



Calm Kit

Foundations Workshop

Body-based tools to find calm, build resilience,
and better navigate the stressors of modern life.

AIC Toolkit with *Cara Maiolo*

ASPENINTEGRATEDCOUNSELING.COM

WHAT IS THE CALM KIT?

An easy-to-learn toolkit to help you deactivate your stress response, replenish your energy reserves, refresh your mind and help you feel more balanced throughout your day.

WHY DOES THE CALM KIT USE BODY-BASED INTERVENTIONS?

THE MIND - BODY CONNECTION

The nervous system shapes the way you experience your life. Your nervous system (NS) state influences:

- Your thoughts, predictable patterns of thought and how flexible you are with your thoughts.
- Your emotions, how you experience those emotions and your emotional resilience.
- Your decision making, choices and behavior patterns (and the impact of those on others).
- Your perceptions of yourself, your capabilities, other people around you, your environment and the situation you're in.

The NS responds really well to body-based interventions that signal safety and move us back to an integrated, regulated state.

WHY SHOULD I REGULATE MY NERVOUS SYSTEM?

THE ART OF SELF-REGULATION

A healthy NS can be trained and nurtured to allow you to move into states of activation for dealing with and managing challenges in the short term, and then able to move back into and stay longer in a calm, grounded, open and connected state.

The skill of self-regulation utilizes strategic techniques that move your NS toward integration/regulation. When integrated you have access to your best mind, enabling you to feel profoundly contented, balanced, and confident that you can navigate the highs and lows of life with skill, and show up as your best self more of the time.

Our experience of a a resilient, fulfilling and balanced life is directly related to our ability to regulate our body's NS state.



I developed the Calm Kit to bring evidenced based nervous system supporting tools to help myself, my friends, my clients and my health education community members find calm, build resilience and better navigate the stressors of modern life.

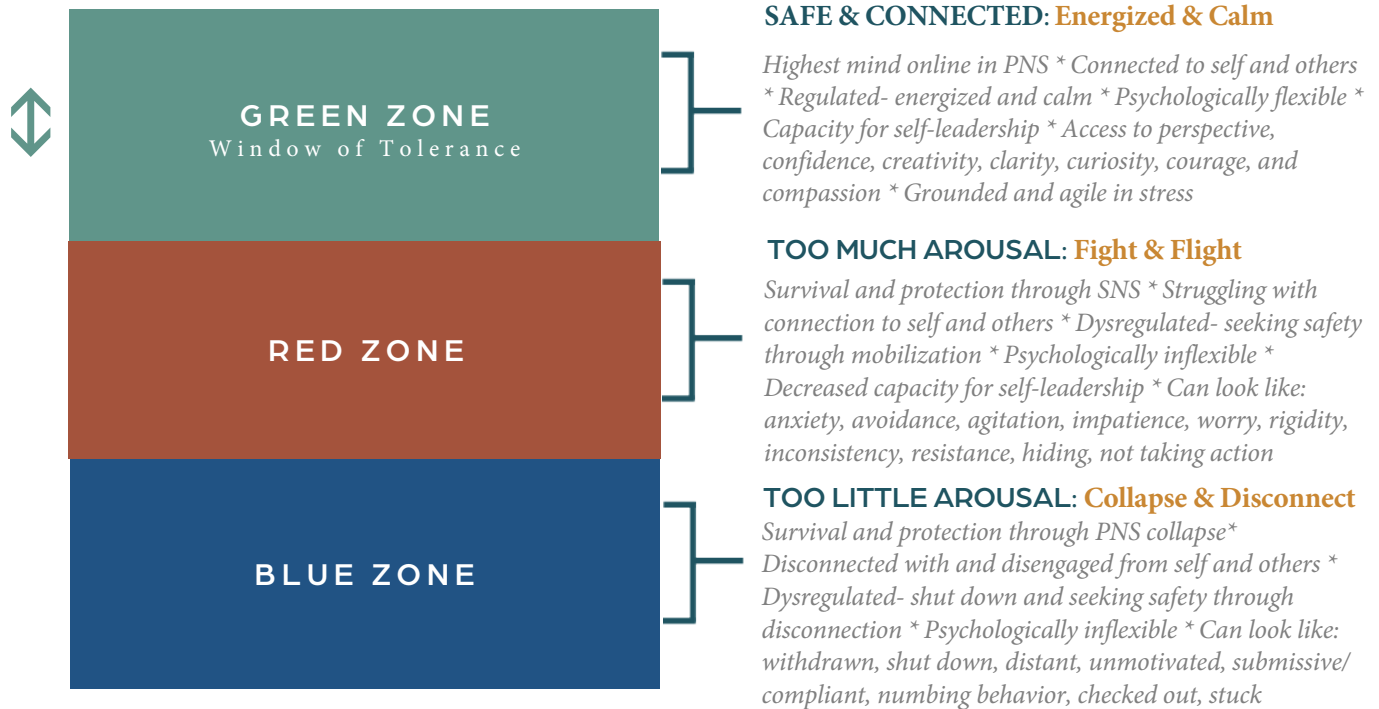
It's an easy-to-learn toolkit that'll help you deactivate your stress response, replenish your energy reserves, refresh your mind and help you feel more balanced and present through out your day.

Your work, life, family, and community all need you profoundly grounded, thriving mentally and emotionally, and operating from a deep place of clarity and connection. So you can offer the gifts only YOU can to the people and systems in your sphere of influence.

Cara Maiolo, LPC

CALM KIT / Know Your State

The nervous system is divided into 3 distinct states, each with its own set of protective actions. Your nervous system is monitoring, on a moment to moment basis, the two priorities of 1) safety & connection and 2) protection & survival.



The power of neuroception:

- The eyes and ears of your nervous system.
- Looking for signals of safety or cues of threat.
- Sensing data within your body, within the body of the other, within the relational space between you and the other, as well as your environment.
- Your learning history and personal preferences influence your NS's interpretation of this data.

Moving toward integration

Our goal is to increase our ability to show up for our lives in the way we most want. If we can build awareness of our state, and learn the skills to influence our state, we can influence more workable ways to move through stress/challenge and also show up to our work in the world and our relationships with greater calm and steadiness.

YOUR NOTES:

Green Zone

Know your story from this nervous system state
Safe & Connected, Energized & Calm

Your typical thoughts:

Your experience of emotions:

Your perceptions of yourself, others and the situation:

Your behavior patterns & impact on others:

Red Zone

Know your story from this nervous system state
Too much arousal, Fight & Flight

Your typical thoughts:

Your experience of emotions:

Your perceptions of yourself, others and the situation:

Your behavior patterns & impact on others:

Blue Zone

Know your story from this nervous system state
Too little arousal, Collapse & Disconnect

Your typical thoughts:

Your experience of emotions:

Your perceptions of yourself, others and the situation:

Your behavior patterns & impact on others:

Research-backed and zero cost tools grounded in excellent peer reviewed research that help you move toward nervous system integration and regulation. So you can show up more of the time with your highest, most skillful self in the driver's seat of your life.

Non Sleep Deep Rest (NSDR)

Guided relaxation exercise that teaches your nervous system (NS) how to regulate and replenish.

NSDR is an evidenced based protocol that teaches your NS how to access states of deep rest and repair for the sake of promoting NS regulation, improving sleep, reducing stress, and enhancing rates of learning/neuroplasticity. NSDR protocols guide the listener to self direct a state of calm through strategic focus (and often will include deliberate breathing). NSDR creates a PNS response, replenishing levels of dopamine and reducing cortisol.

When to practice:

- At predictable times in your weekday schedule to build up window of tolerance
- As a reset and check-in during transition moments in your schedule
- When you notice dysregulation

Deliberate Breathing

'Balancing Breath' (6:6), 'Resetting Breath' (4:2:6), 'Grounding Breath' (4:6) and 'Uplifting Breath' (6:4) protocols.

Deliberate breathing is slowing, deepening and manipulating the pattern of your breath with the intention of influencing your NS state. Deliberate breathing builds more "vagal tone" by establishing pathways from dysregulated states back to your green zone, as well as conditioning a more robust and resilient regulated state.

When to practice:

- At predictable times in your weekday schedule to build up window of tolerance
- As a reset and check-in during transition moments in your schedule
- When you notice dysregulation

Sensory Grounding

Signaling safety exercises that increase present moment awareness through your senses.

By taking your surroundings in fully, you can 'orient' yourself to the environment to promote a sense of presence and safety, moving attention away from inner sensation that may be distressing (thoughts, feelings, body sensations), and back to an open and engaged state of being. With Sensory Grounding, you bring your full awareness to the environment through your senses. Look for "glimmers" or things that signal soothing and safety to your nervous system, and then savor it by lingering on what appeals to you.

When to practice:

- In the morning or late evening, outside while taking in the light.
- In moments of connection or enjoyment
- As a reset and check-in during transition moments in your schedule
- When you notice dysregulation

"Incremental change leads to transformational change." -Deb Dana

01. Non Sleep Deep Rest Tools

Knowing which formats of NSDR appeal to your nervous system, what your mind/body signs are indicating a need for this tool, and knowing when in your day you can weave it in seamlessly and consistently is the art of NS regulation.

The where & what for intervention:

My signs for intervention:

Time of day & location for building resilience/prevention:

02. Deliberate Breathing Tools

Knowing which deliberate breathing patterns appeal to your nervous system, what your mind/body signs are indicating a need for this tool, and knowing when in your day you can weave it in seamlessly and consistently is the art of NS regulation.

The where & what for intervention:

My signs for intervention:

Time of day & location for building resilience/prevention:

03. Sensory Grounding Tools

Knowing which sensory grounding tools appeal to your nervous system, what your mind/body signs are indicating a need for this tool, and knowing when in your day you can weave it in seamlessly and consistently is the art of NS regulation.

The where & what for intervention:

My signs for intervention:

Places & moments for building resilience/prevention: