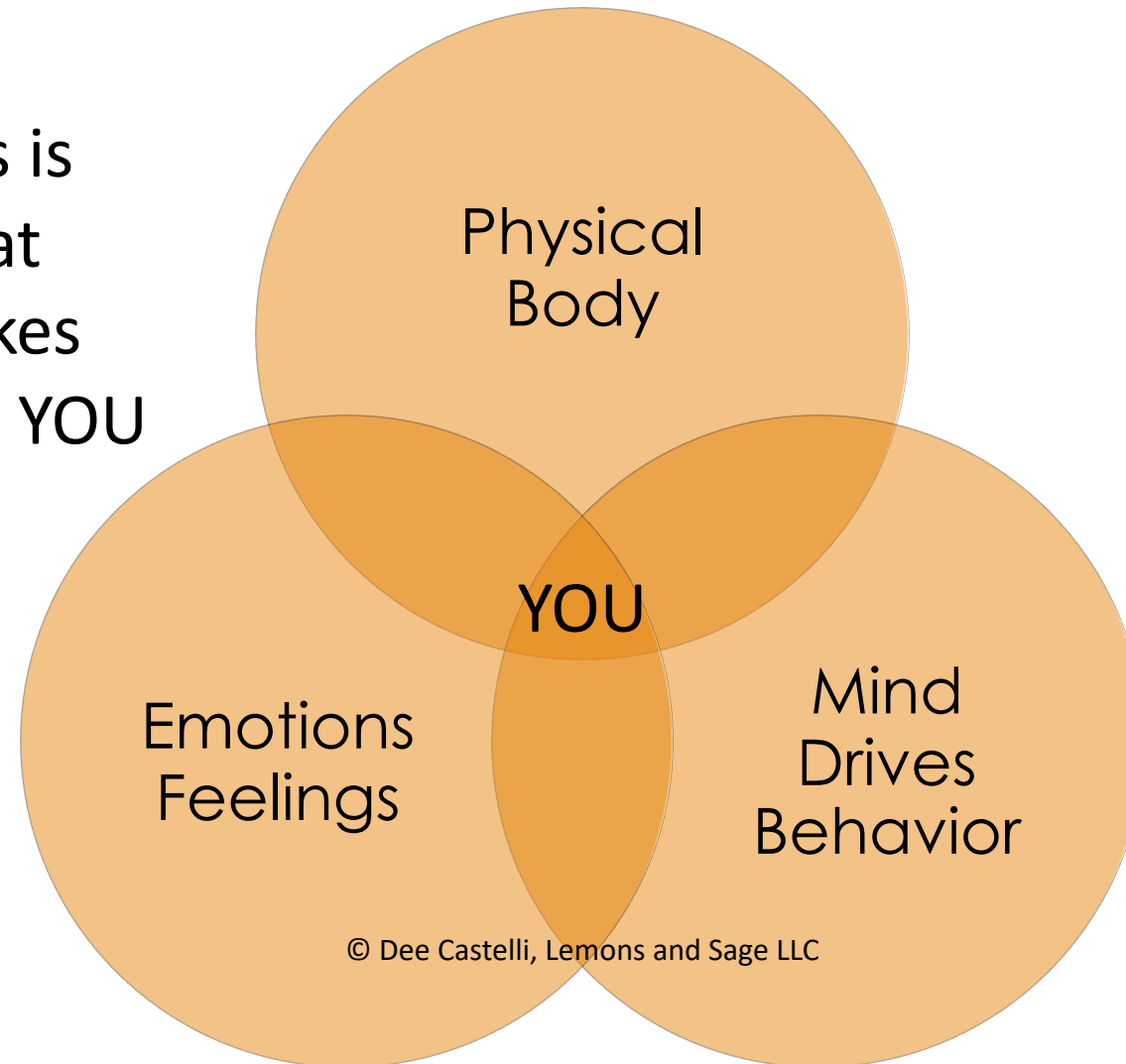


# Our Amazing Nervous System and Our Mind / Body / Emotion Connection

This is  
what  
makes  
you **YOU**





© Dee Castelli, Lemons and Sage LLC

Mind – this drives behaviors

- Checked out
- Defeated / given up
- I can't anymore
- Addictive behaviors
  
- Spinning / ruminating
- Searching for solutions
- Looking for a way out
- I can work this out
- Survival mode / frantic
- Trying to self protect
  
- Engaged
- Creative ideas flow
- Focused
- Curious / open new ideas
- Learning and growing

Body

- Numbness / fatigue
- Low BP, heart rate, body temperature
- High pain tolerance
  
- Fight/flight highly active
- High BP, heart rate, body temperature
- Rapid breathing
- Lower digestion
- Lower immunity
  
- Homeostasis / healthy
- All body systems functioning effectively
- Feel physically strong
- Fully present

Emotions

- Helpless / hopeless
- Trapped / depressed
- Disassociated / detached
- Numb / shut down
  
- Levels of emotions escalate:*
- Irritation > Anger
- Frustration > Rage
- Concern > Panic
- Insecure > Hypervigilant
- Disappointment > Grief
- Regret > Shame
  
- Grounded / connected
- Socially engaged
- Calm and steady
- Gentle boundaries easy
- Intimacy is possible