What I Stand For – No One Can Take Away

Adaptive Strategies
- Brace/Freeze
- Fight
- Comply
- Avoid
- Dissociate

What is your most practiced adaptive strategy?

What did it take care of?

Adaptive Strategies under Stress
- Most practiced responses
- Lives in our body
- Often unconscious and primitive
- Triggered by many things- can knock us off center

Training our Sympathetic and Para-sympathetic nervous system
- Body Awareness
- Adrenaline Practice
- Curiosity – not judgment
- On-Going Practice

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*Based on the work of Suzanne Roberts, Master Somatic Leadership Coach, Unifying Solutions, UnifyingSolutions.com