



TSW TIME OUT

VOLUME 5

TRAUMA SENSITIVE WORKPLACE INITIATIVE

REGULATING WITH NEUROPSYCHOLOGY

Utilizing different neuroscience based self-regulation techniques can help release chemicals and improve functioning in different parts of our brain that helps regulate emotions.



HOW YOU ARE FEELING

STRESSED
ANXIOUS
SAD
IMPULSIVE/ ANGRY
LOW MOTIVATION
LOW SELF-WORTH/ INSECURE

WHAT YOU CAN DO TO HELP

USE A PHYSIOLOGICAL SIGH
TAKE A WALK
ACKNOWLEDGE AND MOVE YOUR BODY
DIALATE YOUR GAZE
FOCUS ON SCREEN FOR 1 MIN.
WRITE DOWN YOUR STRENGTHS

[CLICK HERE TO LEARN MORE TECHNIQUES!](#)

FAST FACT

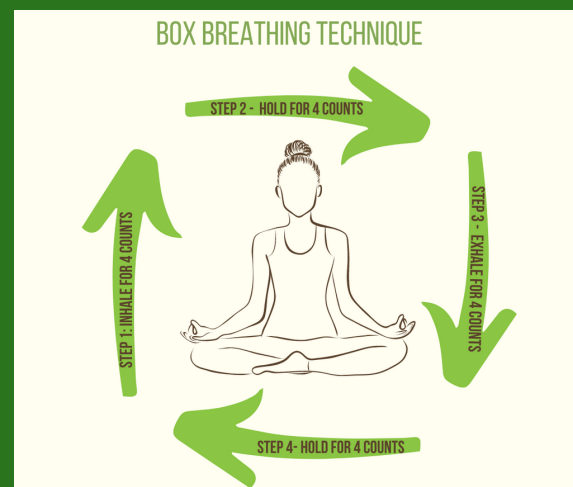
THE VAGUS NERVE IS THE LONGEST CRANIAL NERVE AND CONNECTS THE BRAIN TO MANY VITAL ORGANS. THIS ALLOWS COMMUNICATION WITH EVERY ORGAN IN THE BODY AND OVERSEES THE REGULATION OF MANY VITAL FUNCTIONS, INCLUDING BUT NOT LIMITED TO HEART RATE, IMMUNE RESPONSE, RESPIRATORY RATE, BLOOD PRESSURE, DIGESTION, AND MOOD. IT IS ALSO THE PRIMARY NERVE IN THE BODY'S PARASYMPATHETIC NERVOUS SYSTEM, WHICH HELPS YOUR BODY EXIT FIGHT OR FLIGHT MODE!

[CLICK HERE TO LEARN MORE!](#)

BREIT, S., KUPFERBERG, A., ROGLER, C., & HASLER, C. (2018). VAGUS NERVE AS MODULATOR OF THE BRAIN-GUT AXIS IN PSYCHIATRIC AND INFLAMMATORY DISORDERS. FRONTIERS IN PSYCHIATRY, 9, 44. [HTTPS://DOI.ORG/10.3389/FPSYT.2018.00044](https://doi.org/10.3389/fpsy.2018.00044)).

SELF-LOVE SUGGESTION

BREATHING EXERCISES HAVE MANY PHYSICAL AND EMOTIONAL BENEFITS. WHEN DEEP BREATHING, BREATHE IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH. TRY BOX BREATHING BELOW OR FIND A BREATHING EXERCISE THAT WORKS FOR YOU!



We're Here for *YOU!*

Contact us for support and more resources to address Secondary Traumatic Stress and Vicarious Trauma. Be on the lookout for future trainings and newsletters! Email us at: TSW@Marshall.edu