

# POLYVAGAL THEORY

## Resources for Families



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### UNYTE-ILS (WEBSITE)

Unyte-iLs partners with health care professionals, families and individuals to help guide every person to train their nervous system to be more aware, regulated and resilient.

<https://integratedlistening.com/>



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### POLYVAGAL INSTITUTE (WEBSITE)

Polyvagal Institute is a not-for-profit dedicated to creating a new paradigm for health and wellness. We provide training, support community and facilitate research centered around the work of Stephen Porges and Polyvagal Theory.

<https://www.polyvagalinstitute.org/>

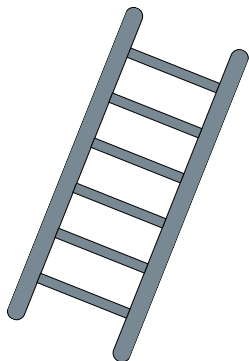


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### THE TRAUMA FOUNDATION (VIDEO)

"Trauma and the Nervous System: A Polyvagal Perspective" - YouTube

[www.youtube.com/watch?v=ZdIQRxxwTl10](http://www.youtube.com/watch?v=ZdIQRxxwTl10)



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### POLYVAGAL PRIMER BY DEB DANA (PDF)

User-friendly language to describe key concepts of the Polyvagal Theory

[https://med.uottawa.ca/family/sites/med.uottawa.ca/family/files/polyvagal\\_primer\\_dana.pdf](https://med.uottawa.ca/family/sites/med.uottawa.ca/family/files/polyvagal_primer_dana.pdf)

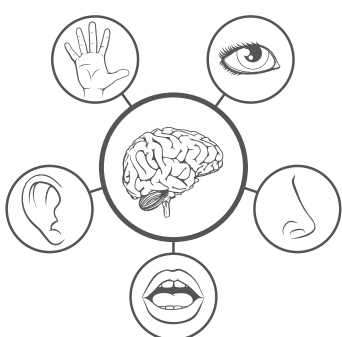


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### CHILD-FRIENDLY (VISUAL)

Instant digital download of this high resolution Journey to Wellness cartoon depicting the "Polyvagal Curve" (3 States of Arousal)

<https://www.etsy.com/search?q=Journey%20to%20Wellness>



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### SENSORY IS BEHAVIOR (PDF)

We are sensory input for our children. Behavior is indicative of underlying neurological state. Use this handout to illustrate concepts of a polyvagal-informed approach to understanding behavior.

[https://drive.google.com/file/d/1-UV\\_HXz4XvcoLJzAVQI-IMJAg5eautrK/view?usp=sharing](https://drive.google.com/file/d/1-UV_HXz4XvcoLJzAVQI-IMJAg5eautrK/view?usp=sharing)