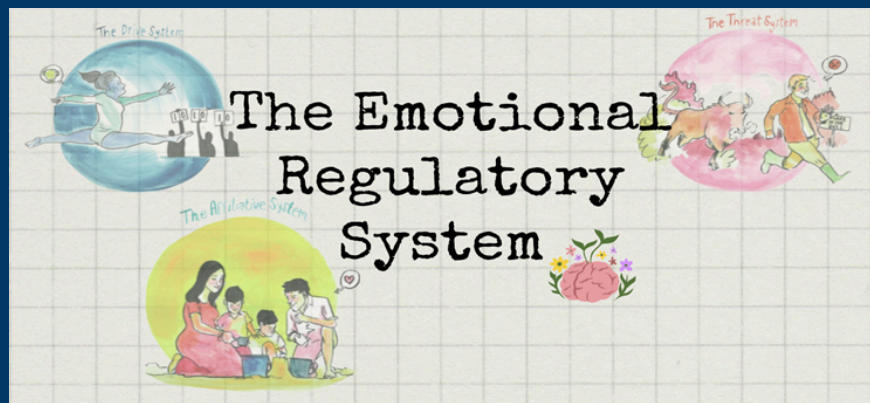




Resilience Based Clinical Supervision

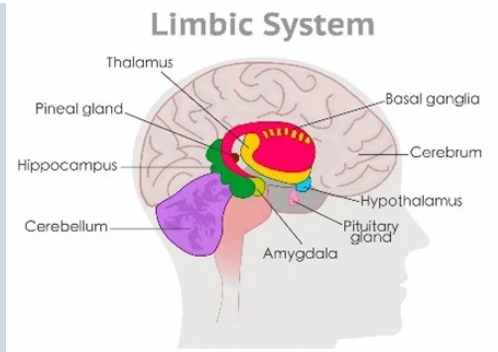
Facilitators Network

March 2025



The Threat System -Senses vs Our Minds

Our Threat system is triggered by the information we receive and our amygdala has the important role of letting our limbic system know whether there is a threat that needs to be acted on or not. This information is received directly from our five senses (taste, touch, vision, smell and hearing), however information is also received from our Mind (thoughts, predictions, judgements, images, memories), which can fool our threat systems into thinking something is a threat when it is not.



[Read more about the limbic system here](#)

When we receive information from the mind it activates our threat response and results in behaviours such as overthinking, worrying, self-criticism and these can cause us to feel things such as stress, anxiety, self-loathing. Recognising that these are not real threats but mental experiences that stimulate a threat response can enable us to be compassionate and activate our affiliative system.

[Read more about The Threat System here](#)

Resilience-based Clinical Supervision

In RBCS we start with a Grounding exercise to enable us to come back to the present moment. If we are coming from a place of stress, we may also benefit from a mindful activity that soothes and calms our bodies and minds.

Top tips:

5-4-3-2-1: To enable us to reconnect with our senses

Soothing rhythm breathing exercise - this is a medically researched method

Mindful walking has both physical and mental benefits

The Grounding

Recently the FoNS Team explored the art of Zentangle. I personally found this very grounding. Being able to just focus on the here and now. Why not try something like Zentangle or mindfulness colouring as a way of grounding yourself.



[Zentangle website](#)



The Check In

Tigers are animals that rely on their senses to detect and respond to threat.

So, on a scale of Tiger, how are you feeling today?

Tips/updates

We would like some feedback on our Newsletter and our RBCS Network Events. Let us know, what you are currently enjoying and what you would like to see more of?

We would be grateful if you could spare a few minutes to complete this short form:

[RBCS Facilitators Network Feedback Form](#)

Please do share any groundings, check ins, tips or updates that you would like sharing with the network!

RBCS Facilitators Network Facebook Group

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