The Mind Body Connection

Somatic Therapy

OBJECTIVES

01 Mind/Body influences

02 Your digestive system

03 Hack your nervous system

04 Yoga/ Somatic Psychotherapy

Mind-Body Connection

- The physical body is influenced by psychological factors and our physical body affects our mental state.
- Our Nervous System connects the mind and body. Communication happens via chemical and physical messages like hormones and neurotransmitters.
- Think of the brain as "the hardware" that allows us to experience beliefs, attitudes and emotions.
- The hypothalamus plays a prominent role in this connection. Helping the endocrine (hormones/regulating stress response) and nervous system (signaling what hormones to release) talk to one another.
- Studies have shown we have an embodied cognition, we tend to lean forward when talking about the future and lean back when talking about the past.

The Second Brain

- The second brain: The digestive system is highly connected to the mind.
- Vagus Nerve: one of the biggest nerves connecting your brain and gut, two way communication.
- 95% of Serotonin is produced in the stomach. This neurotransmitter is important in mood and cognitive progressing. (Hangry?)
- GABA which helps control anxiety and fear is produced in the stomach. (Helps relax the mind)
- BTW: GABA levels are increased with the practice of yoga.

Hack Your Nervous System
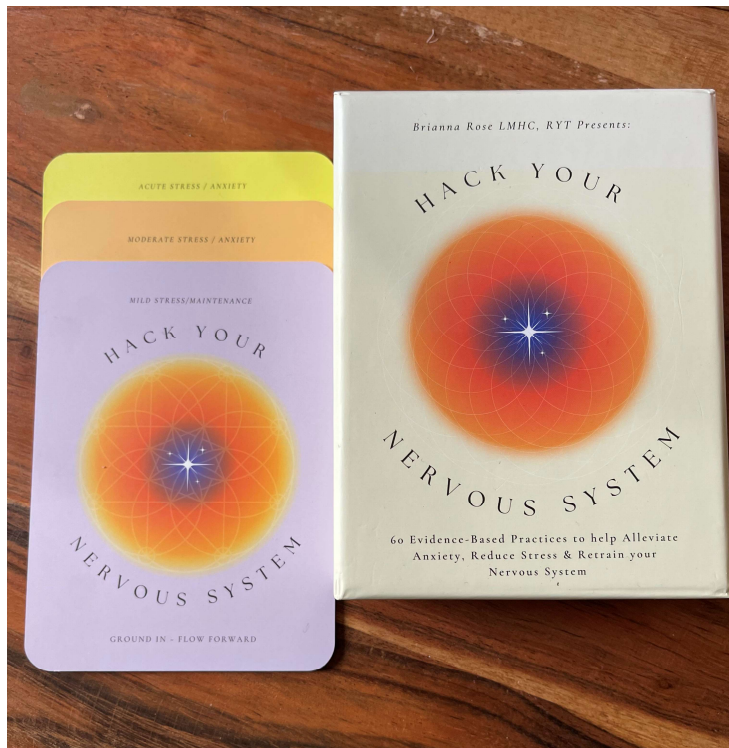
- Finger Hold Exercise.
- Sourced from 9 years of mind-body study
- Increase awareness of your mind-body connection.
- Reprogram your nervous system.
- Effective tips and interventions.
- Simple practices to hack your system
- 4-7-8 Breathing(Repeat 5x).

Yoga

- Mindful movement and breathing done in yoga activates the vagus nerve creating the relaxation response of rest and digest.
- When focusing on and controlling your breath, you can change your emotional state and better manage your stress.
- The mind-body connection has a powerful impact on your well being at every level.
- Learn to harness the power of this connection to optimize your happiness and health.

Calmerry

Science-backed mental health benefits of yoga

1. Trains your body and mind through a relaxation response, decreasing stress

2. Empowers you to recognize the thoughts, feelings, and actions that trigger anxiety

3. Helps trauma survivors cultivate a deeper connection between mind and body

4. Impact neural patterns in the brain, improving your ability to concentrate

5. Helps cope and overcome depressive symptoms by lowering cortisol levels

6. Increases the secretion of melatonin, promoting a better sleep

7. Cultivates a sense of inner peace and tranquility

8. Increases energy levels
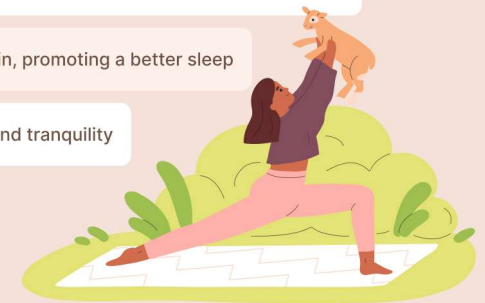
Somatic Psychotherapy

Somatic Psychotherapy is a term that's been used more frequently over the past few years as scientific research has proven that, as humans, we store memories, experience and emotions on a cellular level. Which means, it's not "all in your head"; rather, our bodies hold data as well. This is why many people express a feelings of "body anxiety" even in the absence of anxious "thoughts". It's also why you may find yourself not feeling very safe in your own skin on certain occasions, times of year or in certain environments, even if there is no "apparent" reason. Often, your body is reminded of something {even when your mind does not} and is sending an alert, a pause, or even a danger signal.

WHAT IS
SOMATIC THERAPY

Body Awareness/Resourcing

- Identifying bodily tensions and recognizing what calms you.
- Recognizing what makes you feel good and safe to find emotional balance and peace.

Grounding/Sequencing

- Feeling the energy from the ground by connecting your body and the earth.
- Attending to the order in which sensations leave the body and what follows.

Pendulation/Titration

- Following guided therapy to experience and release traumatic emotions.
- Observing changes in the body while processing traumatic memory with a therapist.

RESOURCES

01 https://www.newportacademy.com/resources/mental-health/understanding-the-mind-body-connection/
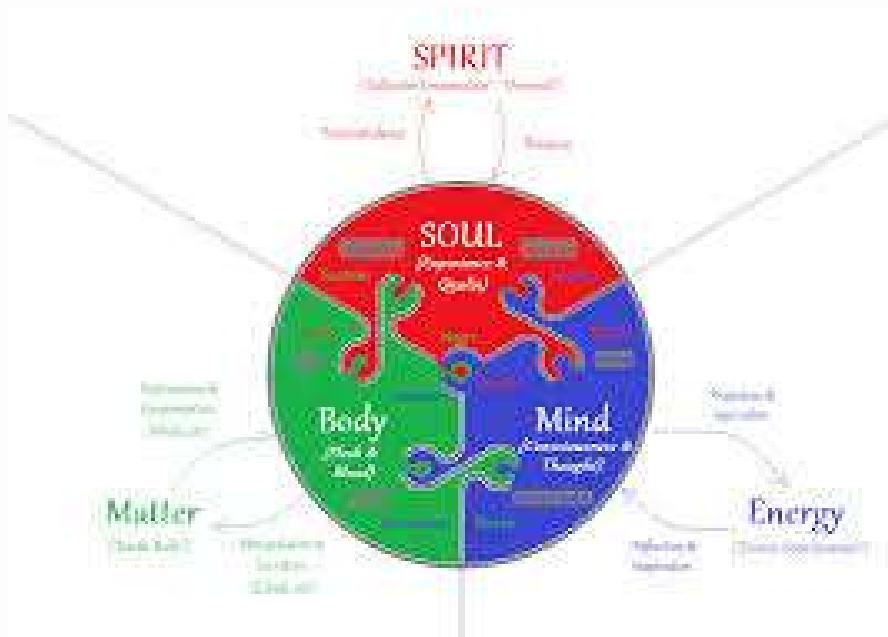
02 Rose, B. LMHC,RYT. Hack Your Nervous System. Card Deck.