Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

3 Key Concepts, 3 Key Steps

3 Key Concepts on Early Brain Development
• Adaptive stress is healthy; toxic stress corrupts brain networks
• Positive or negative engagement influences networks & lifelong expectations
• Brain networks are set up based upon actual experiences

3 Key Steps to Assessment & Intervention
• #1 Managing Stress
• #2 Quality of Relationships
• #3 Individual Differences

It is rarely the case that there is a single cause to the behaviors we see.

• When Step 1 and Step 2 show some concerns...proceed to Step 3 to assess individual differences!
• The meaning of behavior is based upon multiple causality, rather than singular causality, as multiple causes usually underlie the “behavioral problems” that are identified as the presenting problem
  • Lillas & Turnbull © 2009

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Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

What Are Your Triggers?

What Are Your Toolkits?

Ourselves, Our Partners, Our Children

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Step #3: Assess for Sources of Vulnerability and Resilience Across Four Brain Systems

Guiding Principles
- There is no one-size fits all
- Assess on a “Macro” level the links with service delivery and diagnosis
- Assess on a “Micro” level functional needs that help guide the what is needed
- Distinguish between developmental age and chronological age

Four Brain Systems: Macro & Micro Levels

1. Executive
   - Motor planning
   - Plan & sequence
   - Theory of mind
   - Language

2. Regulation
   - Nutrition
   - Sleep/wake cycle
   - Stress & Stress Recovery

3. Sensory
   - Sensations
   - Processing & Modulation
   - Speech

4. Developmental Disabilities

5. Mental Health
   - Emotions
   - Memories
   - Meaning-making

6. Child Welfare

7. Basic Needs/Medical

Lillas & Turnbull, 2009
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Facilitate Stress Recovery in Self and Others

Stress & Stress Recovery
- 4 Trigger Points
  - Body
  - Sensing
  - Feeling
  - Thinking/Planning
- 4 Prevention/Recovery Toolkits
  - Body (inside)
  - Sensing (outside)
  - Feeling (inside)
  - Thinking/Planning (outside)

Facilitate Recovery in Self

Put Your Oxygen Mask on First, Then Help Others

Facilitate Stress Recovery in Self
Identify your own stress recovery toolkits
1. Body triggers, core life stressors

**Facilitate Stress Recovery**
Identify Your Own Trigger Points

**Body Triggers**

**Macro**
- Any significant pre-natal history
- Any medical, chronic or acute conditions
- Any financial stressors
- Global, life stressors (e.g., moving, caring for elderly parent)

**Body Triggers**

**Micro**
- Sleep concerns
- Stress zone patterns, stuck in one zone, fast transitions
- Poor/accurate cue sender of body cues
- Poor/accurate cue reader of body cues (hunger, thirst, tired, bowel/bladder pressure)
- Nutritional/diet/toileting issues
- Body site where stress finds a "home"
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Facilitate Stress Recovery
Identify Your Own Trigger Points

Where Will You Feel the Stress?
- Headache
- Shoulders
- Stomach
- Back
- Chest
- Throat
- Jaw
- Blood “boiling”

Imbalance of 1, 2, & 3’s
Tipped towards 1’s = HEART

Tipped towards 2’s = HAND

Tipped towards 3’s = HEAD

Three Spheres of Control

The 3 Spheres of Control

Outside of my control

What we can control

Outside of my control

Outside of my control

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Who We Are At Our BEST!

Number 1’s!
Yes!
It’s completely up to you!
What would you rather do?
You can choose whichever one you want.
Oh, is this what you want?

Number 2’s
Oh, so sorry, no...
Yes, you have to wait for that
Let me show you how I want you to use that...
Yes, I hear how unfair that feels, yet this is a non-negotiable
Stop! That’s dangerous!

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Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Who We Are At Our BEST!
Number 3’s!
Hmm…I need to think about that.
I need more time to figure this out.
Let’s negotiate this.
I hear you want this, and yet, I want that…
let’s talk about it!

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### Heart, Hand, and Head Patterns

<table>
<thead>
<tr>
<th>Heart 1s</th>
<th>Under Coordination</th>
<th>Under Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm Empathic Connect</td>
<td>Functional helper Share info. Make contact</td>
<td>Overly accommodating Overly controlling Anxious to fix things</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hand 2s</th>
<th>Under Coordination</th>
<th>Under Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assertive Directive, action oriented</td>
<td>Take the lead Confront Stand up Notice and share differences</td>
<td>Overly demanding Hostile attack Blaming the victim Blaming the system</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Head 3s</th>
<th>Under Coordination</th>
<th>Under Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neutral Reflective Problem-solve</td>
<td>Take responsibility Learn, ask, &amp; notice the impact</td>
<td>Overly detached Passive-aggressive anger Denial Passive avoidance Antagonistic avoidance Denial of differences across domains</td>
</tr>
</tbody>
</table>

### Facilitate Stress Recovery

**Identify Your Recovery Toolkits**

1. **Body toolkit, resetting body thresholds**

### Body Toolkit

**Macro**
- You have the essential necessities to feel physically secure – stable housing, reliable transportation, sources of concrete help when needed
- You have a medical “home” for each of your medical needs
- You have and can take health and well-being days

**Respit**
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Body Toolkits

Micro
- You know what helps you get to sleep quickly
- You implement routines that help you stay asleep
- Your frequency of eating helps you stay stable in your body
- You eat a variety of “good” and healthy foods
- You take care of your body in a variety of healthy ways

Calming Exercise (calm.com)

Body Toolkits

When Words Won’t Work to Calm...
- Turtle
- Balloon
- Drain
- Star
- Pretzel
- Proprioceptive “heavy work”
- Massage
- Weighted blanket
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Balancing Act of 1s, 2s, 3s

Balance & Blends
For every NO there is a YES
This is what you CAN do
This is what you Can’t do

Body Toolkit
How do you manage stress prevention and recovery in your body on your own?
• Self regulation (S)

How do you manage stress prevention and recovery with help from an other?
• Co-regulation (O)
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Catching Things at the Front End!
Ourselves, Our Partners, Our Children

Four Brain Systems: Macro & Micro Levels

Early Care & Education

THINKING
- Motor planning
- Plan & sequence
- Theory of mind

FEELING
- Emotions
- Memories
- Meaning-making

BODY
- Sensations
- Processing & Modulation
- Speech

SENSING
- Nutritional
- Sleep/awake cycle
- Stress & Stress Recovery

Developmental Disabilities

Basic Needs/Medical

Facilitate Stress Recovery
Identify Your Own Trigger Points

2. Sensory triggers (non-verbal communication)!
Our first language is universal & lasts a lifetime.

To these 5 senses we add 2 more.

Accurately Tracking = “Sensory Processing”
“Sensory Modulation” = Balancing highs & lows

Sensory Triggers

Macro
- Any Speech Delays
- Any Learning Disorders (Processing)
  - Central Auditory Processing
  - Visual-spatial Processing
  - Reading
  - Writing
  - Math
- Any Sensory Modulation Disorders

Micro
- Can you accurately orient to, locate, discriminate, and track sensations?
- Can you modulate the duration, intensity, and rhythm of sensations?
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Sensory Triggers & Preferences

Memories = Sensory fragments

Threat lies in the senses of the beholder.
Stress

PLEASE DON'T TELL ME TO RELAX.

IT'S ONLY MY TENSION THAT'S HOLDING ME TOGETHER.

Reversal of Safety & Threat

Sensory Toolkits

Macro
- Regional Center
- School District
- Early Intervention Clinics
- SLPs, speech and language
- OTs, occupational therapy
Sensory Toolkits

Micro
- You know what sensations help you get to sleep
- You know what sensations help you wake up
- You know what sensations keep you in the green zone
- You know what sensations bring you down from red
- You know what sensations bring you up from blue

Facilitate Stress Recovery
Identify Your Recovery Toolkits

2. Sensory toolkit, resetting sensory thresholds

Sensory Toolkits Are Used For Facilitating:
- Engagement
- Falling in love
- Stress recovery, back to green
- Down regulation to Sleep

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We all have individual thresholds and preferences in relationships.

Nonverbal signals
- Eyes and face
- Tone of voice
- Body posture & movement
- Rhythm, rate, & intensity

What brings you down...
What brings you up???

Do we match or counter?
Match vs. Counter

**Match**
- If low intensity and slow rhythm, match
- If high intensity and fast rhythm, match

**Counter**
- If low intensity and slow rhythm, counter with high intensity and fast rhythms
- If high intensity and fast rhythm, counter with low intensity and slow rhythm

Catching Things at the Front End!

Ourselves, Our Partners, Our Children

Sensory Toolkit

How do you manage stress prevention and recovery with sensations on your own?
- Self regulation (S)

How do you manage stress prevention and recovery with sensory help from an other?
- Co-regulation (O)
Step #3: Body, Sensory, Feeling, & Thoughts

Triggers & Toolkits

3. Emotional triggers

- Any global trauma to family (e.g., Hurricane Katrina, tornado, earthquake, immigration trauma)
- Intergenerational history of trauma – from daily to acute
- 4 or more Adverse Childhood Experiences
- History of mental illness in the family
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Adverse Childhood Experiences

- Linear increase in negative health/mental health outcomes as number of adverse childhood experiences increase
  - Events include:
    - Abuse
      - Physical Abuse
      - Emotional Abuse
      - Sexual Abuse
    - Neglect
      - Physical Neglect
      - Emotional Neglect
    - Household Dysfunction
      - Family Violence
      - Parental Mental Illness
      - Separation or loss of a parent
      - Parental Criminality
      - Parental Substance Abuse

Feeling Triggers

Micro

- Can you/partner/child modulate a full range of both happy and upsetting emotions?
- Can you/partner/child access a full range of both happy and unhappy memories that you learn from?
- Can you/partner/child accurately portray your cues and read others’ intentions?

Intensity Scale 1 to 5

Intensity Scale Diagram
Our past is in our present...

- Faulkner said it best:

“The past is never dead. It’s not even past.”

Our memories? Are we using them to learn?
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Our present is in our future...

“It is easier to do mad than sad or scared!”

- Underneath anger, is most often fear and/or hurt. When we focus on the anger we are missing many of the feelings!

Danger Zone
Now, having watched the video clips, has anything changed in your comfort level?

Which are easier/harder for yourself to manage?
- Green zone
- Red zone
- Blue zone
- Combo zone

Which do you find easier/harder to handle in others?
- Green zone
- Red zone
- Blue zone
- Combo zone

It’s important to know our tender spots

Trigger spots can give us clues.

Rupture and Repair
Which feelings you are comfortable or uncomfortable with...

<table>
<thead>
<tr>
<th>Positive feelings (green zone)</th>
<th>Negative feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interest</td>
<td>Anger, hostility, hate (red zone)</td>
</tr>
<tr>
<td>Enthusiasm</td>
<td>Blame</td>
</tr>
<tr>
<td>Laughter</td>
<td>Resentment</td>
</tr>
<tr>
<td>Empathy</td>
<td>Jealousy</td>
</tr>
<tr>
<td>Calmness</td>
<td>Sorrow, sadness, grief (blue zone)</td>
</tr>
<tr>
<td>Trust</td>
<td>Depression</td>
</tr>
<tr>
<td>Hope</td>
<td>Regret</td>
</tr>
<tr>
<td>Confidence</td>
<td>Worry, fear, panic (combo zone)</td>
</tr>
<tr>
<td>Affection</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Gratitude</td>
<td>Insecurity</td>
</tr>
<tr>
<td>Love</td>
<td>Shame, embarrassment</td>
</tr>
</tbody>
</table>

Pulling it all together

- What are the stress responses the mom has, the father, the child?
- Every time the child “acts out” what are the sensory triggers?
- How is this child’s red zone incidents related to her procedural memories?

Facilitate Stress Recovery
Identify Your Recovery Toolkits

3. Emotional toolkit, resetting emotional thresholds
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Feeling Toolkits

**Macro**
- Mental Health Support
- Coaches & Mentors
- Procedural Learning
- Therapeutic Groups

- You have an “emotional” home for any mental health needs from your own trauma history
- You have a support group or community of family/friends to help you with your emotional load
- You have someone helping you learn new skills and practicing them with you

**Feeling Toolkits**

**Micro**
- Catching feelings at the “front-end”
- Learning new procedures
  - Listening & Validating
  - Talking

- You are comfortable sharing a full range of feelings in yourself with your partner and child
- You have a co-regulator that can listen/validate your range of feelings and help you laugh!
- You can validate a full range of feelings in yourself, your partner, and child
- You have relationships that repair from ruptures

We all have individual emotional preferences in relationships...

**Without Words:**
Nonverbal signals
- Eyes and face
- Tone of voice
- Body posture & movement
- Rhythm, rate, & intensity

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Feeling Toolkit: non-verbal help? 
What do you need from others?

- Do I need a calm voice?
- What vocal rhythm helps me?
- Do I need gentle looks?
- What type of body posture conveys comfort and safety to me?
- What actions or movement feels uncomfortable?
- What kind of touch do I need?

Non-verbal cues: 
What do others need from you?

- They need a calm voice.
- They need gentle looks.
- They need slow rhythms.
- What gestures/actions convey comfort and safety?
  - Which ones might seem intrusive?
- What kind of touch does the child need?
Practice using non-verbal cues

• This is really hard to do!
• Pair up with one other person, and for 30 seconds have one person talk while the other person ONLY uses non-verbal cues to keep the conversation going.
  – Warm eye contact
  – Leaning forward
  – Nodding face
  – Ugh, huh...Hmm...non-verbal acknowledgment
• Now, switch with your partner!

Practice using verbal cues:
Take Turns Listening

You seem...
It looks like you feel...

Even when you think they should feel “differently”...

Feeling Toolkit

How do you manage stress prevention and recovery from feelings on your own?

- Self regulation (S)

How do you manage stress prevention and recovery with emotional help from another?

- Co-regulation (O)
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Facilitate Stress Recovery
Identify Your Own Trigger Points

4. Thinking & Planning triggers

Thinking-Planning Triggers

Macro
- Any motor planning and output disabilities/delays, including apraxia
- Any Learning Disabilities combined with a Slower Processing Speed
- Any Language Disorders
- Any ADHD symptoms (too much flexibility)
- Any delays across multiple domains, such as with Autistic Spectrum Disorders (too much rigidity)
- Any cognitive rigidity (e.g., black & white thinking)

Executive branch is busy...
Air Traffic Controller
Juggling
Balancing the teeter-totter

Thinking-Planning Triggers

Micro

- Can you, your partner, your child balance spontaneous events with automatic routines up against the "big picture" and stay on target?
- Can you, your partner, and your child balance feelings with thoughts up against the "big picture"?
- Can you, your partner, and your child balance his/her own needs with other's needs up against the "big picture"?

Early on, even with infants, we look to see if there is a balance of spontaneous with automatic routines

- Can the baby engage with spontaneity?
- Can the baby engage with routines of feeding, bathing, sleeping, playing?

---

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As children get older, from three to five years old...

- We begin to expect more...now, there is the potential capacity for pre-school aged children to be able to shift and to put the brakes on a bit more, and to begin to juggle!

Juggling Spontaneous Events with Automatic Routines

Balancing the Teeter-Totter
Where do you need help?

Are you naturally playful?

Are you naturally structured?

Who/what balances you out?

- Are you at-risk to choose to play instead of getting things done?
- Are you at-risk to choose to get the “next thing done” instead of playing with your family?
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Juggling our Feelings with our Thoughts

Balancing the Teeter-Totter
Where do you need help?

- Are you at-risk to choose to feel your way through something?
- Are you at-risk to think only about the facts in making a decision?

Juggling Our Own Needs with Other’s Needs
Balancing the Teeter-Totter
Where do you need help?

- Are you naturally oriented towards other's needs?
- Are you naturally organized to think about your own needs?
- Who/what balances you out?

Other contributions to the success of our thinking & planning skills

Time Travel, moving with ease between the...

Past Present Future

Facilitate Stress Recovery
Identify Your Recovery Toolkits

4. Thinking/planning tools, resetting thinking/planning thresholds
Thinking/Planning Toolkits

Macro
- Physical therapy/occupational therapy
- Speech & Language Therapy
- If needed, an advocate to help you navigate Individualized Educational Plans
- Educational Therapy Support
- Tutoring support
- Medical support

Micro
- You have an “educational” home for any developmental delays and learning needs that require treatment
- You have educational support for your child or a community of family/friends to help you with the cognitive load
- You have someone helping you/your child learn new skills and practicing them with you/your child

Thinking/Planning Toolkits

- Anticipating problems at the “front-end”
  – Holding on to the Big Picture
- Learning new procedures for the “back-end”
  – Modeling
  – Collaborative problem-solving

Micro
- You are naturally good at juggling spontaneous “warm heart” events with steady “hand” routines
- You have external supports (e.g., computers, lists, relationships) in place to keep you organized
- You have a relationship that helps you anticipate big picture needs at the “front-end”
- You have internal “space” or a relationship that helps you process your thoughts and feelings, you can use blends of heart/head skills
- You have a step by step process to help you problem solve conflict at the “back-end”
- You keep a balance between meeting your own needs and meeting other’s needs

Catching Things at the Front End!
Ourselves, Our Partners, Our Children
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

Catching Things at the Back-End!
Ourselves, Our Partners, Our Children
“Old” versus Learning “New” Procedures

Thoughts/Planning Toolkit
How do you manage stress prevention and recovery from thoughts/planning on your own?
• Self regulation (S)

How do you manage stress prevention and recovery with thoughts/planning help from others?
• Co-regulation (O)

Pulling it together!
https://www.youtube.com/watch?v=GLWtQuoekow

http://printthistoday.com
Getting to Green
Step #3: Body, Sensory, Feeling, & Thoughts
Triggers & Toolkits

See you next time for a Modeling Session!