

Regulation and Recovery

Building the tools and habits that actually change your baseline

What this workshop covers

- Workshops 1 and 2 built the understanding — what anxiety is, why it persists, what keeps the cycle turning
- Workshop 3 is where you build the practice: the tools, habits, and body-based skills that change your baseline over time
- Six modules: what regulation actually means • breathwork • grounding • the foundations • mindfulness • your personal plan
- This workshop is more doing than reading — several slides are practice prompts, not just information
- If you're starting here: everything you need is in this workshop, and Workshops 1 and 2 are there when you want the why

Module 1

What regulation actually means

Calm isn't the absence of stress. It's the skill of recovery.

Coping vs. resilience — they are not the same thing

- Coping is what you do to manage stress in the moment — it's reactive, immediate, and necessary
- Resilience is the capacity to recover — to return to baseline faster after disruption
- Most anxiety management programs teach coping. This workshop teaches both.
- The goal is not to stop feeling anxious — it's to shorten the recovery arc and strengthen the baseline
- Regulation is the nervous system's version of fitness — it improves with consistent practice, not one-time effort

Why regulation starts with the body, not the mind

- In Workshop 1 we established: when the animal brain activates, the wizard brain goes offline
- Trying to think your way calm when the alarm is firing is like trying to reason with a smoke detector
- The nervous system has a back door — and it runs through the body: breath, movement, sensation, posture
- This is not metaphor. Breathing slowly activates the vagus nerve, which signals the parasympathetic system to downregulate
- Body first. Mind follows. This is the sequence that actually works.

The two nervous system states

Sympathetic — activated

- Fight, flight, or freeze is online
- Heart rate elevated, muscles tense
- Attention narrows to the threat
- Digestion suppressed
- Time perception distorts — everything feels urgent
- Useful for genuine danger. Exhausting as a default state.

Parasympathetic — restored

- Rest, digest, and connect is online
- Heart rate slows, muscles release
- Attention broadens — can take in more
- Digestion resumes
- Time feels more spacious
- This is the state regulation is trying to return you to.