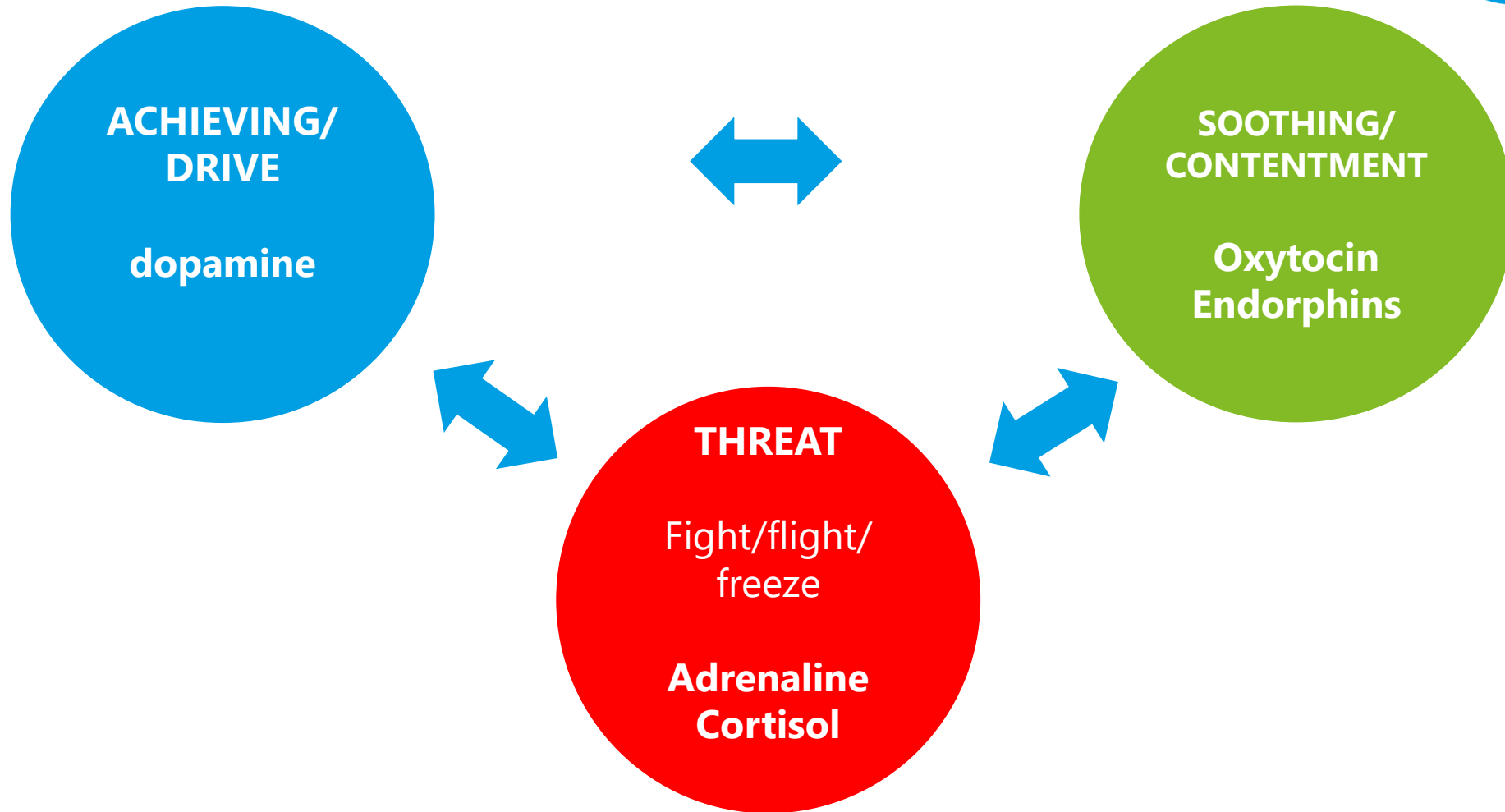
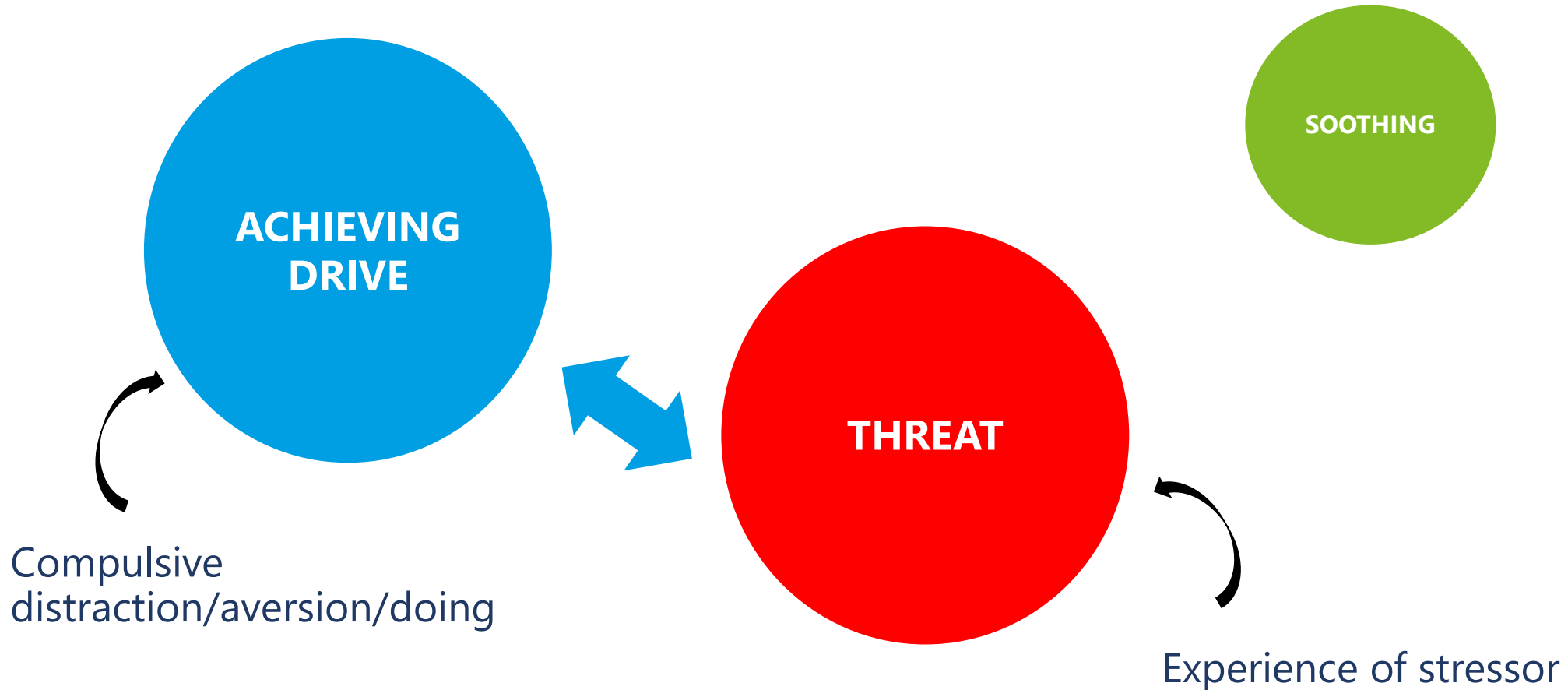


# three emotional system regulation model

Prof Paul Gilbert  
“THE COMPASSIONATE MIND”



# 3 emotional systems when stressed



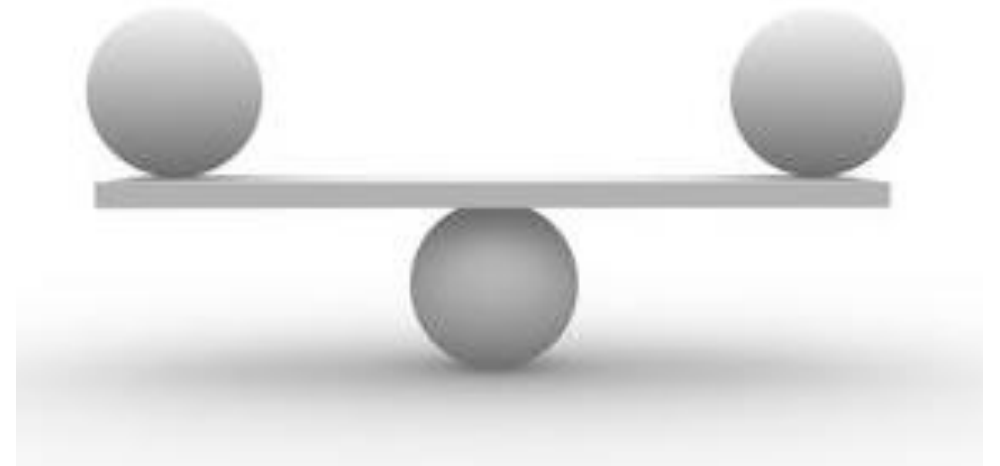
# green zone

- Need to make time for **soothing system**
- **parasympathetic** nervous system
- Hang out in the **green zone**



# importance of balance

- Good to have ways to **re-regulate nervous system** to more **balanced settings** in **meditation and everyday**
  - **Shamatha meditation** – mindfulness metta bhavana, body scans
  - Regular **soothing activities & micro breaks in day**



breathworks



breath

open hand



breathworks



gravity



Cervical diaphragm =  
Expansion of the brains



4 Diaphragms

7 Levels

# 5 B's of the Breath

- Buttocks
- Belly
- Back
- Base of Skull
- Brain



Brain



Cervical



Thoracic



Back



Pelvic floor

