

## Regulation Flow Chart

Come up with at least five self-regulation and co-regulation ideas you can use for each nervous system state. Think of them in a range of Passive (little energy) to Active (more energy). The more dysregulated we are, the more likely we will need to start with a passive regulation technique.

	Self – Regulation	Co-Regulation	
<b>Sympathetic – Fight/Flight – Mobilization</b>			Active  Passive
<b>Parasympathetic Dorsal – Freeze/Fall/Feign Death – Immobilization</b>			Active  Passive
<b>Parasympathetic Ventral – Safe/Calm/ Connected</b>			Active  Passive