

**Things I can do
on my own:**

**Things I can do
with others:**

Ventral Vagal

Safe

Connected/Social

Sympathetic

Mobilized

Fight or Flight

Dorsal Vagal

Immobilized

Collapsed



What helps me stay here?



What helps me stay here?



What moves me out of here?



What moves me out of here?



What moves me out of here?



What moves me out of here?

