

A way of looking at stress in the body, literally – and – a way to deescalate it – as practiced in sessions.

See images on page two.

Brain is working fine (it does what it does, because that's how brain and body 'work'). Deescalating a little bit.

Escalation occurs when glucose is not sufficient to resolve normal jumpy/tight (amygdala in negative emotion) and so the hypothalamus tells other parts of the brain to send war weapons: adrenaline cortisol and epinephrine kick in (the actual fight / flight response).

- 1) when jumpy/tight happens it means the amygdala is doing what it does automatically AND it means your brain is working just as it's supposed to
- 2) when you think about something like a no answer to a question, it means your thinking brain (hippocampus) is also working as it's supposed to
- 3) when you feel jumpy/tight (all emotion is felt in the body that way) tell your self that 'my brain is working just like it's supposed to. I'm jumpy/tight because my amygdala is doing what it does and I'm thinking about this no answer - so that's how it all works. My brain is working fine.

De-escalation is the result.

Besides, what you're been doing, saying you're messed up, you shouldn't feel, she/you/I caused it - is escalating you. Jumpy/tight kicks in, you name call is bad somehow, more jumpy tight kicks in, you try to stop it, more jumpy/tight kicks in, you blame others or you, more jumpy tight kicks in and soon the glucose is depleted so those war weapons are needed.

So the 1-2-3 above is the new way to think and feel and you will calm a bit. Your glucose will be less in demand and probably sufficient. The problem doesn't go away - but you will not have adrenaline/cortisol/epinephrine interfering.

With your GF/BF/PARTNER/FAMILY MEMBER (or others):

- 1) their emotional and logical brain, like yours is working just fine.
- 2) they are jumpy/tight just it's supposed to happen.
- 3) then look for yourself and the other person the reason for jumpy / tight:

- Connection (about being with for you or the other)
- Thrive (about being the best possible for you or the other)
- Survive (about being comfortable and secure)

SELDOM IS IT SAFETY, but that is one other reason for the entire fight/flight system to go off. In safety the brain and body take over entirely.

Last point:

I'm not a dinosaur. She's/He's/They're not a dinosaur. There are no dinosaurs here right now.

Hypothalamus – Announcing that glucose is low/gone; adrenaline, cortisol, epinephrine is now necessary (messages the pituitary).

Hippocampus – Memory / thinking center; thoughts are based on memory. Seeing past, present, future is intellect – based on recall.

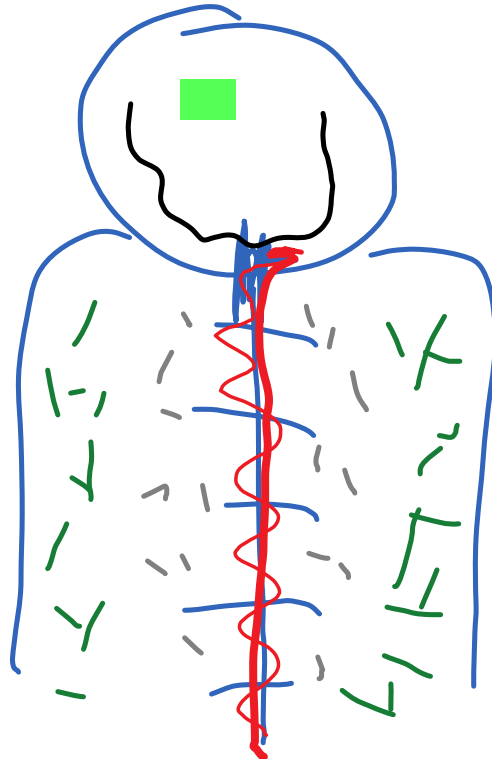
Amygdala – Negative Emotional Center; sends jumpy/tight down center of the body. These are emotions – jumpy/tight. They are close to and at the center of the body. Automatic, always on.

Glucose: jumpy or tight requires energy. Gas is limited as it is needed everywhere in the body. If jumpy/tight is not reduced even a little, the glucose demand will exhaust (then A/C/E are needed).

Adrenaline/Cortisol/Epinephrine – Actual fight/flight hormones; these are the safety/war/stress hormones. They are experienced outside of the center of the body, and possibly everywhere. If escalation occurs, or if there is actual safety risks, ACE is pumped to help in the 'battle.'

Brain stem and Spinal Column – down the center is where the messages of jumpy/ tight is sent. Amygdala sends emo automatically.

NOTE: + emo comes from three other areas of brain and is not automatic. It is still jumpy/tight; slower to arrive.



NOTE: The brain sections and images identified above are not drawn correctly or even in the correct location. I'm not a neuroscientist. This is just a way of looking at the process, in general. The process is more complicated and involves all kinds of areas of the brain; thoughts and judgements are at play as well. Psychopathy would of course change the process as would a TBI or substances. The amygdala is at the base of brain, likely covering both sides of the brain stem. The hippocampus does circle around into both spheres. The hypothalamus is arbitrarily drawn.

Stress Article

Hypnosis

Mindfulness