

OCCYF Trauma Team

The Body and Brain Connection

All body systems work together and adjust based on the environment a person grows up in, for better or worse. Importantly, all body systems are also interconnected, influencing each other's health and functioning. For the child welfare workforce, this means that the stress, demands, and supports in their professional lives affect their well-being. Staff health is shaped by factors such as the work environment, relationships, and access to resources, and stress may be experienced as a full body activation.

Research tells us that every day our brain is taking in about one billion bits of information per second. In contrast, a hundred years ago, the brain was taking in approximately 2,200 bits of information per second. Our evolution has not kept up with this amount of processing without feeling strained. ([Webinar Replay - The Body Leads the Mind](#))

Micro Resets throughout the day assist in one's processing of information and regulation.

FRAME BREATH

When, "take a breath," isn't accessible- this might be!

MicroResets™ are
Autonomic Organizers
that support in the
moment safety and
help stabilize our
systems over time.



What it Does

Combines isometric pulling with breathing to increase the body's understanding of where you are in time a space.

Why it Matters

By allowing the brain to map out the body accurately through sensory information, uncertainty is reduced and may make cues of safety easier to detect.