Optimal Zone

You

Integration and Synergy

affect

pattern

memory
Optimal Zone

Neurological Arousal

Engaged, present

Performance

Low

High

High

Low
Optimal Zone

- engaged
- creative
- appreciative
- tolerant
- playful
- generous
- responsible
- resourceful
- forgiving
- at-ease
- productive
- integrated
- respectful
- accepting
- openness
- skillful
- self-aware
- enthusiastic
- curious
- empathetic
- peaceful
- honest
- present
Optimal Zone

Performance

Low

High

Neurological Arousal

Have Fun
And
Get Tasks Done
Optimal Zone

Performance

Neurological Arousal

Low

High

tired, hungry

engaged, present

over stimulated
Sympathetic-Parasympathetic

- **Fight or Flight:** Mobilize
- **Rest and Rebuild:** Freeze
- **Sympathetic:** Pons, Medulla, C1-C8, T1-T12, L1-L5, S1-S5, Co1
- **Parasympathetic:** Cranial nerve III, VII, IX, X, Vagus nerve (cranial nerve X)

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Connection and Affinity

• Hardwired in
• Deep framework for safety
• Guide to decision-making
• Will die for
Optimal Zone

High

Performance

Low
dysregulated
regulated
dysregulated

freeze rest/rebuild connect mobilize fight/flight
Regulation in Infants

expresses need

gives response
# Regulation in Infants

<table>
<thead>
<tr>
<th>Caregiver is</th>
<th>Infant response</th>
<th>Child develops</th>
<th>Kind of attachment</th>
<th>Approx % of adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>responsive</td>
<td>has needs met</td>
<td>self-regulation &amp; empathy</td>
<td>secure</td>
<td>60%</td>
</tr>
<tr>
<td>erratic</td>
<td>tries harder</td>
<td>urgency &amp; distrust</td>
<td>anxious-resistant</td>
<td>20%</td>
</tr>
<tr>
<td>non-responsive</td>
<td>withdraws</td>
<td>distance &amp; distrust</td>
<td>anxious-avoidant</td>
<td>15%</td>
</tr>
<tr>
<td>fearful or abusive</td>
<td>circuits jammed</td>
<td>confusion</td>
<td>disorganized/disoriented</td>
<td>5%</td>
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</tbody>
</table>
Trauma

- Neurological overload
- If unresolved, leads to habitual defenses
- Persistent defense patterns re-groove the trauma and inhibit resolution
- Even minor stress contributes
- Defenses trigger out-of-proportion reactions, dysregulation
Defensive Behaviors

- Dissociation
- Projection
- Compensatory
- Acting Out
- Regression
- Rationalization
- Transference
- Repression
- Displacement
- Hyper-vigilance
- Denial
Optimal Zone

High

Low

Performance

Neurological Arousal

Low

High

Trauma Load

defensive behaviors
Optimal-Zone Hygiene

- Name it to tame it
- Shake it off
- Breathe deep
- Wriggle your nose, lift your cheeks, laugh
- Choose kindness
- Hug, appropriate touch
- Eat or rest if needed
- Anything that releases held stress
Optimal-Zone First-Aid

• Get agreement and shared understanding in a relationship or a group beforehand

• Train before you need it

• Center yourself first, slow down, breathe

• Acknowledge the signal in the trigger and commit to coming back to it

• Connect through empathy, kindness

• Return the focus to the present through breathing, body sensing, contact
Optimal-Zone Healing

- Deeper work benefits from skilled guides
- Needed if you are going to access more of your optimal-zone potential
- Somatic *and* cognitive
- Changes your relationship with your past, present and future
Empire to Planetary

Trauma Based  →  Trauma Resilient
Standard of Ur (war side)
Standard of Ur (war side)
Standard of Ur (war side)
Standard of Ur (hierarchy side)
Optimal Zone

Heal, Have Fun
And
Get Tasks Done

Performance

Neurological Arousal

Trauma Load
Thank You!

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