

BRAIN SYSTEMS: STRESS TRIGGERS AND RECOVERY TOOLKITS

For Yourself

STRESS TRIGGERS	RECOVERY TOOLKITS	
Body (Regulation) <ul style="list-style-type: none"> • • • • • • • • • 	Regulation (Body) SELF <ul style="list-style-type: none"> • • • • • • • 	WITH OTHER <ul style="list-style-type: none"> • • • • • • •
Sensations (Sensory) <ul style="list-style-type: none"> • • • • • • • • 	Sensations (Sensory) SELF <ul style="list-style-type: none"> • • • • • • • 	WITH OTHER <ul style="list-style-type: none"> • • • • • • •

STRESS TRIGGERS	RECOVERY TOOLKITS	
Feelings (Relevance) <ul style="list-style-type: none"> • • • • • • • • • 	Feelings (Relevance) SELF <ul style="list-style-type: none"> • • • • • • • 	WITH OTHER <ul style="list-style-type: none"> • • • • • • •
Thoughts/Planning (Executive) <ul style="list-style-type: none"> • • • • • • • • 	Thoughts/Planning (Executive) SELF <ul style="list-style-type: none"> • • • • • • • 	WITH OTHER <ul style="list-style-type: none"> • • • • • • •

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