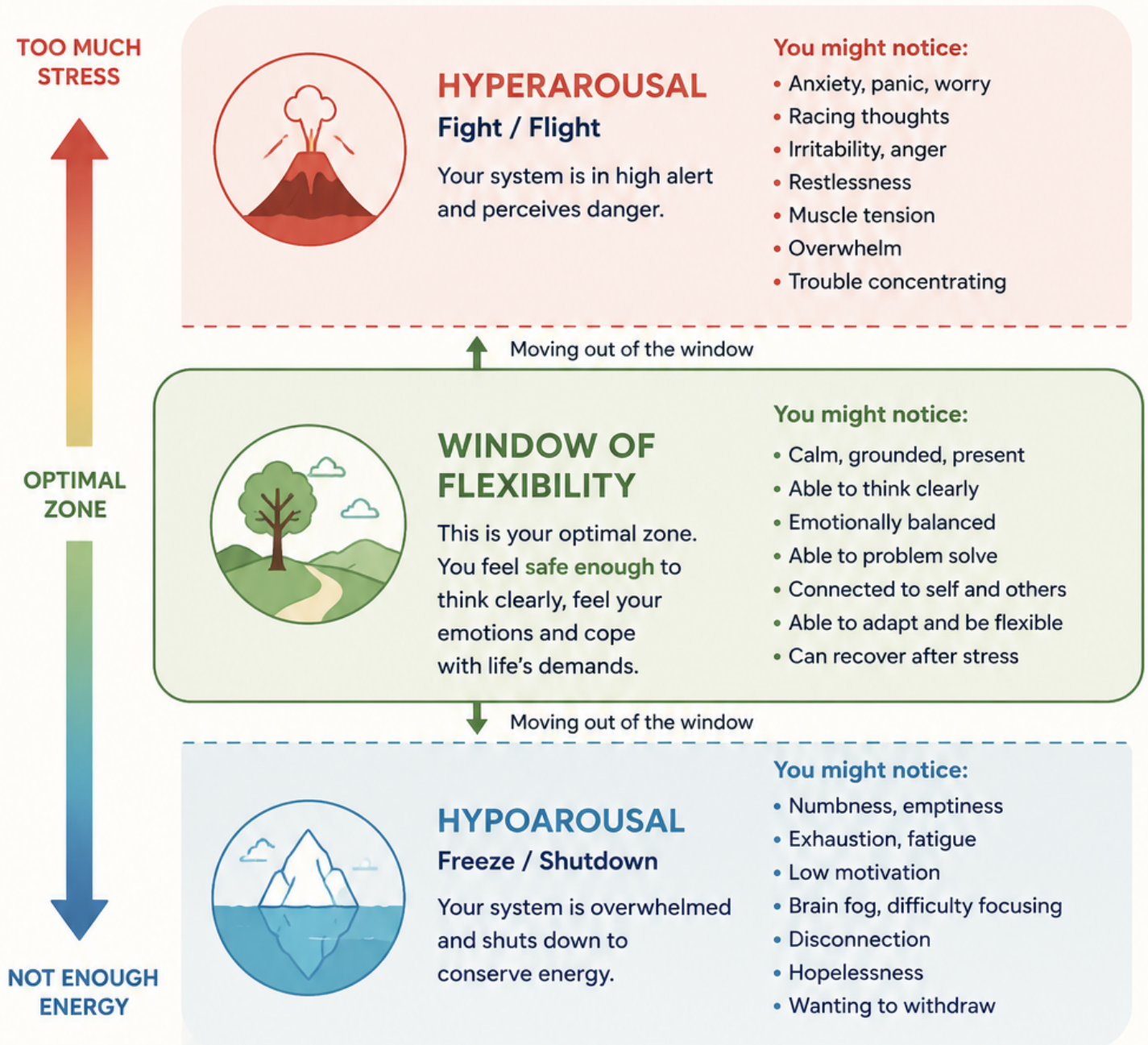


YOUR NERVOUS SYSTEM: THE THREE STATES AND THE WINDOW OF FLEXIBILITY

Your nervous system is always working to keep you safe.
These three states influence how you think, feel and respond to life.



WHAT HELPS WIDEN YOUR WINDOW OF FLEXIBILITY



Safe connection

Feeling seen,
heard and
supported



Regulation skills

Breathing, grounding,
movement,
self-soothing



Healthy habits

Sleep, nutrition,
movement,
nature



Reduce overwhelm

Boundaries,
realistic expectations,
breaks



Therapeutic support

A safe space to
heal and grow



Your nervous system is not broken. It is trying to protect you.
With support and practice, you can build more capacity, resilience and flexibility.