THE COMPASSIONATE BRAIN SERIES

THE EXECUTIVE FUNCTION ELEVATOR™

Noticing Where I Am Helps Me Understand What I Need

Our nervous system is always asking one question:

Am I Safe?



The goal isn't to stay upstairs all the time.
It's to recognize where we are, meet our needs,
and help our nervous system return to safety.

Lauren's Lens

Behavior always has a story. Sometimes that story is hidden beneath stress, overwhelm, or a nervous system working hard to keep us safe.

Perspectives *in Well-being*
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Understanding creates compassion.
Compassion creates connection.
Connection creates growth.

Inspired by Deb Dana's application of Polyvagal Theory (Porges & Dana, 2018).