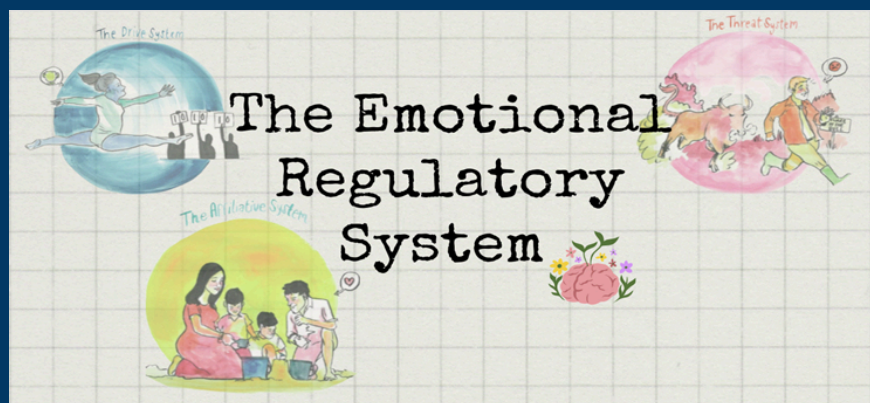




Resilience Based Clinical Supervision

Facilitators Network

March 2025



The Drive System

Our Drive System has played a huge part in our evolution, it is a motivational system that 'drives' us towards achieving the things we want and need to feel or be successful. Our brains produce a chemical called 'Dopamine' which is released when we pursue or achieve our goals, giving us rewarding feelings of 'pleasure' and 'joy'.

The Drive System keeps us focussed, maintains our attention and alerts us to opportunities for us to reach and achieve our goals.

Our Drive System is not without its complications, due to our Tricky Brain, the release of Dopamine not only comes from our workable good goal - directed behaviours, it also is released from our bad unworkable avoidance

behaviours. Therefore, complex habits and psychological behaviours are reinforced by experiencing Dopamine induced feelings of pleasure from actual feelings of relief due to avoiding a perceived Threat. For more details and examples visit:

Your brain's 3 emotional regulation systems

The Grounding

This Grounding Meditation is focussed on bring compassion to your approach to setting and achieving your goals.

Have a go, and let us know how you find this approach to focussing on your goals.



Focus on your goals meditation

CHECK YOUR BATTERY

<p>Feeling great! Keep meeting your needs and practicing self care.</p>		<p>Feeling good! How can you maintain this level?</p>
<p>Feeling okay. How can you make your day better?</p>		<p>So-So. Be extra kind to yourself today.</p>
<p>Struggling... What area of your life is struggling the most? Focus on that.</p>		<p>I'm empty... Pinpoint what is draining you and do one thing that fills you up.</p>

@TonyG.LPC

The Check In

It is important we stay tune to our emotional batteries, so that we have enough energy to support us to stay motivated to pursuing our goals.

Using a battery Check In can help us to see where our energy levels are and what steps we may need to take to help us recharge!

Network Events

We are delighted to share that we have new dates for our RBCS Network Events. These events are open to anyone who has completed one of our RBCS Programmes.

Wednesday 07 May 2025 11:30-13:00 **Topic: *A deeper dive into understanding the Emotional Regulation System and RBCS***

[Sign up to 7 May Network Event](#)

Ask Sue

We are delighted to be offering some drop in sessions with Sue, our RBCS Social Care project manager and facilitator. If you would like to ask questions about anything to do with RBCS please drop in and have a chat. Click the links below to sign up and you will receive a calendar invite!

[Book Monday 12 May 3pm - 4pm](#)

[Book Monday 9 June 11am - 12pm](#)

[Book Monday 14 July 3.30pm - 4.30pm](#)

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

[RBCS Facilitators Network Facebook Group](#)

Foundation of Nursing Studies

11-13 Cavendish Square London W1G
0AN, London
United Kingdom

[Unsubscribe](#)

