



CPR for the Amygdala®:

Creating Personal Resilience for the Amygdala

Calm your nervous system and optimize your thinking.

CPR for the Amygdala in a SNAP:

1. **Sense** how you feel (stressed, numb, worried, sad, etc.).
2. **Notice** and rate the intensity of the feeling from 0 (neutral) - 10 (most intense for you).
3. **Apply** the slow, soothing Havening Touch® - palms, arms, face in any order you like.
4. **Preoccupy** your mind with 3 different distractions from your list below to intentionally redirect your thinking for a few minutes

Continue until you feel calm or neutral

(Tip: use the *Creating Possibilities Protocol* to strengthen how you'd prefer to feel)

The Havening Touch Descriptions:

Palm Havening: Washing Hands

Arm Havening: Giving the self a gentle moving hug

Face Havening: Fingertips across the brow & following the cheekbones



Mental Movement – Count 20 Repetitions

Examples :

- Walking up or down stairs to a favorite place - walking on the beach, gathering shells, etc.
- Playing: Tennis, Basketball, Baseball, Soccer, etc.
- Soothing household activities: Chopping Veggies, folding laundry, playing with a favorite animal, etc.

Fill in your distractions below:

Play Category Games

Examples:

- A to Z people's names, living things, artists, authors, bands/musicians, places in the world, cars, things to eat/drink, movies/TV shows
- Items: name 4 things in each color of the rainbow
- In the Room: name 5 round, square, soft, smooth, etc. items in the room

Fill in your distractions below:

Counting/ Sequencing

Examples:

- Forwards - by 2's, 3's, 4's, 5's etc....
- Backwards - by 2's, 3's, 4's, 5's etc....
- Spell words forward/backward

Fill in your distractions below:

Sing/ Hum/ Breathing Techniques

Examples:

Sing or Hum childhood songs: Twinkle Twinkle, ABC's, Itsy Bitsy Spider, Row Row Row Your Boat, Old McDonald, etc.

Alternative: 3 slow breaths (inhale to 4, exhale to 6), 3 box breaths (inhale 4, hold 4, exhale 4, hold 4)

Fill in your distractions below:



Building your Brain by Creating Possibilities

- 1) Begin the Havening Touch and identify what you'd like to feel more of (calm, excited, focused, peaceful, etc.). Have you ever felt this way before? If so, recall what it felt like. If not, that's fine. It's enough for our brains just to be curious about feeling a different way.
- 2) Focus on the possibility of feeling that emotion, begin asking your brain the question *"What if I was ____?"*
 - a. Repeat the question at least 5-10 times. Get really curious about it! This stimulates neuroplasticity.
- 3) Continuing to Haven, check with yourself to see if it feels possible that you can be, will be, or are feeling the feeling you'd like to cultivate.
 - a. If so, try repeating *"I can be__,"* or *"I will be__,"* or even *"I am __!"* aloud 5-10 times
 - b. If not, stick with *"What if I was__?"* Amy is letting you know she needs more time to consider the possibility.

Resilient Brain Care Program

This program lets you take an active role and caring for and building your brain. In the morning, ***Prepare & Support***. In the evening, ***Review & Savor***.

****The more you practice Healing in Your Hands the more you will find that you will need it less and less frequently****

Morning Step 1: Prepare

Notice what you have going on today. What is a feeling or thought that would support you?

- a. Use the ***Creating Possibilities*** to create that possibility for your day.

Bonus Morning Step 2: Support

If you woke up "on the wrong side of the bed" (remember Amy doesn't sleep; she can worry all night) or you have something stressful awaiting you in your day:

- a. Use ***CPR for the Amygdala*** (page 1) to prepare your brain to effectively navigate any stressors that may come in the day ahead

Evening Step 1: Review

Review the day. Notice any experiences that were stressful, difficult, or that are lingering.

- a. Use ***CPR for the Amygdala*** to help you have a clearer perspective and protect your brain from additional stress

Evening Step 2: Savor

Review the day again. This time, find 3 unique things from that day you are grateful for. They can be big or small: sunlight, the blue sky, the scent of coffee, a vibrant flower, the sound of wind in leaves, a great parking spot. Let your brain get curious!

- a. Start the Havening Touch and repeat the list out loud. Start each sentence with *"Today, I am grateful for__."*
- b. Notice where you start to feel the emotion of gratitude – your heart, face, belly?
- c. Focus on the feeling of gratitude and strengthen it by repeating the word "grateful" for 30 seconds

Gratitude practice is extremely beneficial to our mental and physical health. Take a moment to express gratitude to yourself for creating the time to do this self-healing work.

©2022 Dr. Kate Truitt

Adapted with permission from the book *Healing in Your Hands: Self-Havening Exercises to Harness Neuroplasticity, Heal Traumatic Stress, and Build Resilience* (Truitt, 2022); Dr. Truitt is a Certified Trainer of Havening Techniques. Havening Techniques and Havening Touch are registered trademarks of Ronald Ruden, 15 East 91st Street, New York. www.havening.org