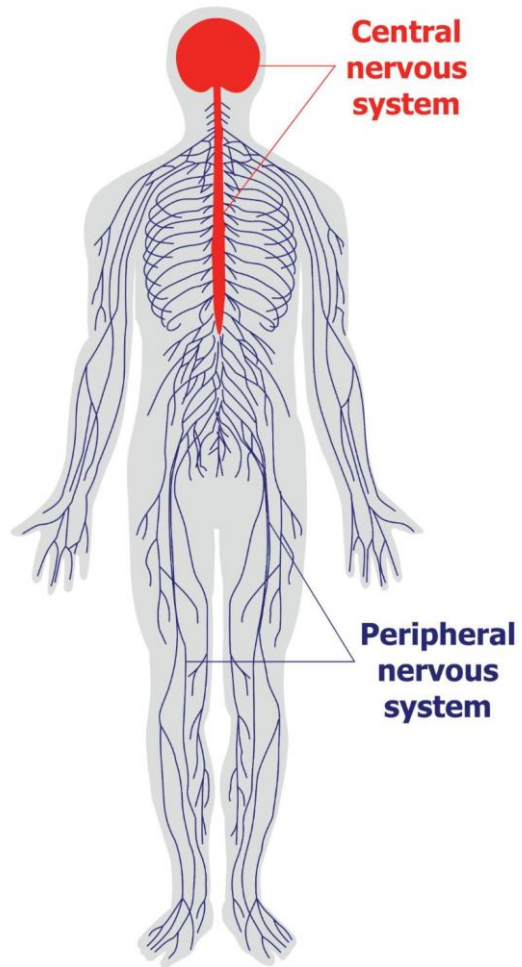


The Heart of Resilience: Regulation, Agency, and Trust

Monica Bhagwan, Director of Curriculum





TRAUMA-INFORMED PRINCIPLES



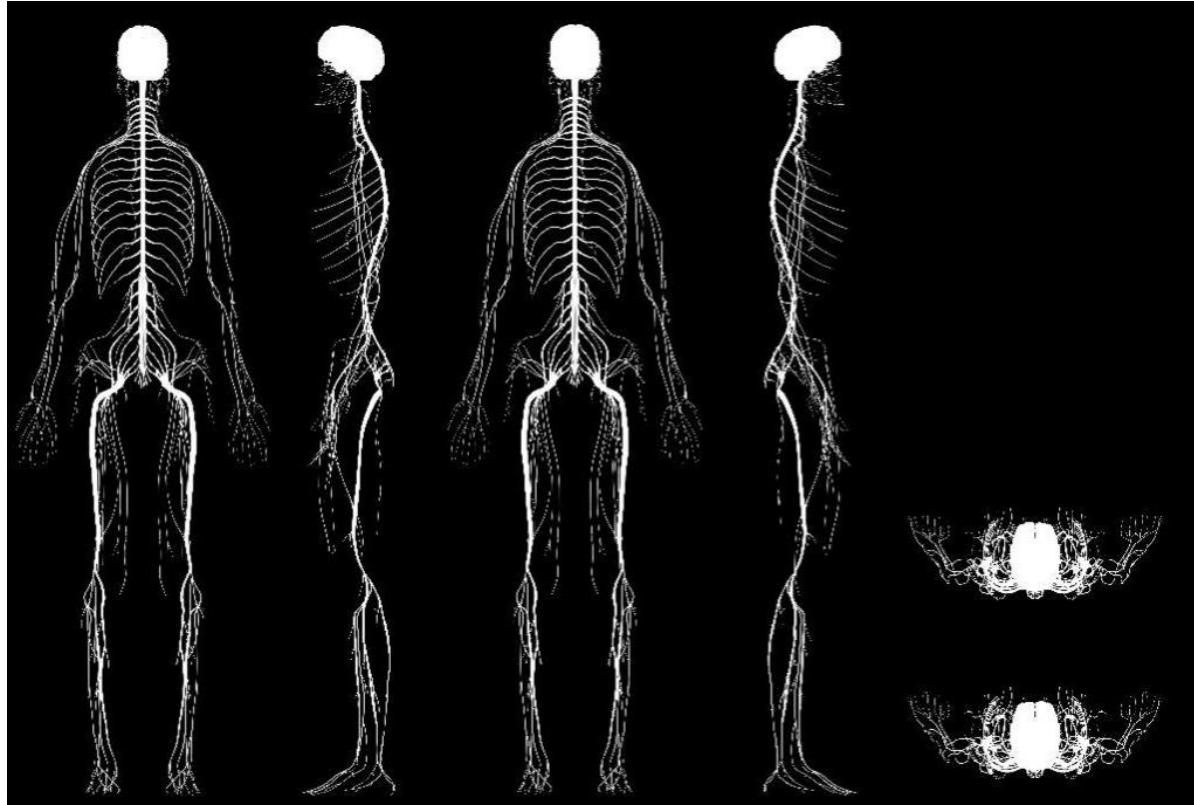
Adapted from SAMHSA

Effective Systems Need Regulated Bodies



“Supporting people means you have to work with people.”

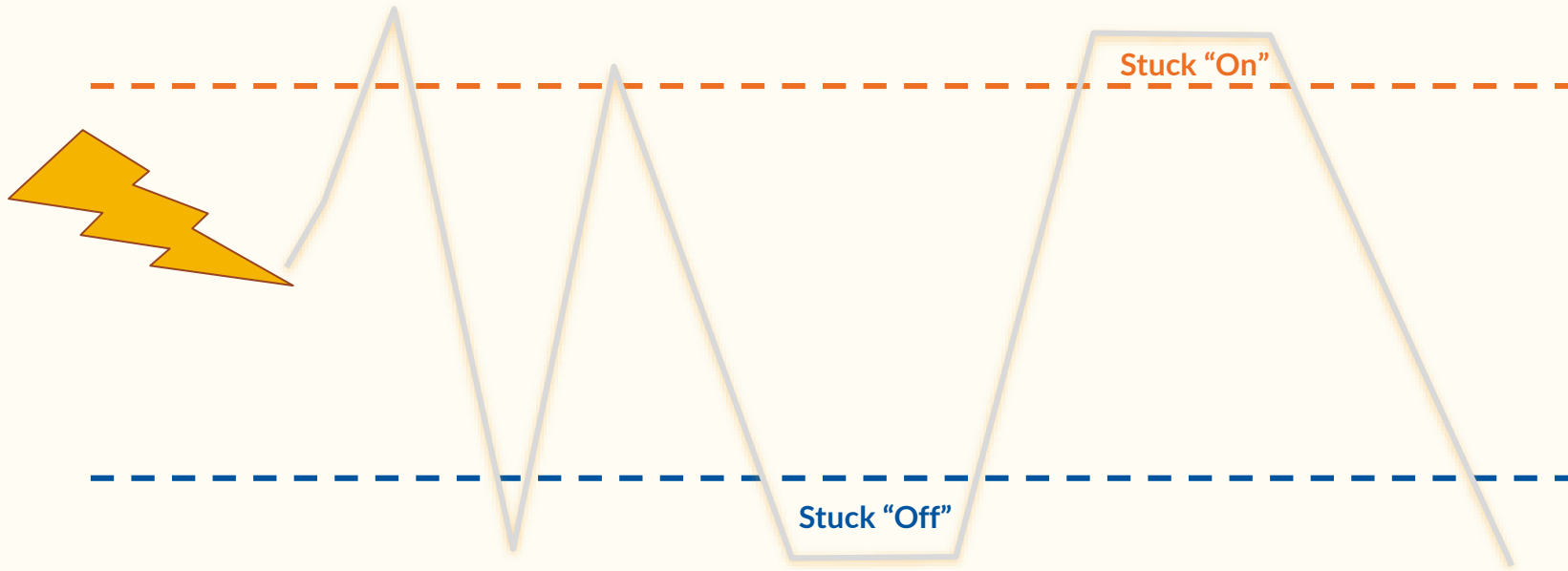
-Sally Abed
(From Standing Together)



Our Unseen Wiring

Hyperarousal (Fight/Flight)

Anger Anxiety Chaotic Hypervigilance Hyperactive



Hypoarousal (Fawn/Freeze)

Depression Numbness Withdrawal Shame Disconnection Lack of Motivation

Survival Response

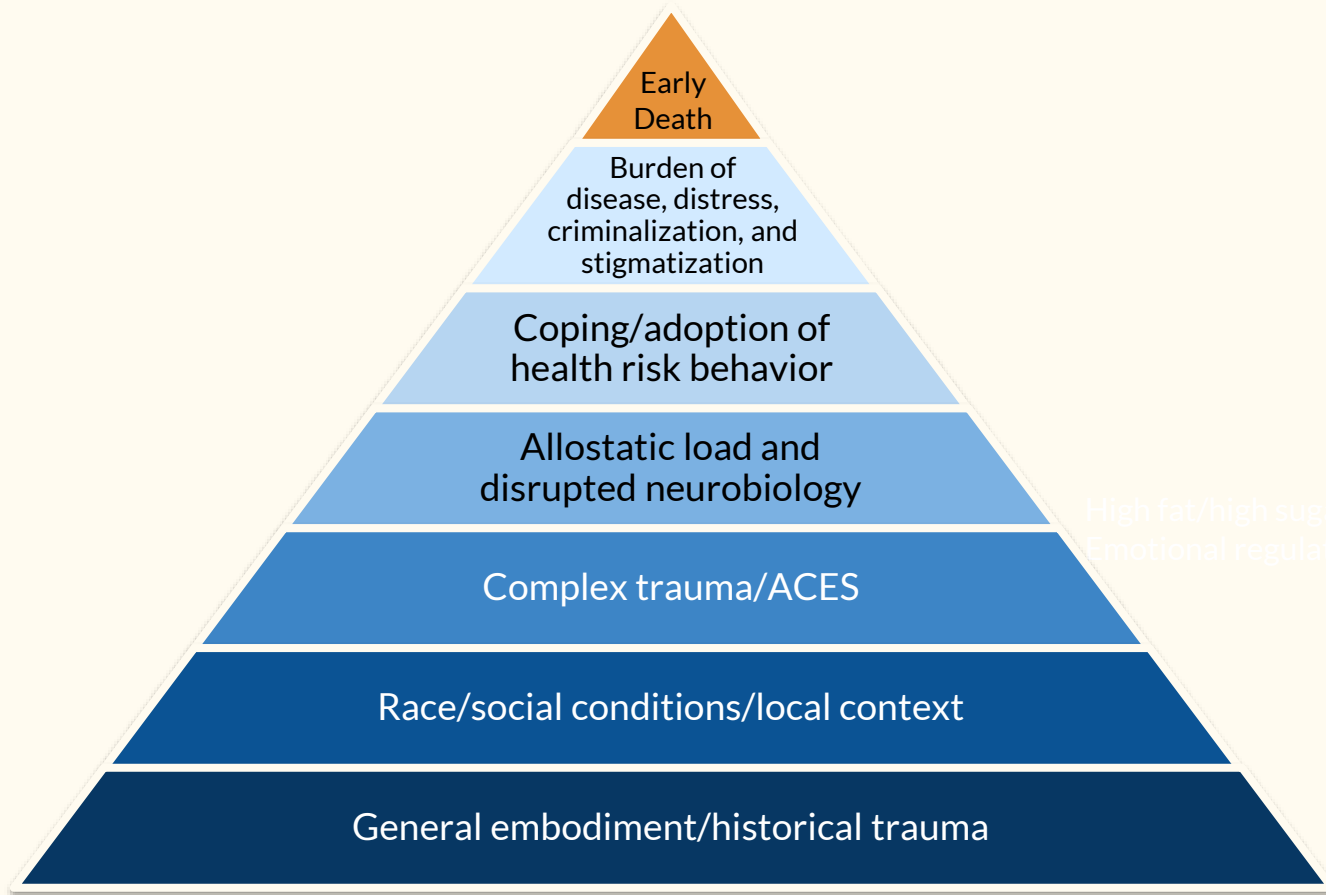
Hyperarousal (Fight/Flight)



Window of Tolerance (Rest and Digest)

Hypoarousal (Fawn/Freeze)

Regulated Stress Response



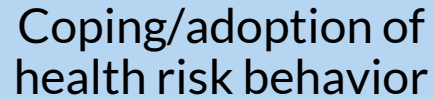
ACEs Pyramid

The diagram consists of a blue trapezoidal box on the left containing the text 'Allostatic load and disrupted neurobiology'. A thick purple arrow points from this box to a larger blue rounded rectangular box on the right. This second box contains a bulleted list of five items: 'Increased body fat', 'Altered gut-brain circuitry', 'High-fat and high-sugar cravings', 'Damaged metabolism', and 'Inflammation'.

Allostatic load and disrupted neurobiology

- Increased body fat
- Altered gut-brain circuitry
- High-fat and high-sugar cravings
- Damaged metabolism
- Inflammation

What are the consequences of trauma on factors that impact nutritional health?

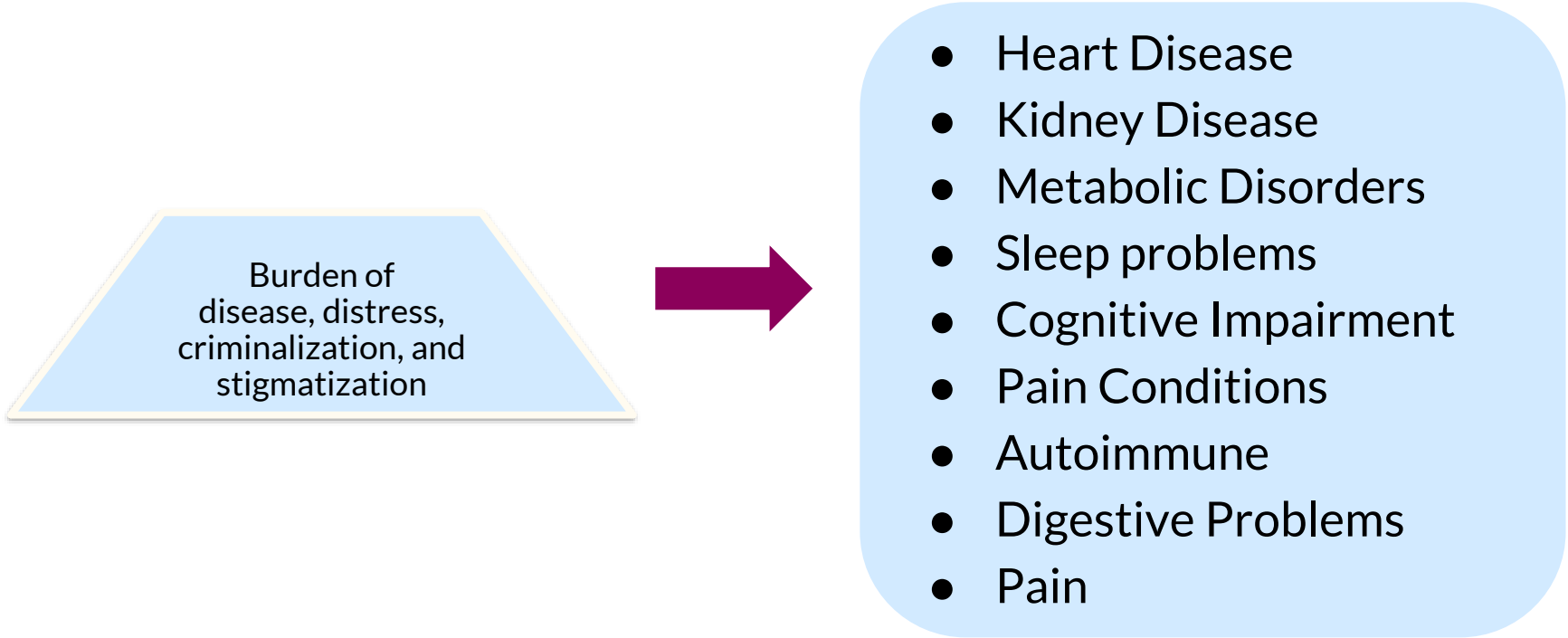


Coping/adoption of
health risk behavior



- Safety and regulation-seeking
- Food and substances abuse
- Disordered Eating
- Feast or famine mindset
- Unmet basic needs
- Eating Disorders

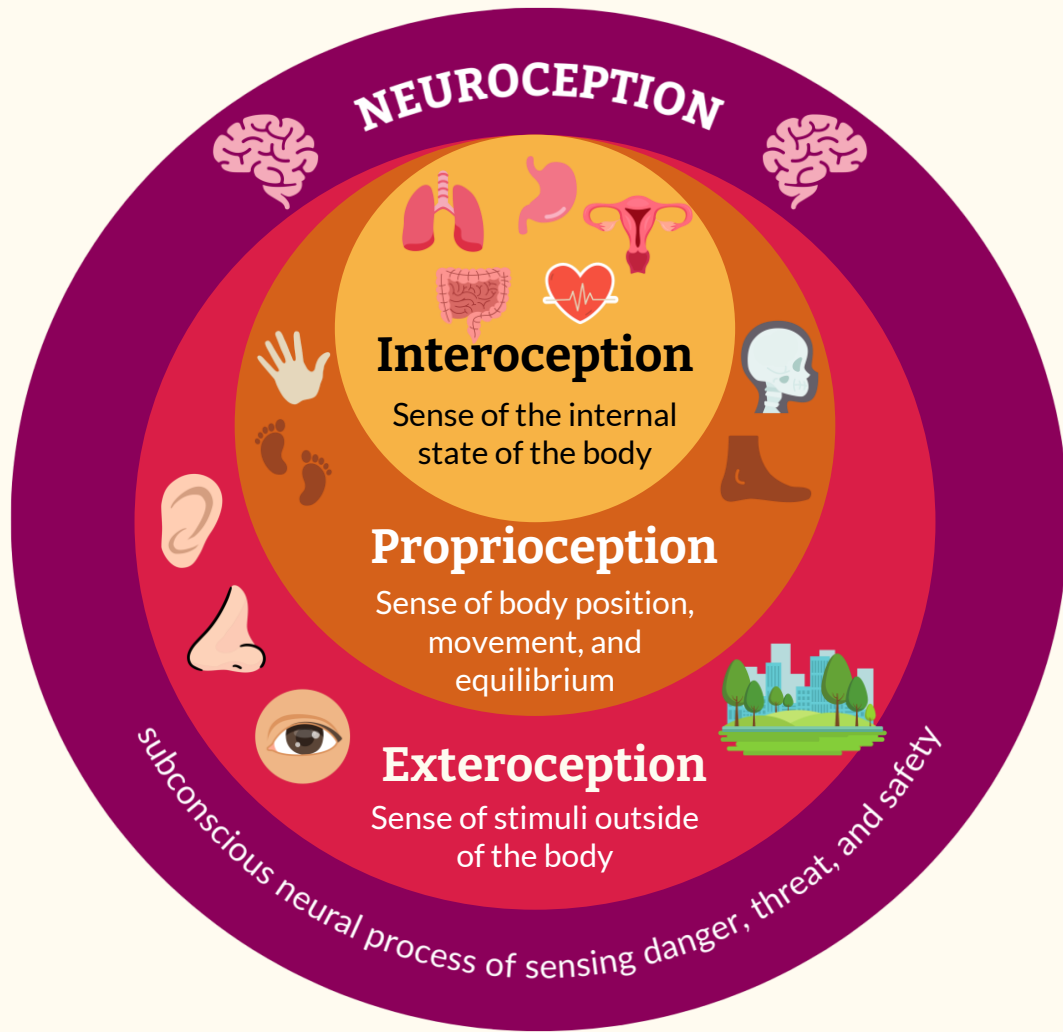
What are the consequences of trauma on factors that impact nutritional health?

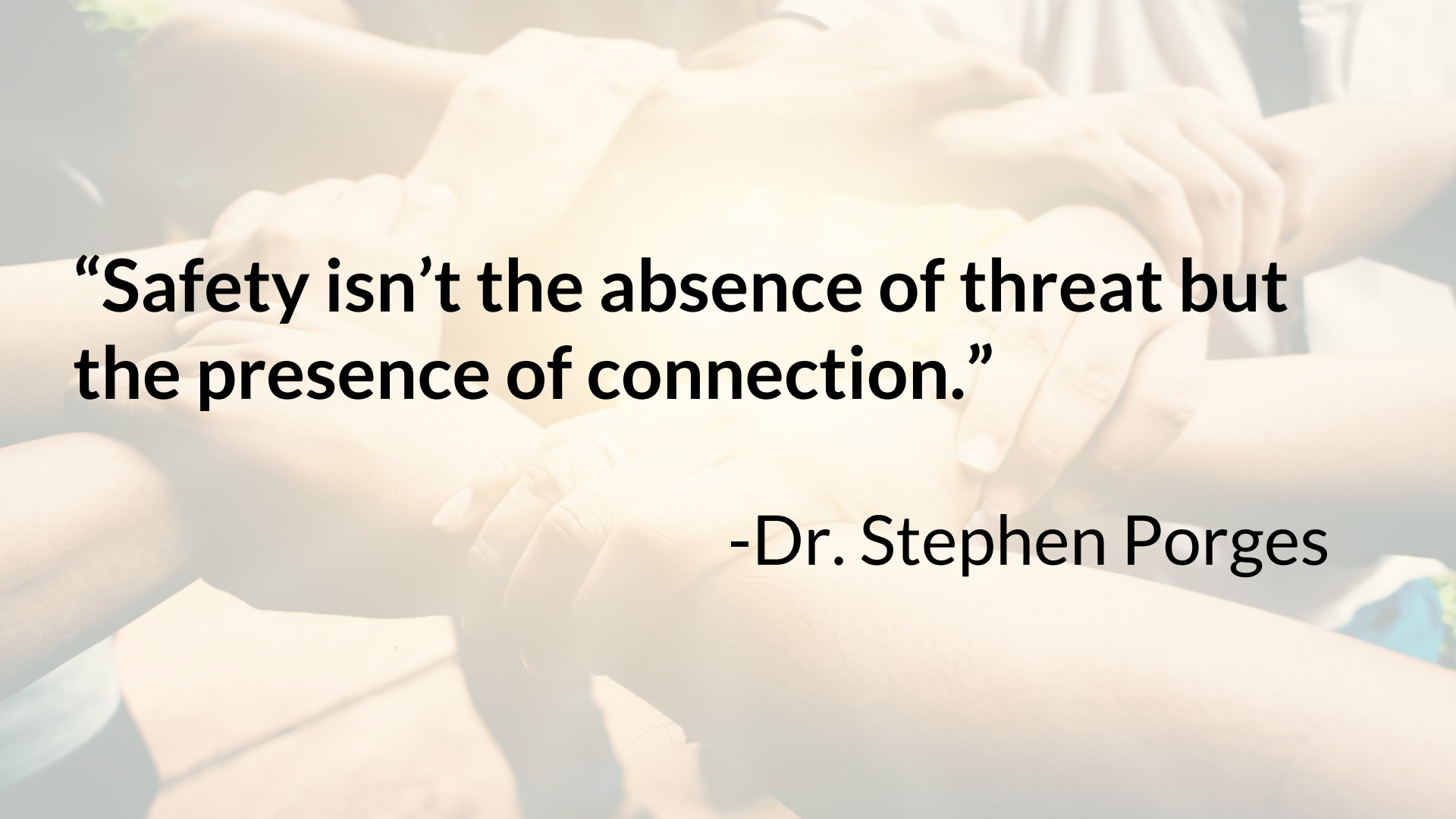


Burden of
disease, distress,
criminalization, and
stigmatization

- Heart Disease
- Kidney Disease
- Metabolic Disorders
- Sleep problems
- Cognitive Impairment
- Pain Conditions
- Autoimmune
- Digestive Problems
- Pain

What are the consequences of trauma on factors that impact nutritional health?



A group of hands of various skin tones are clasped together in a circle, symbolizing unity and connection. The background is a soft, warm light, and the overall image has a slightly faded, ethereal quality.

**“Safety isn’t the absence of threat but
the presence of connection.”**

-Dr. Stephen Porges

Trust

=

Risk

Why regulate?

- Build safety and trust through connection
- Help others be in their window of tolerance
- To practice apology and repair
- To challenge our biases
- To empower and support agency

Is the other person
regulated?

Co-Regulation

Are you regulated?

Hyperarousal (Fight/Flight)



Window of Tolerance (Relate, Learn, and Change)

Hypoarousal (Fawn/Freeze)

A Regulated Stress Response