

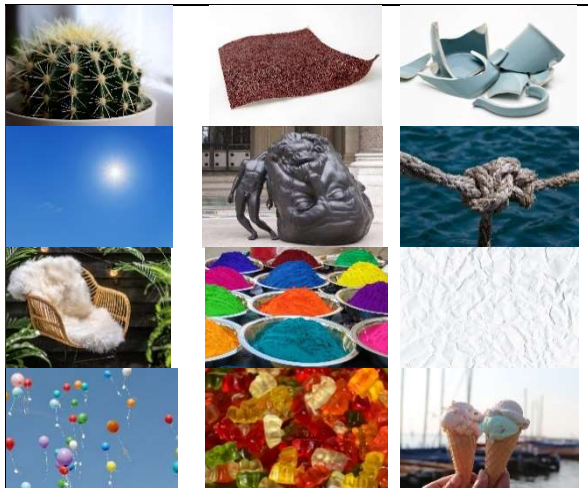


**5 TOOLS**  
**FOR MORE WELLBEING**  
**AT SCHOOL**

# 1. CHECK-IN: 'FEELING GOOD' STARTS WITH

I FEEL: .....

## My SENSATIONS

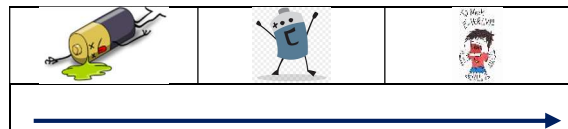


I FEEL: .....

## My EMOTIONS



## My ENERGYLEVEL



I THINK ...

## My MINDSET

<input type="checkbox"/> OPEN	<input type="checkbox"/> RATHER CLOSED
I'm open to other people, to learn, to discover new things, ...	I'm rather closed off, happy in my comfort zone, feel a victim, ...

## My THOUGHTS

I am .....

Others are .....

The world is .....

I DO ...

## My BEHAVIOUR

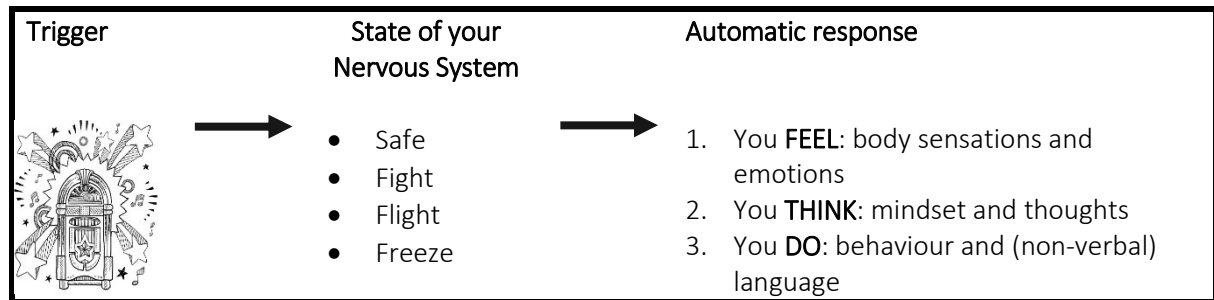
I DO ...

## My LANGUAGE

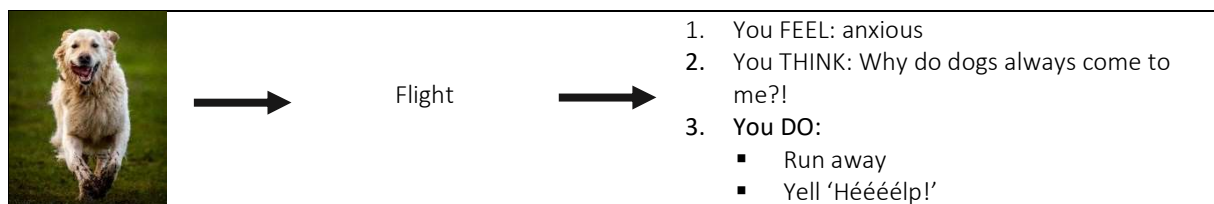
language

bodylanguage

## YOUR BODY WORKS LIKE A JUKEBOX

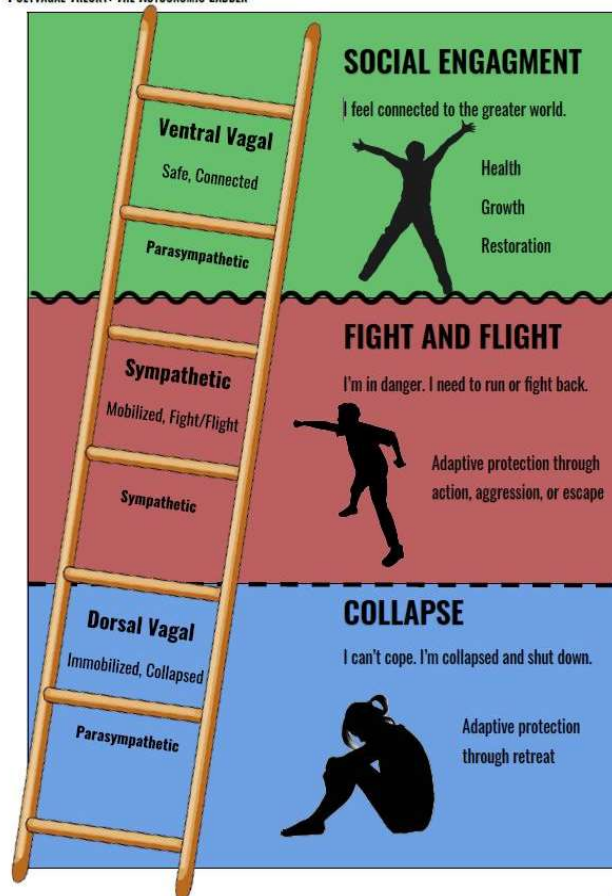


An example:

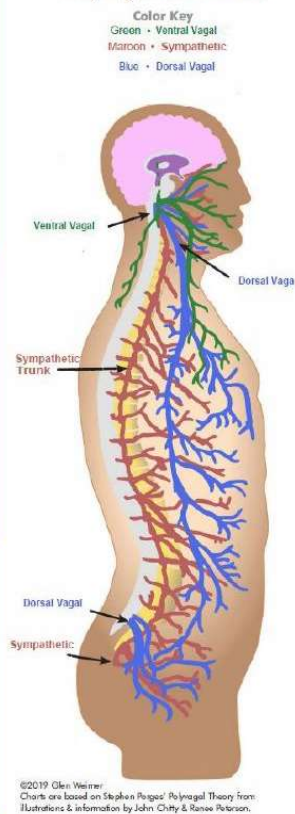


## BUT YOU CAN LEARN TO CHANGE THE SONG

POLYVAGAL THEORY: THE AUTONOMIC LADDER



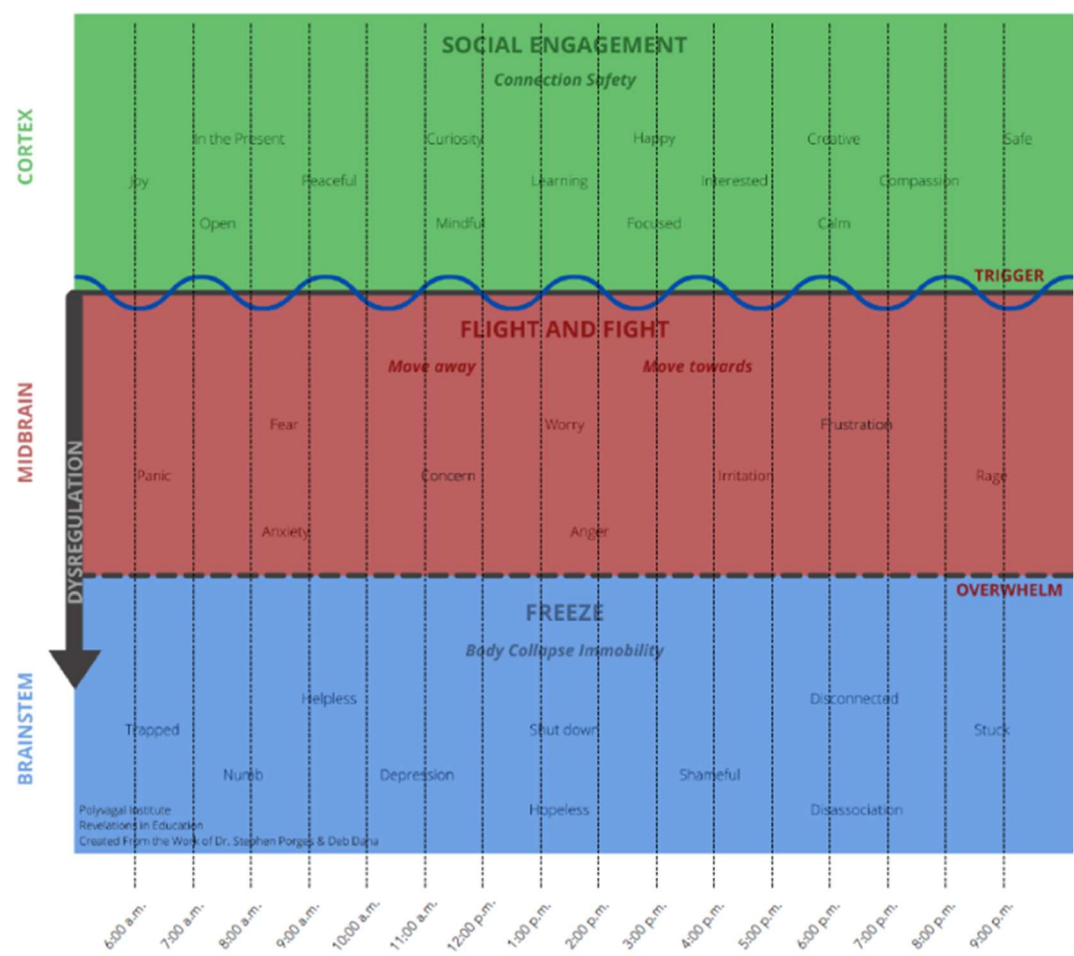
Polyvagal ANS Model



Created from the work of Dr. Stephen Porges & Deb Dana

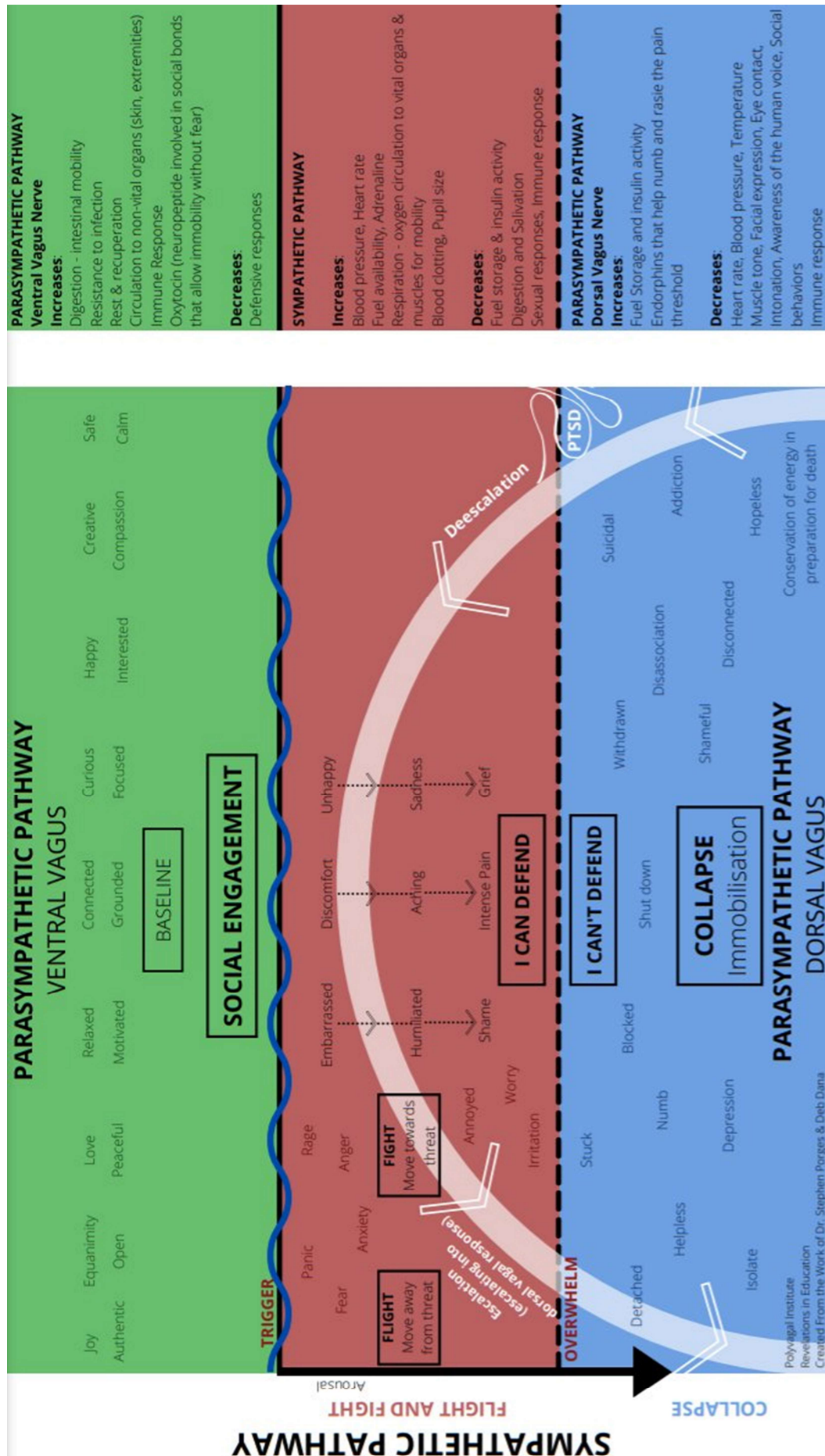


TRACK THE STATE OF YOUR NERVOUS SYSTEM



TRACK YOUR EMOTIONS

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## 2. EXERCISE: SWITCHING ON THE 'SOCIAL SYSTEM'

THE BASIC EXERCISE – STANLEY ROSENBERG



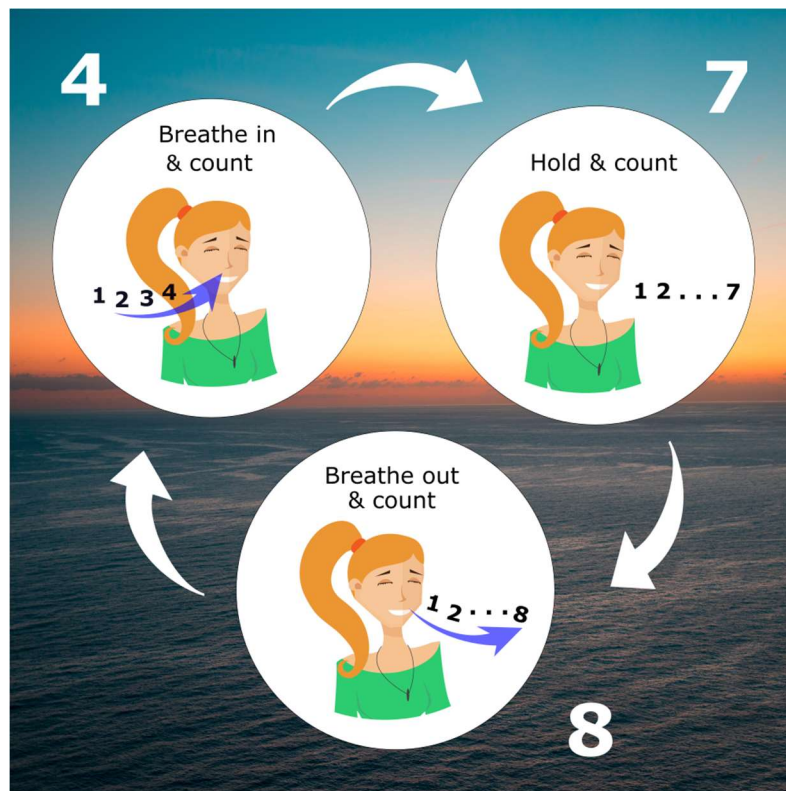
### Instructions

1. Fold your hands (fingers intertwined).
2. Place your hands on the back of your head, resting your head comfortably on your intertwined fingers. You should now feel your skull on your fingers and the bones of your fingers on the back of your head.
3. Look to the right, not moving your head. You only move your eyes, until it is still comfortable. Don't turn your head. Just move your eyes. Keep looking to the right.
4. After a while – 30 to 60 seconds – you start to swallow, yawn or sigh. This is a sign that the autonomic nervous system is relaxing.
5. Now look straight ahead again.
6. Keep your hands in place and keep your head still. Now move your eyes to the left.
7. Keep your eyes on that side until you find yourself sighing, yawning, or swallowing.

This exercise is a way to regulate your nervous system through active stimulation of the ventral branch of the vagus nerve. In doing so you're also stimulating 4 other cranial nerves that are involved in social connection.

## EXERCISE 3: BREATH TO RELAX!

### 4-7-8 BREATHING EXERCISE



#### Exercise:

- Completely exhale through your mouth, making a whoosh sound.
- Close your mouth and quietly inhale through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale through your mouth, making a whoosh sound for a count of eight.
- Repeat the process three more times for a total of four breath cycles.

The 4-7-8 breathing technique was developed by an internationally renowned doctor and integrative medicine pioneer, Dr. Andrew Weil. According to Weil, it is the most effective way of managing anxiety and quelling errant stress responses that he's found in his decades of experience. Deep breaths — like those used in the 4-7-8 technique — are useful for combating anxiety because they help fortify the connection between mind and body. As you slow your breathing and focus fully on the breaths, you're taking, and your parasympathetic nervous system becomes engaged. As your body relaxes, your mind relaxes as well.

## EXERCISE 4: SWITCHING ON THE LEARNING BRAIN

### NEURO WARM-UP

*led by Kelly McCorristin*

This practice comes from [neurotraining.institute](https://neurotraining.institute) and [markus.schreyer.performance](https://markus.schreyer.performance) on Instagram. Check the video demonstration here:

[www.instagram.com/reel/CaDHVV7lciF/?utm\\_medium=copy\\_link](https://www.instagram.com/reel/CaDHVV7lciF/?utm_medium=copy_link).

#### Exercise:

- Your left hand touches the right knee and vice versa. Start slow, then speed it up!
- After that, your left hand touches your right knee. At the same time, your right hand touches your left shoulder and vice versa.

From a neuro perspective this is a great drill to upregulate multiple brain areas, including the cerebellum and frontal lobe. At the same time it trains the interaction between left and right brain hemisphere.

In real life and especially in sports a lot of movements are bilateral and crosswise. This makes movement harder for our brain and oftentimes slows down reactions and performance.

By training cross movements you're able to improve this skill and skyrocket speed, strength and coordination.

Do this before every training and game for at least 1-2 minutes and let the results speak for itself!

For more Focused Attention Practices: <https://revelationsineducation.com/6813-2/?v=4096ee8eef7d>.



## 5. EXERCISE TO 'CLIMB THE LADDER'

### MOVING OUT OF DORSAL: FROM FREEZE TO FIGHT/FLIGHT

As the dorsal vagal state promotes immobility and shut down, many suffering from depression and severe trauma are often held in dorsal, and unable to “move forward.” The key to moving out of dorsal is not meditation, or sitting still, it is safe physical movement that moves the skin, fascia and signals mobility to the nervous system.

Walking, tai chi, qigong, yoga, swimming, any type of safe and healthy movement, including moving the skin through ball rolling or self massage, a little, a lot. Because of the hierarchy of the polyvagal theory, it is difficult to leapfrog from dorsal to the safe and social ventral state – the progression is through the mobilized, sympathetic nervous system. Bodyworkers may see shaking or trembling from clients somatically relieving symptoms of trauma, or what Peter Levine terms the “unfinished action” that has kept them locked in a frozen state.

### GETTING TO VENTRAL: FROM FIGHT/FLIGHT TO SOCIAL ENGAGEMENT

I have been teaching the following practices to clients and students, including inmates in a state prison facility, to help move from a sympathetically tuned nervous system into a ventral vagal state. Many reported sharing them with loved ones during particularly stressful times or events, some in hospitals.

1. 4-7-8 Breath: Inhale through your nose for a count of 4, hold your breath for a count of 7, and exhale through your mouth like you are blowing through a straw for a count of 8. Longer exhales cue safety to the parasympathetic system. Peter Levine recommends making the sound voo on the exhale.
2. Alternate nostril breathing (nadi shodana): Inhale through your nose, gently press your right nostril closed with the thumb of your right hand, and exhale through your left nostril. Then inhale through your left nostril, gently press your left nostril closed with your right ring finger, and exhale through your right nostril. This is one round. Complete ten rounds and then breathe normally in and out through your nose. Notice whether you feel spaciousness in your skull or between your ears, or behind your eyes.
3. Parts of the vagus nerve are connected to your vocal cords and the muscles at the back of your throat. Singing, humming, chanting and gargling can activate these muscles and stimulate your vagus nerve. This has been shown to increase heart-rate variability and vagal tone.
4. Deep sigh: Longer exhale with vocalization is another cue for down regulation.
5. Humming: Can be practiced lying supine with your head to one side. Inhale through your nose and hum while exhaling through your nose. Turn your head to the opposite side and hum while exhaling through your nose. Notice the residual echo in chest and abdomen.

6. Singing: Wonder why it feels so good to sing in the shower? The prosody, and tone of your unique human voice, combined with the mechanical stimulation of the vagus nerve help to tone and activate towards the ventral vagal state.
7. Tapping or emotional freedom technique with silent verbal cues for two breaths in and out through the nose: Begin above eyebrows tapping lightly, then temples, then cheekbones, then above lips, above chin, under collarbone, under armpits and finally on the crown of head. Can be combined with a personal mantra or “even though I feel stressed, I deeply and completely love and accept myself.”
8. Place one hand on the side of your face and one on your heart, reminding your system of the power of the face/heart connection.
9. Rub your hands together until you begin to feel heat, and then gently “cup” your eyes, with your fingers on your forehead and palms over your eyes, but not touching them. Feel the warmth and relief of the hypervigilance sometimes carried around your eyes.
10. Hold one hand on your heart and the other on top of that, gently drawing the skin on your chest downward toward your abdomen. Look up and to the right, over your right shoulder. Pause and take a long slow inhale through your nose, and a long slow exhale through your nose. Return to center and pause. Repeat on the left side.
11. Self Myofascial Release: With a soft fist of your right hand, gently press against your sternocleidomastoid drawing the tissue back, and slowly rotating your head to look over your left shoulder. Repeat on the opposite side. You can also do this using a soft inflatable ball in place of your soft fist.

Source: [www.anatomytrainsaustralia.com/wp-content/uploads/emag-10th-edition-FINAL-SPREADS.pdf](http://www.anatomytrainsaustralia.com/wp-content/uploads/emag-10th-edition-FINAL-SPREADS.pdf)