

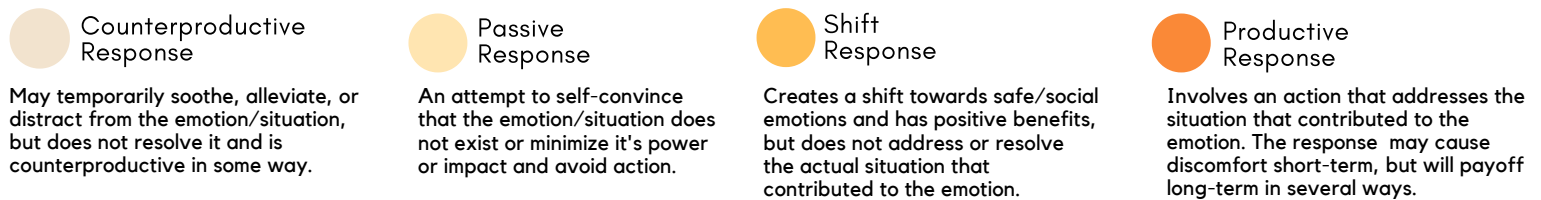
The ART of Resilience: The Polyvagal Theory and Emotions Reflection Activity Worksheet



Polyvagal theory: Emotions



The Nourish Spectrum



Reflection Activity

- Become more aware of your emotional states throughout the day.
- Recognize when you are in the mobilized or immobilized states.
- Increase your tolerance to being in the mobilized and immobilized states long enough to gather information from them.
- Identify your responses to mobilized and immobilized states from the Nourish spectrum.
- Determine if you need or want to enhance your Nourish spectrum responses.

What did you discover? Capture any insights here: