



Betsy Polatin: Humanual Self-Regulation to Help Settle your Nervous System



Betsy Polatin is a movement specialist with four decades of experience in body-mind education and performance training. She is a certified Breathing Coordination Instructor, Somatic Experiencing Facilitator, Alexander Technique Master Lecturer and author. In this presentation discover some simple yet profound embodied techniques for self-regulation and finding flow.

TOP EMBODIMENT TIP: Pay attention to your breathing for at least 1 minute every day.

What Is Regular Anymore?: We need to self-regulate NOW more than ever

- When we're born, we have absolutely no skills in how to regulate ourselves. Just observe a baby!
- We learn how to regulate first through **co-regulation**, if we're lucky, through caregivers who were tuned to our needs.
- If our first caregiver/s or environment felt threatening, then we grow up having little or no capacity for our own self-regulation. **The good news is we CAN learn.** The circuitry is there.

Orienting: In this moment

- You want to be able to **regulate to this moment** instead of regulating to another moment (a traumatic moment) that happened a long time ago.

Arriving: Do you really want to be here?

- Betsy guides us in some explorations around the often unconscious feelings we may have around even **being here** (in life, in our job/relationship/this moment) in the first place. These feelings show up in our bodies.
- The work is **not about getting rid** of anything ('bad' feelings, discomfort etc). Instead, **we add** - what else is there?
- Sensing one pleasant moment or feeling in the body can begin to down-regulate the amygdala (smoke alarm in the brain for real or perceived danger), allowing the impulses for healthy responses to become available.

Resourcing & Flow: It's right here, always

- Experience support and flow through a standing exploration. The spinning of the Earth gives off a centrifugal force. There is an upward direction that's available to all of us to 'catch a ride on', to receive. **The ground supports you.**
- When we stop and connect to our evolutionary heritage, our connection to the planet, the air around us, healing becomes available. Yet most of us are too busy being busy. We can explore through breath.

Resources

- ❖ **Books:** *Humanual (A Manual for Being Human)*
- ❖ **Website:** humanual.com
- ❖ **References:** Carl Stough (breathing coordination), James Nestor 'Breath' book, Dr Stephen Porges.



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