State vs Story: Noticing Your State

In this episode of How We Heal, we touch on a topic from our last episode about State vs Story where we drop the story and we explore how we can identify our states when they are happening. Plus other practices on how we can tell our autonomic nervous system to pause and identify what is causing the state of discomfort or wellness using terminology from polyvagal theory.

For more content and to stay updated on How We Heal, follow us on Instagram @HowWeHealPodcast

Watch this episode on YouTube here!

_

Send in a voice message: https://anchor.fm/how-we-heal/message