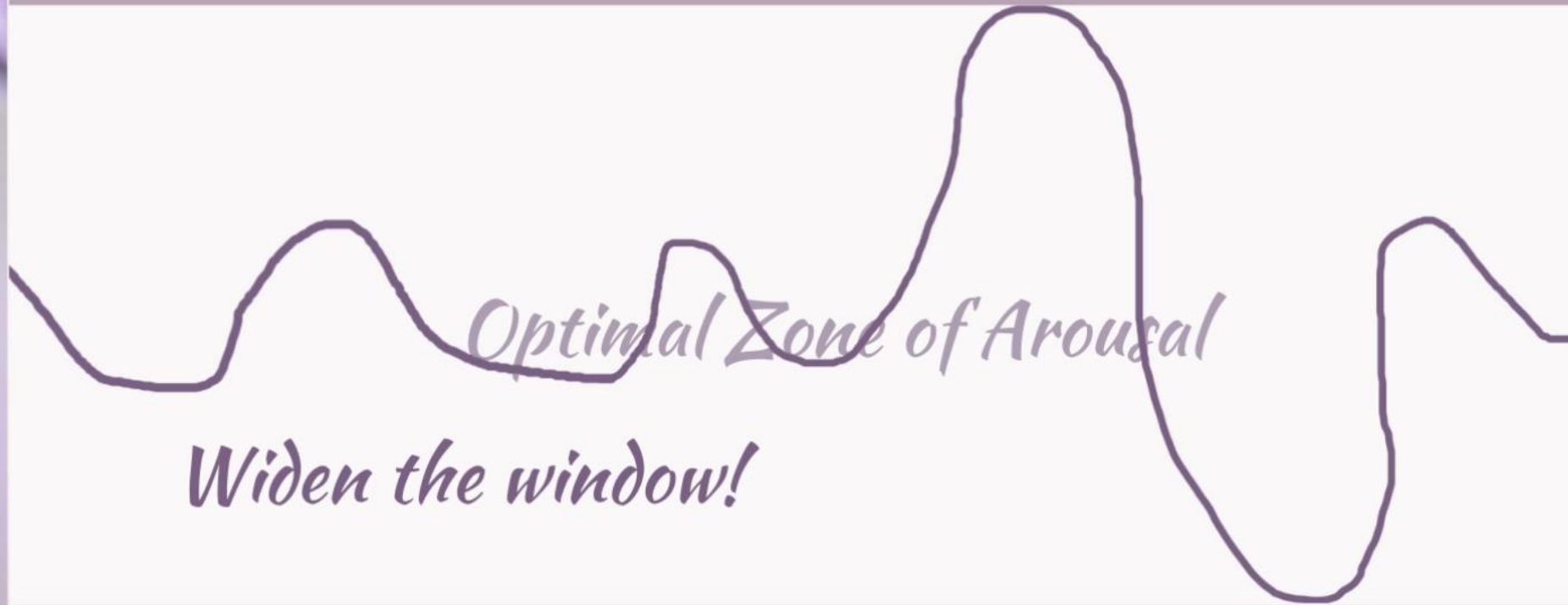
Depression

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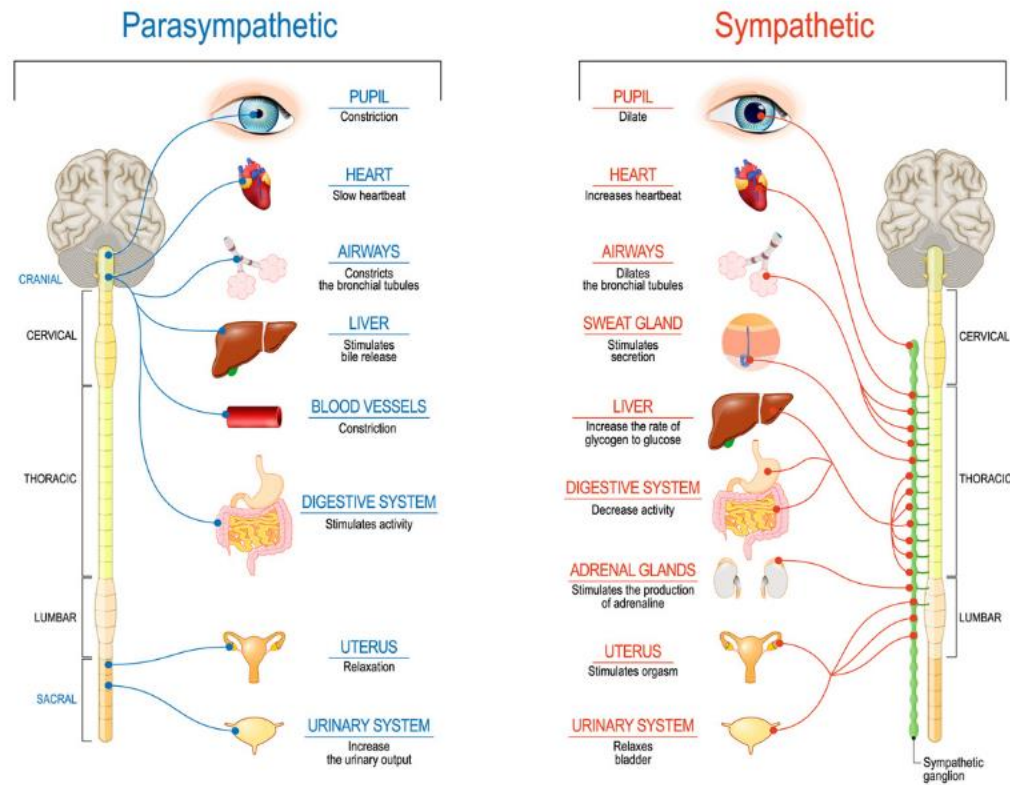


Hypo - Arousal

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Nervous system



The Vagus Nerve

Improve 'vagal tone'

Improve SNS/PNS balance

Let the 'dance' continue



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