

## GLOSSARY OF TERMS

**Activation:** Also called arousal or hyperactivity, activation is the stimulation of the cerebral cortex into a state of general wakefulness, or attention.

**Autonomic Nervous System:** Regulates the involuntary responses of our bodies, including heart rate, digestion, and sexual arousal. It is responsible for sympathetic and parasympathetic responses, including fight, flight, and freeze.

**Dysregulation:** Emotional responses that are not well modulated. Also known as “reactivity.”

**Original Blueprint®:** The purest form of the human expression of the soul.

**Paper Tiger:** Something or someone who appears threatening but is ineffectual. The illusion of danger.

**Parasympathetic:** The part of the nervous system that slows heart rate and increases intestinal activity. It is the “rest-and-digest” part of the autonomic nervous system.

**Presence:** The ability to notice a sensation of any kind in your body.

**Reactivity:** Acting in response to others or external stimuli. “Defensiveness” is often a synonym.

**Sympathetic:** The part of the nervous system that increases heart rate, blood pressure and pupil size. It’s the get-up-and-go part of your nervous system and supports any action-oriented behavior.

**Vagus Nerve:** Complicated but simply put, it is the largest bundle of nerves in the body. It carries signals to and from most of your major, vital organs back to the brain.

**Vagal Tone:** Increasing vagal tone engages the parasympathetic nervous system, which allows your body to relax faster after stress.

**Interoception:** The perception of sensations from inside the body that includes the perception of physical sensations related to internal organ function such as heartbeat,

## APPENDICES

respiration, satiety, and the autonomic nervous system activity related to emotions.

**Microaggressions:** Indirect, subtle, or unintentional discrimination against members of a marginalized group. For example, pulling one's purse closer in, eyes looking away, or avoiding a person of another race.

**Proprioception:** The body's ability to perceive its own position in space. For example, proprioception enables a person to close her eyes and touch her nose with an index finger, know whether feet are on soft grass or hard cement without looking (even while wearing shoes) or notice the support of a chair behind and underneath the body.

**Regulation:** the ability to manage our energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning.

**Somatic (or Soma):** From the Greek language, meaning "Body."

**Window of Resilience:** The optimal range of capacity in our nervous systems to be able to navigate thoughts and emotions without overwhelm.