

# State vs Story: Note Your State with This Tool

On this episode of How We Heal, we dive deeper into ways we can learn to track our states. Watch and listen as we discuss a creative tactic from the brilliant studies of Deb Dana using polyvagal theory to help you learn to notice your state when mobilized or in dorsal vagal state.

To learn more about our practices and to ask questions, follow our Instagram page @howwehealpodcast

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For more information on #gemmotherapy or to sign up for a class, visit my website at [laurenhubele.com](http://laurenhubele.com)

Watch this episode on YouTube here!

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