

Reconnecting the Mind and the Body

Class Summary

- We begin reconnecting the mind and the body by bringing awareness to sensations in the body
- In order to become more resilient to stress, we need to become aware of our emotions
- To identify our emotions and the state of our mind, we turn our attention to our body
- Our body reacts before we're consciously aware of what's going on in our mind, hence it holds many insights to our emotional state
- Our emotions arise through communication between our brain and body
- The body communicates with the brain, to alert us to things that need tending to, like stress
- And the brain also communicates with the body in the same manner
- Our body and brain communicate with each other through the Vagus Nerve
- The Vagus Nerve lies on the parasympathetic branch of the autonomic nervous system
- The Vagus Nerve is referred to as the heart of the nervous system, because it's the link between the brain and the body