

<p>VAGAL TONE: <i>(Adapted from Wilson & Gottman, Skodol, Gibbon & Williams)</i></p>	<p>LOW VAGAL TONE: PSYCHOLOGY <i>(Adapted from Wilson & Gottman, Skodol, Gibbon & Williams)</i></p>	<p>AWARENESS OF YOUR A.N.T.S (Automatic Negative Thoughts): <i>(Adapted from Amen; Carson)</i></p>	<p>SOME OF YOUR A.N.T.S <i>(Adapted from Amen; Carson)</i></p>
<ul style="list-style-type: none"> • Like Car-Brakes for the heart • Calm heart in response to stressful events • Prolonged stress: Decreases Resiliency of human body • Prolonged stress: Decreases vagal tone. • Prolonged stress: Negatively impact on Mental & Physical health 	<ul style="list-style-type: none"> • Poor control of Impulses • Hostile & aggressive in face of frustration • Constant loop of stress, worry & rumination (e.g. why did this happen) • Low Social Skills • Constant hypervigilant state • Constant scanning of environment for perceived "threats" 	<ul style="list-style-type: none"> • Thoughts are REAL: Bio chemical & electrical transmissions in brain. • Notice how your body is affected by A.N.TS. • Notice how your body is affected by Positive Thoughts • A.N.TS. = POLLUTION • Are A.N.TS. telling you the Truth? • First Step: AWARENESS- Just notice them – <i>Do not Fight them at this stage</i> 	<ul style="list-style-type: none"> • Always & Never Thinking • Focusing on the Negative • Fortune-Telling • Mind Reading • Thinking with your Feelings • Labelling • Personalizing • Blaming (one of the most poisonous A.N.T.S.)