

Your Mind, Brain & Stress

- A part of our brain called the limbic system is responsible for priming our sympathetic nervous system
- The amygdala, which resides in the limbic system, is our fear radar, constantly scanning for potential danger
- This vigilance for potential danger is the root of all worry
- Rumination, replaying our worries in our heads, is a rehearsal of what has gone wrong or might go wrong, searching for a solution
- When we can't find a solution, this chronic worry creates anxiety
- Worries are expressed in the mind's ear, not the mind's eye, giving us a constant stream of thoughts
- Our Black Box is the source of these thoughts
- Our Black Box is active even when we're "doing nothing"
- We can quieten our Black Box in the short term through active tasks, especially ones which take a lot of concentration, like playing sport, doing puzzles or gardening
- We can quieten our Black Box in the long term by training our minds, which is what we'll do in our practice together
- Through practice, we can change our neurology for the better, shrinking our fear radar and achieving balance in our autonomic nervous system