

# Nervous System Continuum

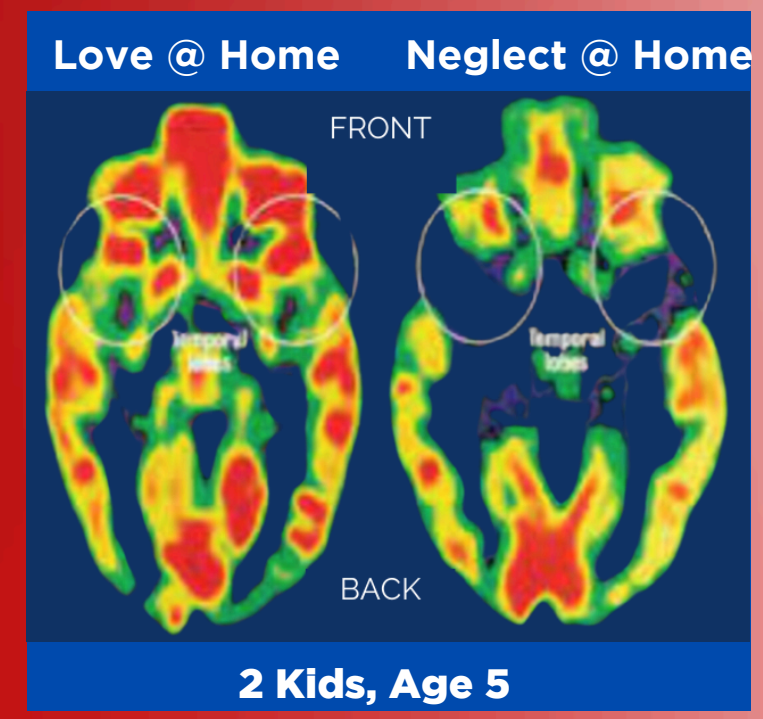
Survival Mode

Dysregulation

Self Regulation

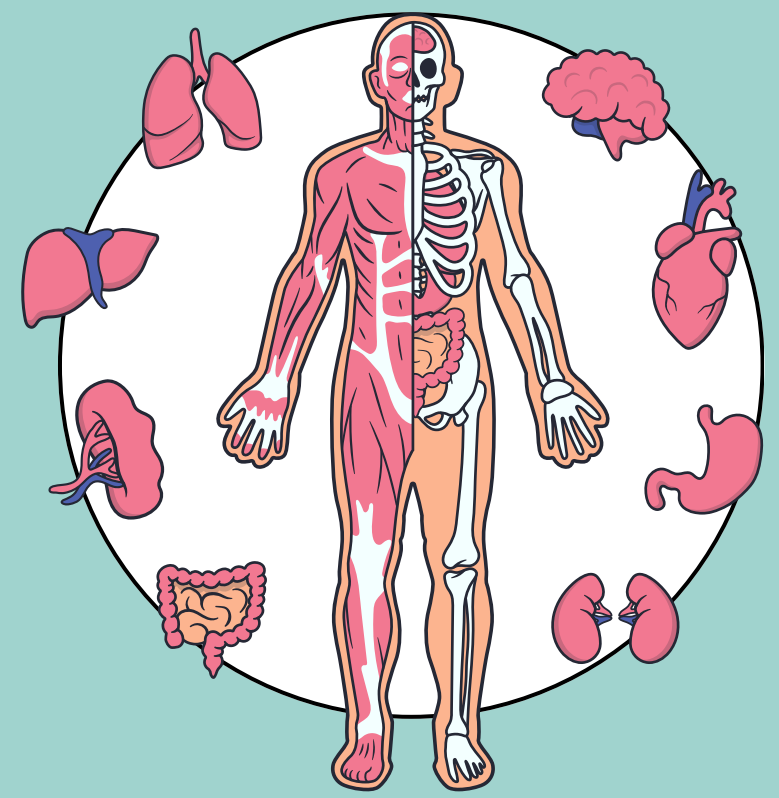
Co-regulation

## Trauma Informed Care



Because ongoing exposure to stress in childhood changes the brain, trapping our physiology. Exacerbated by adult stress, Survival Mode is all there is until the brain and body are deliberately engaged with Trauma Informed care to restore the nervous system.

## Nervous System Informed Care



Because access to: capacity, resilience, wisdom, creativity, imagination, connection, and leadership, and moving towards collective impact on the Nervous System Continuum, is sourced here, in the body, with and through, Nervous System Informed strategies.

