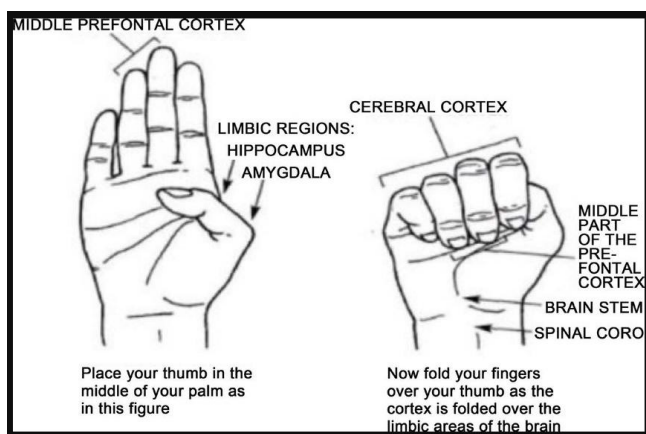




Companion handout for First Fridays with ACAP podcast aired on Friday, June 6, 2025

<https://youtu.be/4fH7Nt940So?si=a5dt2EBHfOv3qPhW>

Check out these resources for more information on how the brain and nervous system work in times of stress:



Overcoming Statistical Helplessness and Developing Statistical Resilience in Learners: An Illustrative, Collaborative, Phenomenological Study - Scientific Figure on ResearchGate. Available from: https://www.researchgate.net/figure/The-hand-model-of-the-brain-Siegel-2010_fig1_325335046 [accessed 6 Jun 2025]. Available via license: Creative Commons Attribution 4.0 International

Hand Brain Model <https://drdanschiel.com/hand-model-of-the-brain/>

Window of Tolerance <https://www.psychologytoday.com/ie/blog/lifespan-psychology/202004/expanding-the-window-tolerance>

Attuned Audiobook <https://www.soundstrue.com/products/attuned>

Attuned Book <https://thomashuebl.com/books/>

Art of Attunement Video https://www.youtube.com/watch?v=-_j6EbQHFrQ&pp=0gcJCTAAG3HoqbEJ

Point of Relation Podcast <https://pointofrelationpodcast.com/>

Resources for Resilience <https://resourcesforresilience.com/>

Rapid

Resets https://www.youtube.com/watch?v=_Ti3OHQdQjY&list=PL3aeVvdusalarMIqycZWvY7WcmbnrG6Lm

ACAPcommunity gratefully acknowledges our guest interviewee, Christy Shi Day, for providing these additional resources. Ms. Day is a consultant, facilitator, and strategist for individuals, organizations, and communities. She is located in Morganton, NC.