

**DG
MT**

learninglunch

TAKEAWAY

INSTRUCTIONS

**Spend some time reflecting on these questions by yourself
and then share your reflections with your colleagues.**

When was the last time you lost control or became dysregulated?

How did it feel physically in your body? Were you breathing heavily? Did your heart rate increase? Were your shoulders tense? Could you sleep?

Were there any consequences for you and those around you? How did you resolve them?

Enjoy!

THE LEARNING LUNCH PODCAST
WIRED
for stress

