



Resources from **After the Expert** virtual program 10/21/26 -
A follow up to “Ask the Expert: Conversations about Mental Health”

Notes

- A psychiatrist is a physician who can give you information about medication and other treatments for mental health, prescribe medication
- Kate: ““Our nervous system is scanning our body 4 times a second for safety”
- Ideas for nervous system regulation:
 - Breathing
 - Humming, singing
 - Going for a walk outside
 - 5-4-3-2-1 sensory grounding technique
- Acceptance: not something you should necessarily “shoot for”, but a place that most people eventually arrive in their own time. Should not be rushed.
- Attention: Regulate → Relate → Reason

Links

- Conversations about Mental Health: Ask the Expert recording
<https://aphasia.org/resource/a-conversation-about-mental-health/>
- Aphasia & Wellness - NAA Virtual Program:
<https://aphasia.org/series/aphasia-and-wellness/>
- Resonant (Coherent) Breathing:
<https://www.youtube.com/watch?v=dPkpW5lqL3E>
- “What is the window of tolerance, and why is it so important?”
<https://www.psychologytoday.com/us/blog/making-the-whole-beautiful/202205/what-is-the-window-of-tolerance-and-why-is-it-so-important>
- LoveYourBrain yoga and mindfulness programs for acquired brain injury: <https://www.loveyourbrain.com/mindset>