



# Your SSP Toolkit

Welcome to the Safe and Sound Protocol (SSP). This listening toolkit offers essential resources to help guide you throughout this experience.

Your SSP provider will be with you every step of the way. Remember that these resources are intended to enhance, not replace, your provider's guidance.

## Getting Started Checklist

Here are some questions to go over with your provider:

- ✔ What, if anything, do I need to do before listening?
- ✔ What equipment do I need to listen?
- ✔ Where will I be listening?
- ✔ What will a listening session look like?
- ✔ How often and for how long will I listen?

Plus any additional questions you have!





Click on any of the links in this document for quick access to the resource you need.



### **[Autonomic Mapping Activity](#)**

An exercise that supports the understanding of your nervous system signs, patterns and tendencies.



### **[What is the SSP?](#)**

An overview of the SSP, how it works, what to expect, and an introduction to Polyvagal Theory.



### **[Infographic: Organizing Principles of Polyvagal Theory](#)**

A visual introduction to Dr. Stephen Porges' Polyvagal Theory.



### **[SSP Brochure](#)**

A general overview introducing the benefits of the SSP.



### **[MyUnyte](#)**

This platform is your main hub. Find welcome videos, Unyte Assessments, resources and more here.



### **[Help Center / FAQs](#)**

Have technical questions? It may already be answered in our Help Center.



### **[SSP Programs](#)**

See your SSP programs and brief descriptions.



### **[What to Expect from the SSP](#)**

A short introduction to the SSP, listening sessions, and what to expect from your SSP provider.



### **[Nervous System Regulating Activities E-book](#)**

Download this curated guide with exercises to support your journey through the SSP.



### **[Nervous System Regulating Activities for Children E-book](#)**

Download this alternative version with exercises chosen to support young clients through the SSP.

## Have questions?

Connect with your provider for anything you need!

