



Creative Catalyst Workshop Series

Keys to Finding Calm | Learning to Regulate Your Nervous System

Tasha Belix

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Join psychologist and facilitator, Tasha Belix, to learn a variety of ways to help your nervous system cope with the many speed bumps we encounter during these chaotic times. You'll learn activities you can use yourself as well as share with youth and adults in groups you may lead. Tasha will guide you in creating a personal menu to help your nervous system cope with speed bumps.

Using a traffic light as a metaphor you'll learn:

- Green Light: full body activities that work like a gas pedal to add energy to your nervous system
- Amber Light: ways to savor the good
- Red Light: activities that work like 'brakes' to discharge energy/anxiety in a safe way.

Resources from this workshop:

- The workshop outline - [SLIDES](#)
- A compiled list of [Tips for Emotional Self Care](#) as shared by the workshop participants
- Song list from today's workshop:
 - Águas de Março - by Antônio Carlos Jobim and Regina Ellis
 - Brothers on the Slide - by Cymande
 - Folk Vibe 1 - by TananasComing Home - by Leon Bridges