

RECONNECT: SELF-COMPASSION

Being kind to yourself downregulates the body's threat response.

SELF-COMPASSION SUPPORTS SAFETY, REGULATION, AND HEALING

Self-compassion means:
Being kind to yourself, just as you would be to a friend.

3 CORE PRINCIPLES:

1. Kindness instead of judgment
2. Shared humanity instead of shame
3. Mindfulness – Present awareness

SAFE/SELF-COMPASSION

Notices emotions, names them
Slows down
Responds with kindness
Supports regulation
Encourages rest

Result:

Better sleep
Lower stress
Better digestion
Improved consistency
Greater resilience

THE SCIENCE

Lower stress hormones
Better nervous system regulation
Improved emotional resilience
More consistent healthy behaviors

Compassionate people are more likely to engage in healthy behaviors.

THE NERVOUS SYSTEM PATHWAY

How Safety (or Stress) Shapes Every System in the Body

SAFETY & CONNECTION

Parasympathetic (Rest & Digest)



NERVOUS SYSTEM

The Master Regulator

STRESS & THREAT

Sympathetic (Fight or Flight)



Feels safe
Clear thinking
Emotional balance

1 BRAIN & PERCEPTION



Feels threatened
Worry, overwhelm
Negative bias

Balanced hormones
Lower cortisol
Oxytocin, serotonin,
dopamine flow

2 HORMONES & CHEMISTRY



Stress hormones rise
Cortisol, adrenaline
Inflammation increases
Chemistry thrown off

Parasympathetic ON
Heart rate lowers
Body relaxes

3 NERVOUS SYSTEM STATE



Sympathetic ON
Heart rate increases
Body on alert

Digestion activates
Nutrients absorbed
Body repairs & restores

4 ORGANS & PHYSIOLOGY



Digestion shuts down
Nutrients not absorbed
Repair slows

Efficient metabolism
Stable blood sugar
Sustained energy

5 METABOLISM & ENERGY



Metabolism slows
Blood sugar swings
Fat storage increases

Immune function strong
Lower inflammation
Resilient body

6 IMMUNE SYSTEM



Immune function weakens
Inflammation rises
Higher illness risk

Thoughtful choices
Self-care
Connection

7 BEHAVIOR & CHOICES



Impulsive choices
Cravings
Withdrawal

Better health
Longevity
Vitality & well-being

8 LONG-TERM OUTCOMES



Chronic disease risk
Burnout
Poor quality of life



THE FOUNDATION TRUTH

When the body feels safe, it can heal.
When the body feels threatened, it protects.



Safety is the starting point for everything.