

What is the limbic system

- The primitive part of our brains that tell us whether we are safe or in danger.
- The limbic system controls all of our autonomic functions and many of our emotional
- In modern societies, the triggers are different than in previous societies...now triggers can be emotions, sensations, smells, foods, chemicals, medications, people, work or illness.





The phrase "Mind Body Medicine" is a bit of a misnomer b/c it really is a neurological disorder.



Brain Retraining

- Top down technique (brain down)- a cognitive reshaping process
- Focuses on thoughts/images (conscious brain activity)
 Bringing conscious awareness to limbic system triggers is a key step to brain retraining.
- Redirects attention away from threat and towards safety
- First, we have to teach the body that it is safe!! Once you can teach the body that it is safe, then it becomes safe to move into more somatic experiencing techniques.
- - Conscious internal dialogue *Oh no, I just woke up and my body hurts all over and I feel tired. There must be something really wrong and I am going to have the worst day?

 Subconscious dialogue *Oh no, lowed up and my body hurt and I felt tired when all of this started so that means I am still unwell* and then the immune system gets activated to survive the threat.

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Change is one of the hardest thing we do as humans.

- Resistance/Addiction addicted to the chemicals of stress. Start noticing patterns of calmness and then emotional outrage
- Ego- protects us from change. "I don't need to change because everything is okay for me here."
- Self sabotage- doing things contrary to what would bring you health
- Procrastination not doing the things that you know will bring you health
- Undeserving "I am not deserving of health until I am a perfect person"
- Change comes from repetition, repetition. It took you _____ years to get into this
 mess, it will take a bit of time to come out of it.



Brain Retraining Basics

- Popular programs: DNRS, Gupta, ANS rewire, Primal Trust, Psych K, Joe Dispenza, Lightening Process

- Cancel, cancel, cancel or stop stop stop or woah woah woah or shhhh, shhhh! Combine the words with a hand motion of choice.

 Speak what you are doing. I am doing ______ (anxiety, depression, low motivation, body pains)
- You can physically hug yourself and say "Thank you for the alert, but I am safe" or "I am okay"
- Get into your body

 3-4 Deep breaths with grounding technique
- Change the process
 I am ______(joyful, energetic, loveable, social, motivated)
 Visualize a reality in which these traits exist...can be past or future. Make it as VIVID as you can. Use colors, symbols, details and then attach an EMOTION to it.

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Somatic Experiencing

- Chronic illness is not a "mental issue." It is quite literally something that is lodged in our tissues and fascia, mitochondria and DNA.
- Somatics is ALL ABOUT THE BODY

 - Regulates the nervous system
 Focuses on body sensations and feelings
 - Dissolves or moves stuck emotions Moving toward discomfort!
 - Bottom up approach

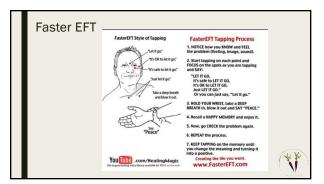


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Somatic Experiencing techniques

- EFT (emotional freedom technique)
- Focusing/Noticing/Orienting
- CreativityYoga or Tai Chi
- Cathartic/Moving Meditations Dr Steph Young
- Body work (massage)
- Book recommendations: Feldenkrais method, anything by Peter Levine, Somatic psychotherapy toolbox, Hanna Somatics (Thomas Hanna), the Body keeps the Score
- Programs: Irene Lyon





The Vagus Nerve - The vagabond Runs the majority of your autonomic and organ functions in the body ■ Divided into 2 branches: - Ventral Vagal-social, alert, ease, relaxed Dorsal vagal- shut down, low motivation, low libido, "couch potato"

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Vagal Nerve Toning Exercises

- Cold exposure
- Breathwork- Wim Hof, Buteyko breathing
- Humming/Singing
- Listening to music (really listening!)
- Gargling forcefully ■ Coffee enemas
- Pranamat (acupressure mat)
- Laughter yoga



Rosenberg Polyvagal basic exercise



- Helps to realign the cervical spine and therefore the communication between brain and spinal column Helps to reaging the celevical spine and thereforce the communication between roll and is planted column Test first. Rotate your neck to the right and stop at the point of resistance, rotating your neck as far as it can comfortably go, Notice any strain or pain that may occur. Rotate your neck back to the center, Notice how after both sides can rotate.

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- Interlace the fingers of both hands up and place them tightly behind the back of your head where the ridge is.
- ridge is.

 Keep your head straight ahead and still in line with your spine.

 Now moving only your eyes, look to the right as though you are gazing at the tip of your right elbow. Stay in the position for body thinly to say seconds until there is a sigh of release from the autonomic nervous systems in the specific property of the specific proper

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Functional Neurology

- Eye movement exercises
 Thumb held out in front of you. Rotate head back and forth while looking at the thumb nail
 - Figure 8 with thumb nail out in front
 - H movement with thumb in front Near and far with thumb



Social Engagement-Improving Ventral vagal tone

- Me and we practice visualize yourself doing something you love alone and then visualizing yourself doing something you love with friends.
- Visualization of social situation that you either would like to be in or have been in the past and enjoyed
- Engagement with outside world classes, lunch with a friend, phone call with a friend, movie night with a friend



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Common Daily Practice- Total time 60 minutes daily

- Brain retraining rounds- 4x/day
- Vagal nerve toning exercise- 1-2x/day
 - Singing or humming- can be done in the car or when doing dishes or cooking
 - Functional neuro techniques
- Somatic experiencing exercise- 1x/day
 5-7 minutes of dance- can be done with the children or husband
 - Heart focused breathing can also be done with the children
 - INCORPORATE the family and the techniques INTO your day.
- It doesn't have to be this though! You are simply elevating emotion and teaching the brain that it is safe!!



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Most common thought- that only works for other people....

- Trust me, you aren't that special ©
- Persistence is in all of us. If you haven't succeeded with one way of doing things, then try something different. Stay open and curious.



Most common excuse- I don't have time!

- Do you have time for your illness?
- Fear of looking inward
- Ego resistance
- Undeserving Resistance to change
- Addiction to the chemicals of stress
- How are you approaching the process?



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It's not what you do, it's how you do it.

Set Alarms as reminders throughout the day to remind you to engage in your neurological rehabilitation

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Do I feel expanded or contracted in this situation?

If expanded, great! Revel in that feeling
If contracted, how can you feel expanded?

We don't see things as they are, we see things as we are. Curiosity will get you far in your healing.