

The Brain and Trauma

- 1) **How To Heal**
 - a) Belonging-believing that we are a part of something/some group/family (gives a greater identity)
 - b) Exercise (serotonin-but the action version)
 - c) Stories: Beginning middle and end. A story for the mind and body. Your body doesn't speak English, Mandarin, Spanish, Arabic, or any verbal language, but body language.
 - d) **Charles Hunt-he told the story with his words and his body (posing)**
- 2) **Somatic Experiencing**
- 3) **Crab Molting- Learn to be Vulnerable**
- 4) **Use Body Touch-remind yourself of the boundary**
- 5) **Post Traumatic Growth**
 - a) *Breath holding*-please do not do this if this goes against medical advice! With breath holding, you gradually learn how to relax through the pain (DO NOT PRACTICE UNDER WATER)
 - i) Alphabet of gratitude, meaningful statements, verses, etc
 - ii) Absolutely relaxed
 - iii) Almost into a sleep state
 - b) *Your Life is Probably Pretty Meaningful*
 - i) Meaning is associated with the following based on Prospective studies
 - ii) Reduction in suicide
 - iii) Good mood (manipulating mood effects)
 - iv) **Key Components:** Significance, purpose, and making connections (e.g. social), reliable association
 - c) **Benefits:**
 - i) Greater quality health
 - ii) Occupation adjustment
 - iii) Less MH d/o
 - iv) Less SI in depression
 - v) More social appeal
 - vi) Slower age-related cognitive decline
 - vii) Lower risk of heart attack, stroke, Alzheimer's, and other health related outcomes
 - viii) Meaningful Life Pattern: exposure to expected patterns in seasons and trees, and exposure to novel patterns
 - d) **Searching for meaning has negative correlation**
- 6) **Polyvagal Theory-** Steven Porges
 - a) **Ventral Vagal-consider prosody like singing a lullaby**
 - b) **Stimulation strategies: PNS is largely made up of vagus nerve**
 - c) **Vagus wanders through the body and touches almost every organ in the body**
 - i) **HUMMING**
 - ii) Having your system in flow translates to many health benefits, including less stress.
 - iii) **LAUGH (e.g. without smiling)**
 - iv) **HRV-improves**
 - v) **Take Probiotics (aids in digestion)**
 - vi) **Mice without bacteria in gut had symptoms that mimicked depression and anxiety**

