

Polyvagal Theory

Practical Tips for Positive Relationships

1. Develop awareness of your central nervous system and ability to tune into your position on the Polyvagal Ladder.
2. Practice what you teach and have a toolkit to alter your position on the ladder as needed. e.g., breathwork, grounding.
3. Have a toolkit of strategies to support another's autonomic state e.g., mirror neurons, brain based relationships.
4. Don't take it personally - everyone exists in context and contexts interact.
5. Prioritise your language - this impacts you and the person you are interacting with.
6. Establish a relationship as a social connectedness intervention.
7. Consider your own social connectedness and self care.

