


ENGAGE
MORE CONTROL | LESS IMPULSE

The Neuroscience of Self Care

Putting yourself first – why we need to

Te Papa
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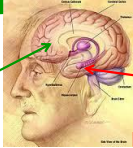


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INTRODUCING THE BRAIN

UPPER/GREEN BRAIN

- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy




- Survival Tasks
- Impulsive
- Irrational
- 'Two years old'
- Selfish

LOWER/RED BRAIN

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RED / GREEN BRAIN & THE SANDPAPERED BRAIN

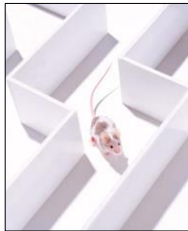



REACTIVE **RATIONAL**


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Impact on work production



→  ✓ Solved significantly more creative problems

→  ✗

Creativity Test

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ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO **DIE**


↑

STRESSOR

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FIGHT / FLIGHT RESPONSE



- Dry Mouth
- Breathing Changes
- Stomach purges
- Bowel/Bladder may empty

- Sight and Hearing Sharpen
- Heart Beats Faster
- Temperature Change
- Pores Constrict
- Blood increase in large muscles of arms & legs

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Possible Impacts of long-term 'Sandpaper Brain'

Mouth sores

Dry eyes

Fast heart beat

Temperature Issues

Shoulder tension

Weight loss/gain
Stomach upsets

Bowel/Bladder issues

- Decreased Immunity
- Skin infections
- Restless sleep (Melatonin/Cortisol Balance)

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Why Deep Breathing?

Sympathetic Activation

Parasympathetic Activation

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HOW THE BRAIN CONNECTS

The More Repetitions = More Myelination = It Will Happen Faster

What We See/Hear/Feel More Often = What Our Brain Will Learn

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Perfect Practice makes Perfect

1. Identify what calms you
2. Do that until you create a physiological calm state in your body
3. Condition this moment
4. Practice, Practice, Practice

Check in with yourself multiple times in the day to identify 'where you are at'

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HOW TO KEEP THE SURVIVAL BRAIN CALM

Some See me....

Boys Show me I Belong...

Hate Tell me what is Happening

Carrots Give me some Control

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(Basic) Needs for Safety

Attention

Predictability

Control

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