


ENGAGE
MORE CONTROL | LESS IMPULSE

The Neuroscience of Self Care

Putting yourself first – why we need to

SEPLA Conference
21st July 2019

PRESENTED BY:
Kathryn Berkett
MEdPsych
Neurosequential Model of Therapeutics Practitioner

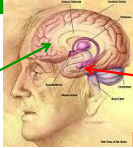


1

INTRODUCING THE BRAIN

UPPER/GREEN BRAIN

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




LOWER/RED BRAIN

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

ENGAGE

2

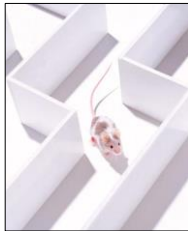
RED / GREEN BRAIN & THE SANDPAPERED BRAIN





ENGAGE

3

Impact on work production



→  ✓ Solved significantly more creative problems

→  ✗

Creativity Test

4

ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO **DIE**


↑

STRESSOR

ENGAGE

5

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

ENGAGE

6

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)

ENGAGE

7

Why Deep Breathing?

Sympathetic Activation

Parasympathetic Activation

8

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'

9

(Basic) Needs for Safety

Attention

Predictability

Control

10

ENGAGE
MORE CONTROL | LESS IMPULSE

kathryn@engagetraining.co.nz

www.engagetraining.co.nz

www.facebook.com/EngageKB

11