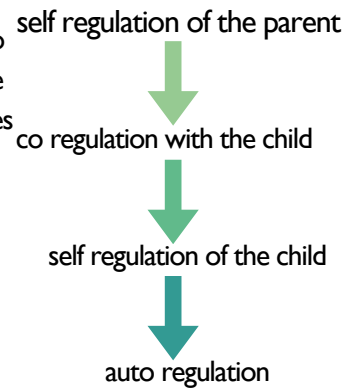




# Arousal Mapping

## WHAT IS AROUSAL MAPPING?

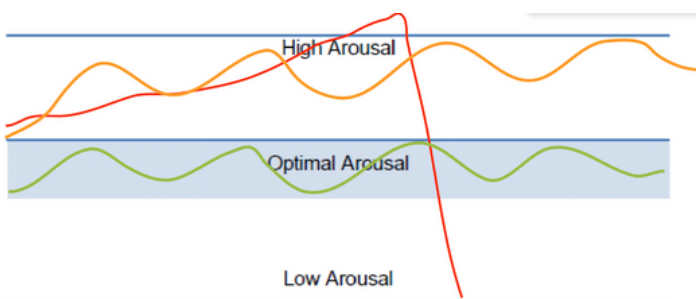
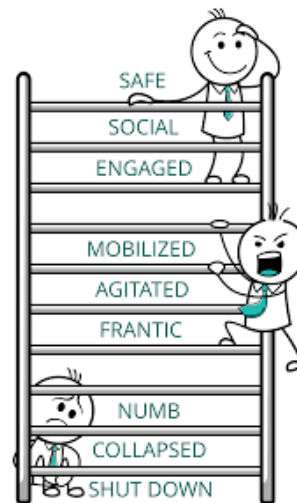
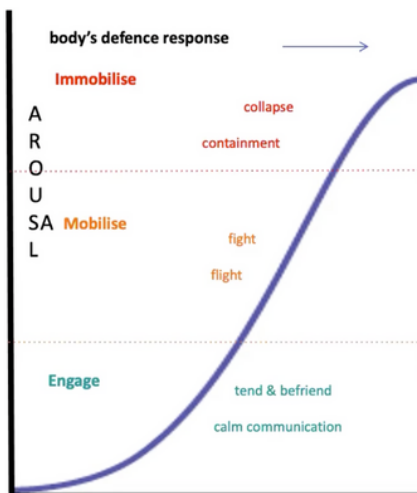
We can map our arousal levels and other's to identify how we regulate and co-regulate across the day. For different times and activities we need different levels of arousal such as a lower level when we are needing to sleep but a higher level when we are playing a sport. Everyone has a different band of tolerance or how wide our 'just right' zone is. OTs can help you understand your arousal levels and implement strategies to reduce stressors so you can spend more time in an engaged 'just right' level.



These are some of different frameworks you can use to map your arousal level:

- The Polyvagal Theory from Stephen Porges identifies 3 main stages: engagement, mobilisation and immobilisation.
- Deb Dayna also talks about Poly Vagal Theory using a ladder
- The Alert Program by Williams and Shellenberger use an engine of: 'too slow' 'just right' and 'too fast'
- Other graphs use low, optimal and high levels of arousal

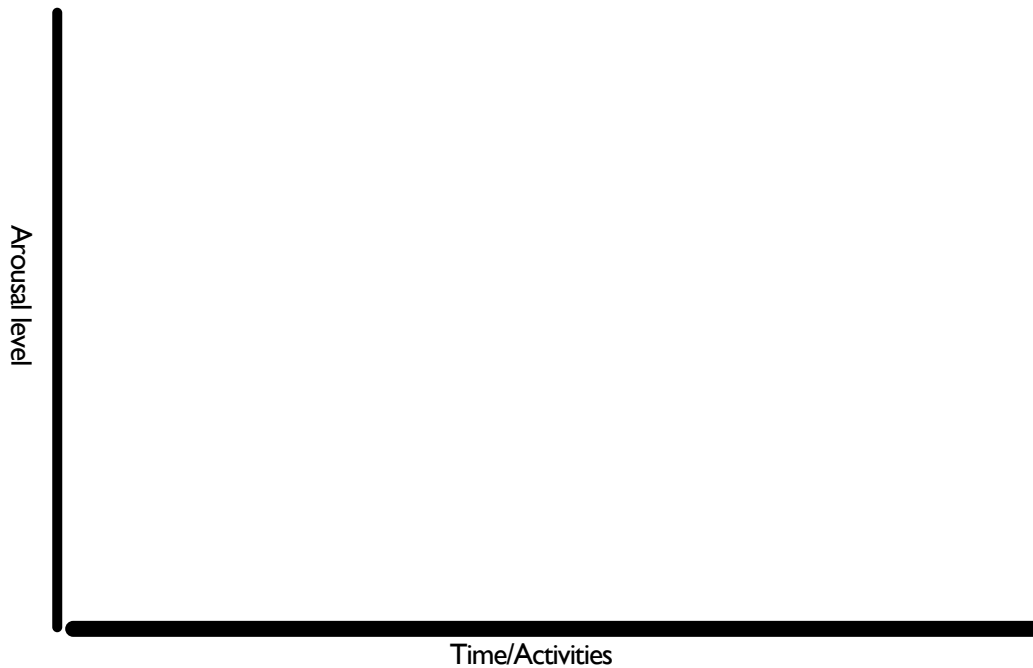
## WHAT CAN AROUSAL MAPPING LOOK LIKE





# Arousal Mapping

WHAT DOES YOUR AROUSAL LOOK LIKE ACROSS THE DAY?



WHAT ARE THE SIGNS YOUR BODY'S AROUSAL IS TOO HIGH?

