



**EHN CANADA**

# Dysregulation + Stress Responses

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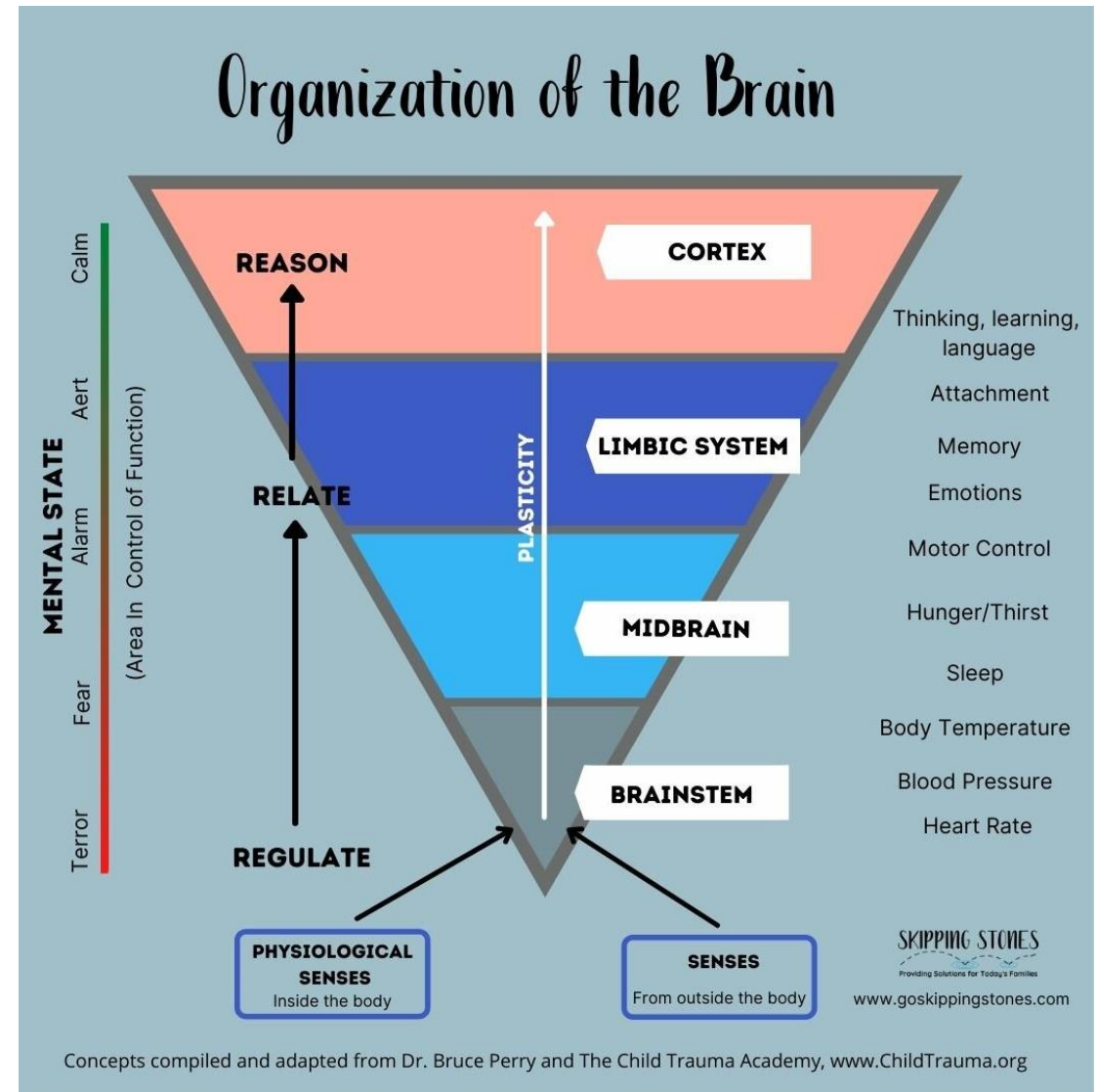
Predictable Moderate and  
Controllable =  
Tolerance/Resiliency

Unpredictable Extreme  
Prolonged =  
Sensitization/Vulnerability

How  
Dysregulation  
Happens

# Dr. Perry's Neurosequential Model

- Bottom-up processing vs top-down processing.



# The Window of Tolerance



## Hyperarousal Weathering the Clouds of Chaos

- Breathe with a shorter inhale & longer exhale
- Ground yourself with your surroundings
- Eat and drink more mindfully
- Tense and relax different body parts
- Warm shower, dimmed lights & gentle music



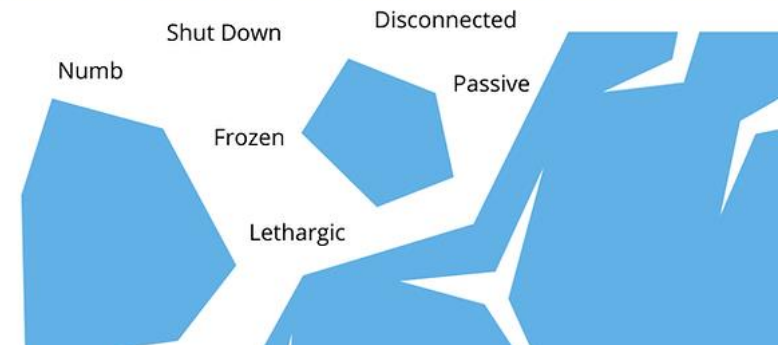
## Window of Tolerance Sailing through the Clear Ocean

- Recognise and plan for your triggers
- Make time for rest & flow activities
- Connect with others
- Healthy diet, exercise & sleep

## Hypoarousal

### Avoiding the Shores of Rigidity

- Breathe with a longer inhale & shorter exhale
- Schedule more physical activities
- Set achievable goals with small steps
- Crunchy food and pungent aromas
- Cold shower, brighter lights & faster music



## Stress Responses

Fight: sympathetic, aggressive.

Flight: sympathetic, fleeing.

Freeze: sympathetic, shut down.

Fawn: parasympathetic, appeasing.

Faint/Flop: parasympathetic, surrender.

The Role of  
Attachment:  
the A. R. E.  
Model

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Attuned

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Responsive

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Engaged

Trigger

Implicit Memory

Nervous System Activation

Procedural Learning

Stream of a  
Trauma  
Response

# Strategies for Dysregulation and Stress Responses

Reason

Relate

Regulate





TEACHING EMOTIONAL  
REGULATION SKILLS.



DEVELOPING A DAILY  
GROUNDING PRACTICE.



MINDFUL AWARENESS OF  
EMOTIONS AND BODY  
SENSATIONS.



IDENTIFYING TRIGGERS.



UNDERSTANDING  
PROCEDURAL LEARNING  
(MASKS).



COGNITIVE  
RESTRUCTURING/BEHAVI  
OURAL MODIFICATION.



CO-REGULATION



EXPOSURE TREATMENTS

# Strategies for Dysregulation and Stress Responses

# Why it matters

- Physical Health
- Emotional Health
- Spiritual Health
- Connection to self and others

Questions?

