Location of the Limbic System

Your **Limbic System** is located approximately in the center of your brain.

* It is the part of the brain that most people use most often in conflict – it is where your emotions are stored – both negative & positive.

  - The main structures are: the Hippocampus, amygdala and hypothalamus.

  - It is the second oldest system of your brain – the reptilian brain being the first. It controls your vital functions: heart rate, breathing, body temp & balance.

  - Manual pg 1-5
Your Brain

Your brain governs specific functions: * sensory (blue) * visual (yellow) * reward pathway (orange) * cerebellum (hot pink) for coordination and the hippocampus (green) for memory, thalamus (magenta) which receives information about pain coming from the body (magenta line within the spinal cord), and passes the information up to the cortex. Nerve cells or neurons connect one area to another via pathways to send and integrate information. The distances that neurons extend can be short or long. This pathway is activated when a person receives positive reinforcement for certain behaviors ("reward"). + NIDA 2016

A Component of NAADAC's Life-Long Learning Series

Your Brain Loves….

Your own Natural and Organic Rewards:

- Food
- Water
- Sex
- Nurturing

A Component of NAADAC's Life-Long Learning Series
Preventing Relapse

- Science tells us that stress is the biggest trigger for relapse/reoccurrence.
- Relationships – personal, professional, in community, are the largest groups that stress us out on a day-to-day basis.
- What would happen if we learned to “romance” those around us and ourselves?
- What would happen if we worked through the trauma of our lives?
- What would happen if we learned to live happy and heathy?

Recovery Starts in the Brain…or doesn’t
Location of the Cortex in the Brain

The cortex located in the front part of the brain.

- It functions are decision-making, problem solving, creativity and discovery.
- It is where language is developed.
- It can be trained to be mindful.
- It reacts positively to options.
- It is like your internal computer.
- It helps you to sort, process and store information.
- It has infinite learning abilities.

Wellness & Recovery Grows Here...

Let Us Find Another...

I believe... YES! Often Consider

Will you Stand Still

Let's Discover Back-up the Train

Please Is it possible

Thank you
The Cortex - Discovery

- We learn impulse control
- Maturity and imagination develops
- Decision making – judgment – reasoning
- Creativity and discovery
- Problem solving
- Romance develops into maturity and commitment

Manual pg 1-12

Is What I am Going to Say...

- One helpful skill to learn is the ability to stand still in the moment.
- In standing still in the moment, you learn to stop or slow down your thoughts and conflict process by asking yourself 3 questions:
  - Is what I am going to say (words and phrases) and the way I am going to say it (tone, inflection and gestures) going to build the relationship up?
  - Is it going to keep the relationship level?
  - Is it going to tear the relationship down?

Manual pg 1-12
**Being Deliberate**

- Phrases like “Thank you,” “Please,” “I am sorry,” and “I did not intend to …” give people more power in their lives or diminishes their power?

- Words or phrases like the following add what to a conversation?
  - I believe
  - I wonder
  - Let’s discover
  - I would like
  - Consider
  - Often

- Consider how this change could effect what you would expect to see in other people (for example: work colleagues, family, and friends).

**Going Limbic on Someone**

Expressing anger in an unhealthy manner causes the person doing it:
  - to have increased blood pressure
  - to have increased heart rate
  - to increase the adrenaline level
  - to cause a rush to the brain

Example...”going limbic”

- What was my body experiencing?

- Recovery and a rush of endorphins from anger – Do they match?

- Anger rushes are destructive to both (all) persons on the receiving end of the anger

Manual pgs 1-14 – 1-15
Being Deliberate

- Phrases like “Thank you,” “Please,” “I am sorry” and “I did not intend to …” give people more power in their lives or diminishes their power?

- Words or phrases like the following add what to a conversation?
  - I believe...
  - I wonder...
  - Let's discover...

- Consider how this change could effect what you would expect to see in other people (for example; work colleagues, family and friends).

Phrases that “Romance” the Brain

- Is it possible…?
- Have you had an opportunity to…?
- I wonder what would happen if…?
- Help me understand…
- I’m confused, I thought…
- Is this ok with you…?
- I’m curious about…
- Please explain to me…
Phrases that “Romance” the Brain (cont)

- My pleasure to...
- Please...
- Thank you...
- May I have permission...?
- Please tell me what you mean by this.
- When you have a minute, would you please...?

Phrases that “Romance” the Brain (cont)

- I am sorry.
- Is there another way I could (say/do/explain this)?
- Let us discover/consider/believe...
- Often, this is a misunderstood (action/behavior/word)...
More “Romancing” the Brain

- Will you agree to this…?
- I would like to find a solution, together.
- Would you consider…?
- I would like to assist you…
- Your thoughts?
- Please see handout

Training the Brain

- Hear It
- See It
- Say It
- Write It
- Read It
- Repeat It
Building Relationships with Indigenous Peoples

- Building Trust
- Building Respect
  - Cultural Intelligence & Humility
- Honesty
- What else?
- Builds the Emotional Bank account (for future withdraws without bankruptcy)

Getting to... Collaboration = Win/Win

- Mutual Benefit
- Mutual Understanding
- Builds Mutual Trust
- Builds Relationship
- IN TO ME SEE
Thanks and Blessings

Many blessings as you move through your life. It is yours to change and influence!

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