

Prin*senstichting*

Gentle teaching, stress And Your brain

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Why, explanatory model

- Scientific research

- Finances

- Because.....

(Caretakers and) Stress

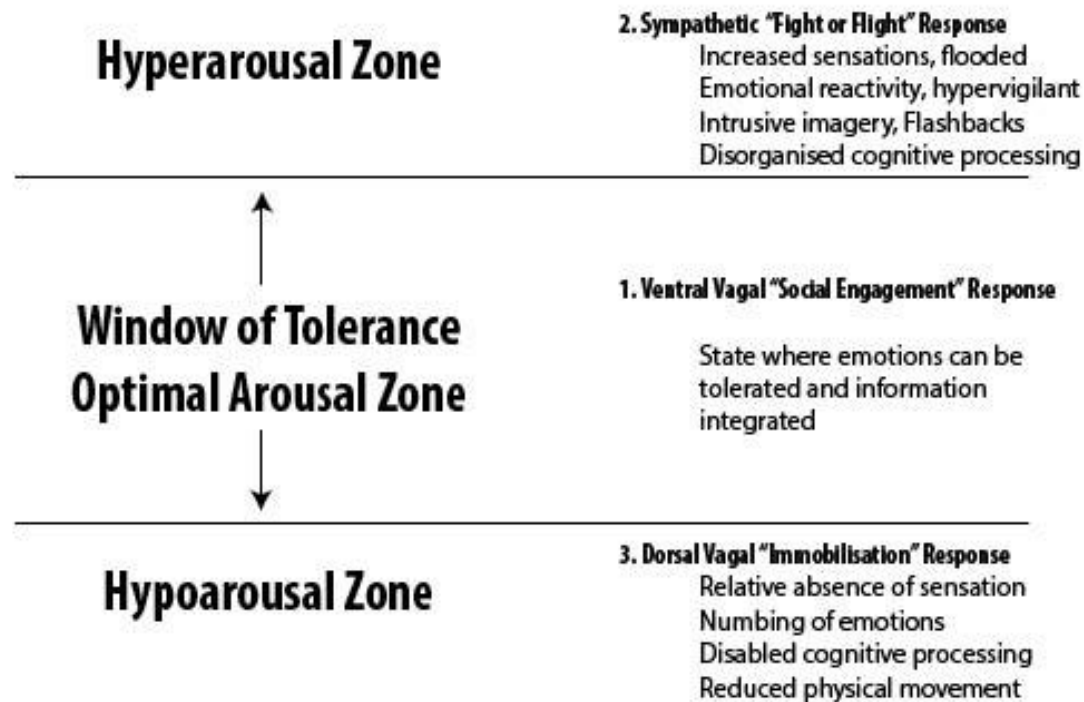


- Almost all stress is because of fear and/or trauma
- Fear activates the amygdala
- Amygdala produces adrenaline, causes physical reactions, fase 1
- Fase 2 is production of cortisol, stresscoping hormone

Stress, window of tolerance



Window of Tolerance



Long term consequences of stress

- Mainly Caused bij high cortisol levels
- High bloodpressure
- Hartprobleems
- Disturbed sleep
- Self injury
- Agression

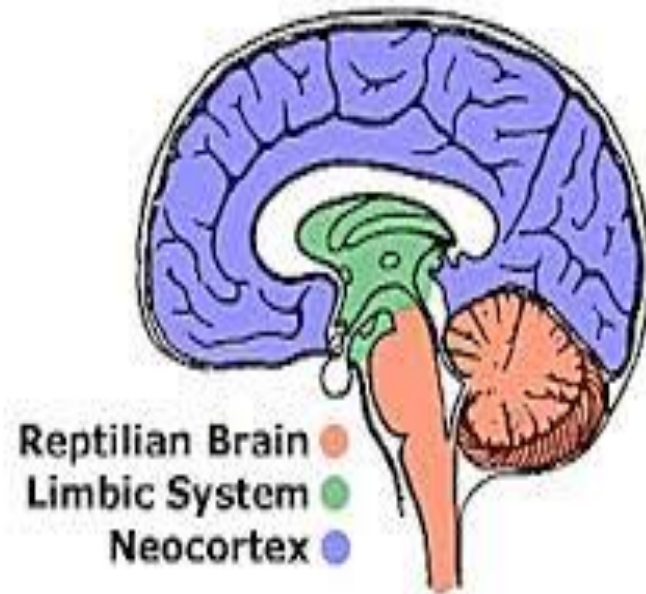
The brain

Three layers:

reptilian brain (pink)
limbic system (green)
neo-cortex (blue)

Higher systems depend
on lower systems

The Evolution-Designed Brain



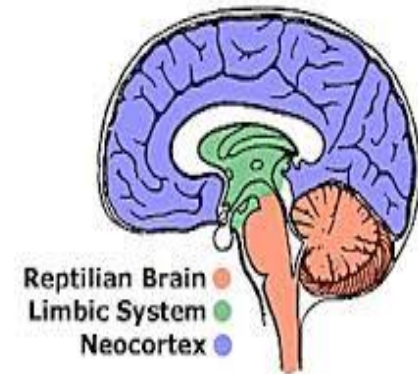
Brain development

Until you are 23 y/o

Slow lane: delayed
reaction to stress
through limbic system
and memory

Development from
inside -> out and
back -> front

The Evolution-Designed Brain



Handmodel Dan Siegel



- <https://www.youtube.com/watch?v=gmgCIJ74Oxw>

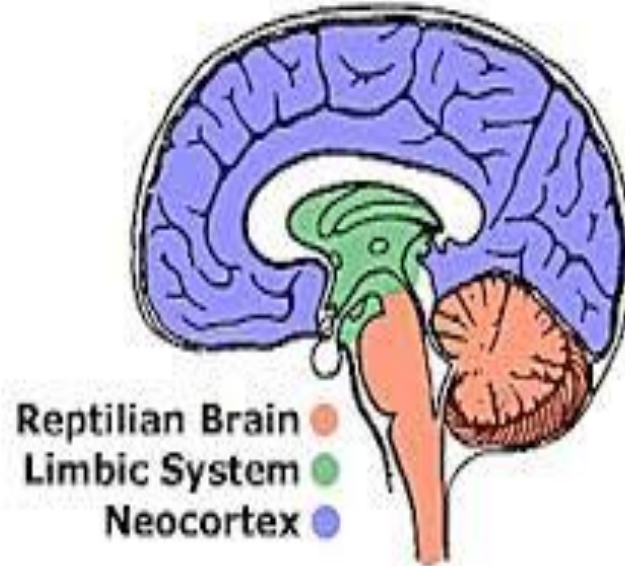
Reptilian brain



pink part, stress response

- Flight
- Fight
- Freeze

The Evolution-Designed Brain



Reptilian brain

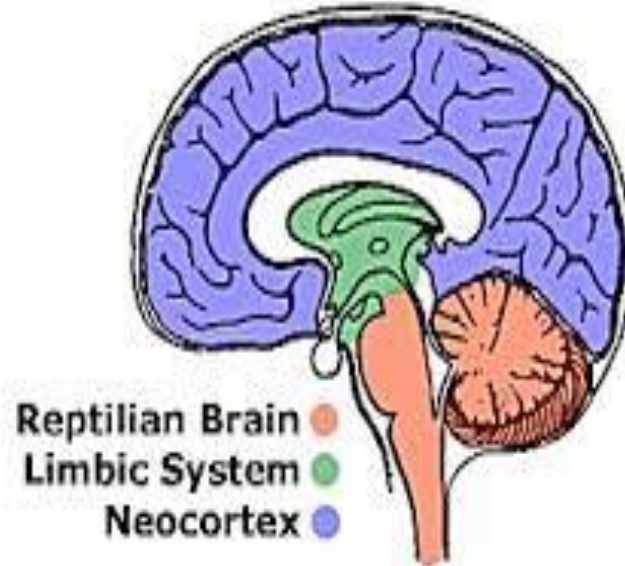
Pink part (autonomous nerve system)

GTinterventions:

- Rhythm, repetition
- Connect with people
- hug! (stimulates production of oxytocin)

-SING! Make/listen to music!

The Evolution-Designed Brain

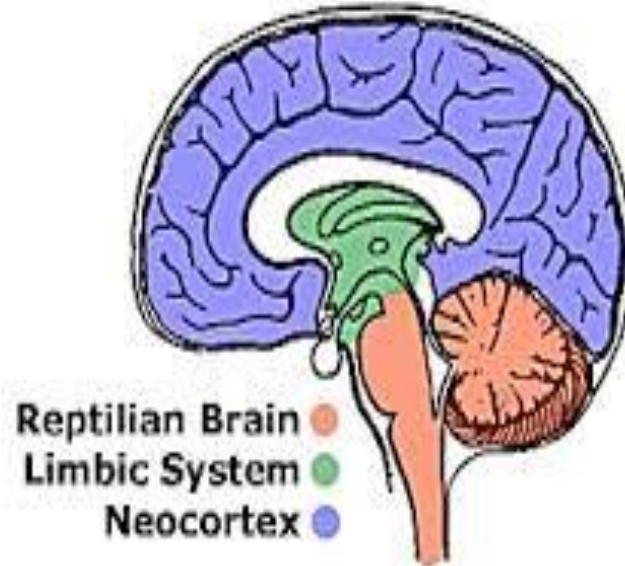


Limbic system

Green system

Strong emotional stress responses

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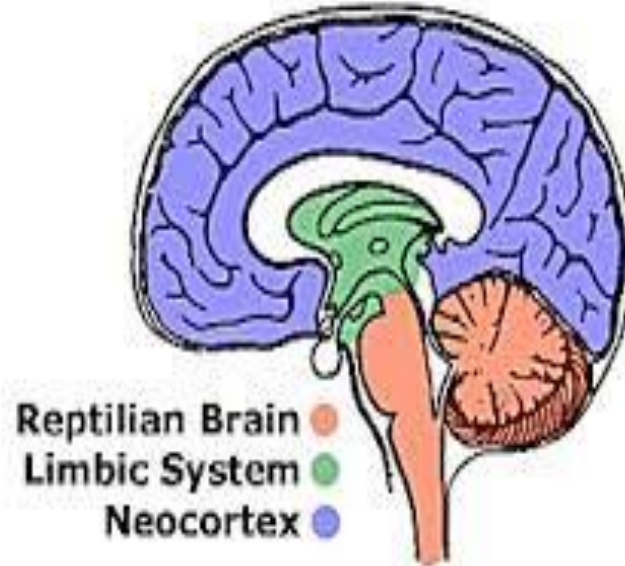
Limbic system

Green system

GT interventions

- Regulation of Emotions through aligning
- Be the good example
- Reflect on emotions
- Give words to Emotions

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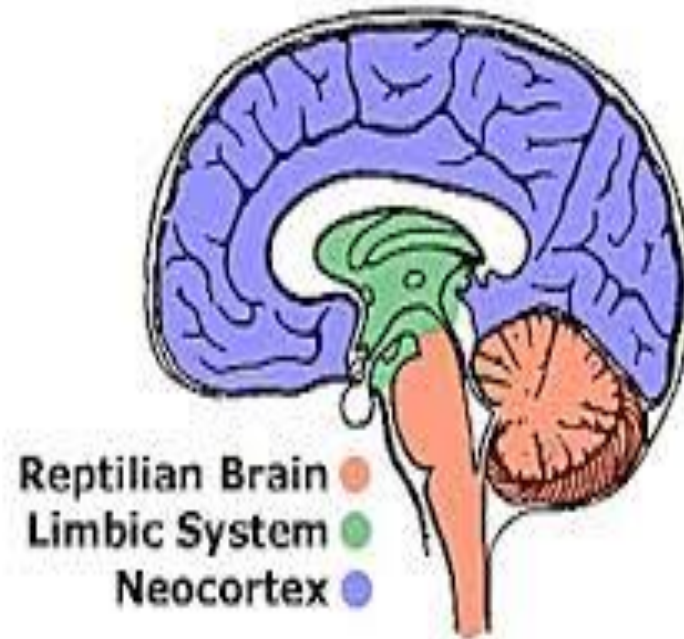
Neo-cortex



Blue part (slow lane)

- Plan and organise
- Memory looks for similar situations
- Zelfreflectie
- Put yourself in someone else's place (>3)

The Evolution-Designed Brain



Neo-cortex

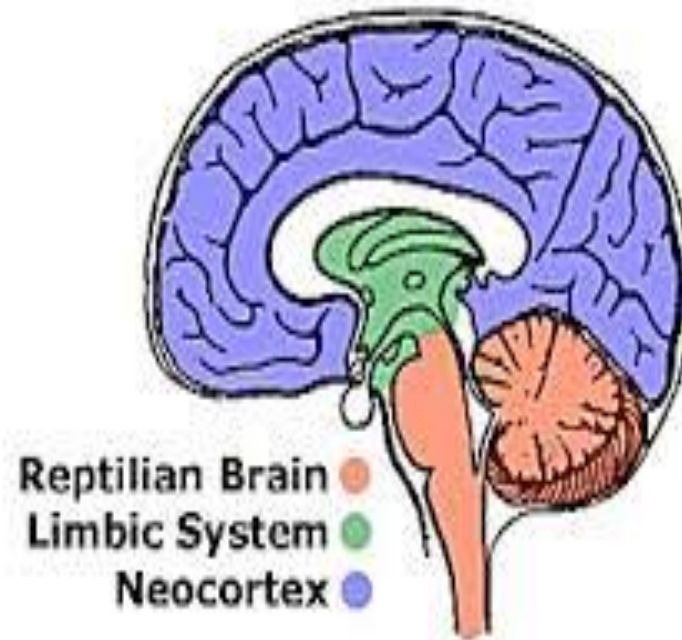


Blue part (slow lane)

GT interventions

- Aligning with words
- Exchange experiences
- Find meaning together
- Make new memories

The Evolution-Designed Brain



It takes a calm brain
to calm another brain.....
Be a thermostat not a thermometer....
Regulate--Relate---Reason

Bruce Duncan Perry

Vertaling weergeven



Many thanks to

- AnnaMaria Langhoff Nielson
- Paula Sterkenburg
- Dan Siegel