

UNLEASH THE POWER

WITHIN TO

CULTIVATE CALM



Sensational Synergy
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ADULT SEL

*Brain-
Aligned
Staff Social
and
Emotional
Wellness*

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BRAIN-ALIGNED STRATEGIES FOR ADULT NERVOUS SYSTEM REGULATION

Key Concepts:

NEUROANATOMY

Understand the brain and body connection through **neuroanatomy knowledge** to create intentional regulation support.

BRAIN STATE CHECK-IN

Utilizing the Polyvagal Theory, provide authentic brain-aligned **nervous system check-ins** for staff that can also be used in classrooms with students.

REGULATION

Develop **staff friendly, brain-aligned regulation** through focus and attention tasks and amygdala reset strategies.

Objectives:

- understand the significance of the **science of sensory language** and cues through brain and body awareness.
- engage in brief practices to **activate parasympathetic pathways** lowering our heart rate, respiration, and blood pressure.
- build emotional fluidity throughout daily decisions, interactions, **body regulatory practices**, and increased self-awareness.
 - address their **brain and body state** before sharing 'calm' with a colleague or student.
- demonstrate **neuroplasticity** through growth mindset language and reflections.

adapted from Dr. Lori Desautels revelationsineducation.com

Learn how to be
the "thermostat"
not the
"thermometer"
for your students
and staff.



*Proactively and
Effectively create
Sensational Synergy*

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