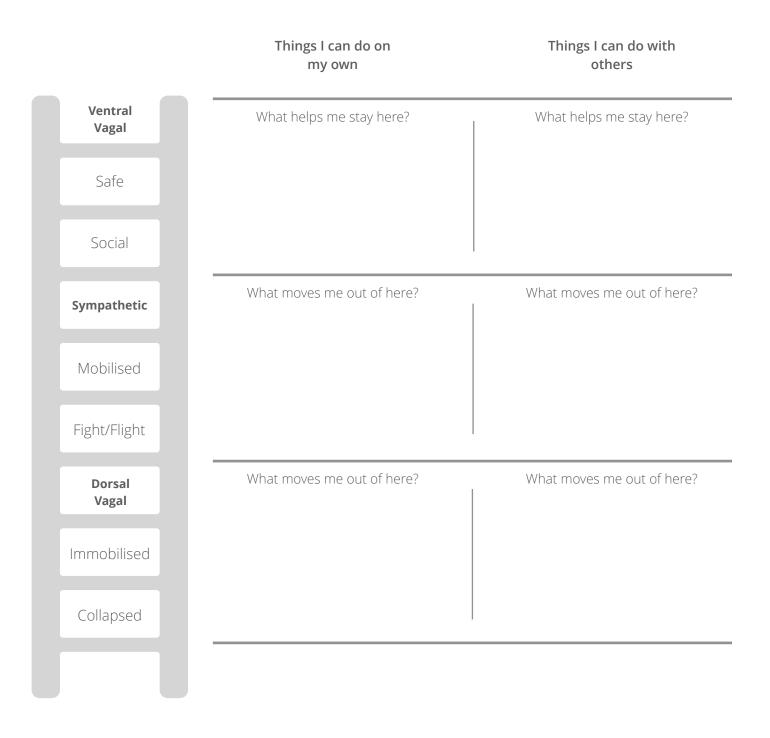
## The Polyvagal Ladder - Regulating Resources

Once we understand our autonomic nervous system, we can bring more of it into our conscious awareness. With this awareness, we can begin to build a 'toolkit' of resources that can help us self-regulate - that is to say, help us move into - or out of - the different states. Use the space below to note down what some of these resources may be for you.



Additional notes: