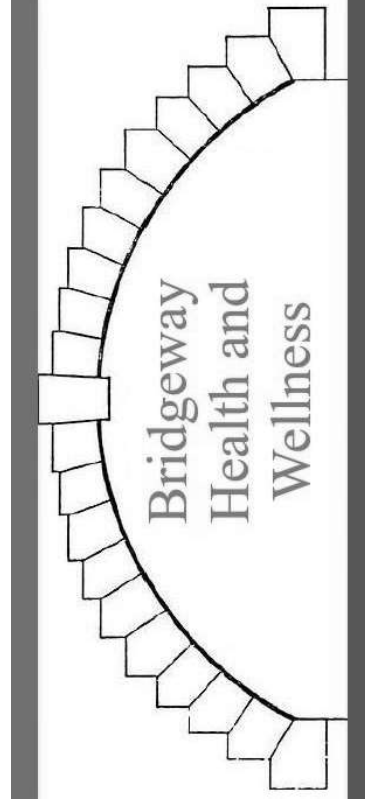


Meditation

Contents

Use pdf and the reference list from website, set printer to print double sided and flip on short edge.

- The aims of this video
- Brain structure and how stress and trauma effect the brain
- Meditation as training
- Making lasting changes and maintaining them



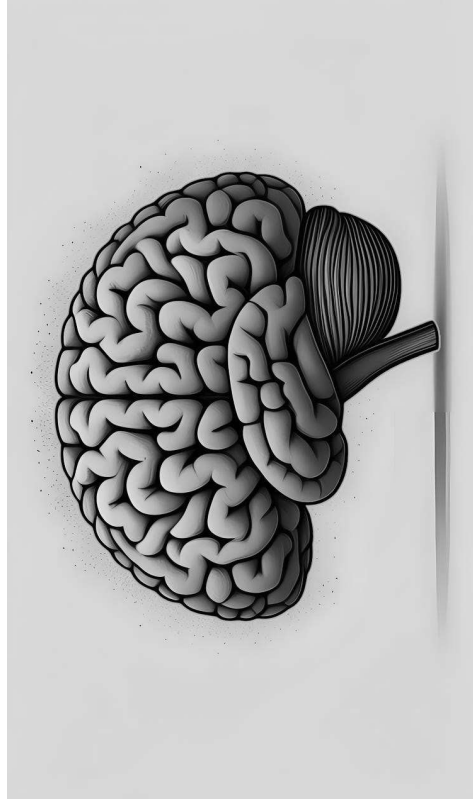
The Aims of this Video



- This video is not a stand-alone part of the paid-services.
- Here I want to demonstrate my no-nonsense approach, and to show you how everything is backed up by scientific work.
- As well as the pdf you're looking at now, please be sure to download the accompanying references list.

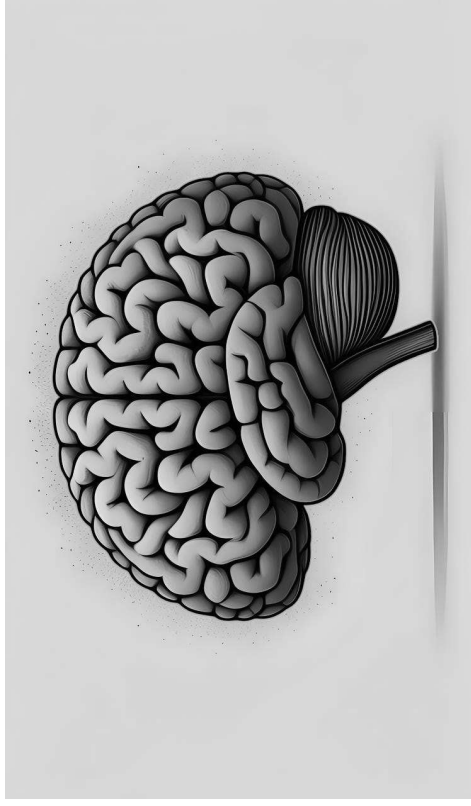
Brain Structure and How Stress and Trauma Effect the Brain

- The brain is made up of nerve cells, and chemicals called neurotransmitters and electric impulses carry information between cells.
- It's a huge network of interconnected cells. Yes, there are different areas, like the cerebral cortex, and the cerebellum, but these aren't our focus today.



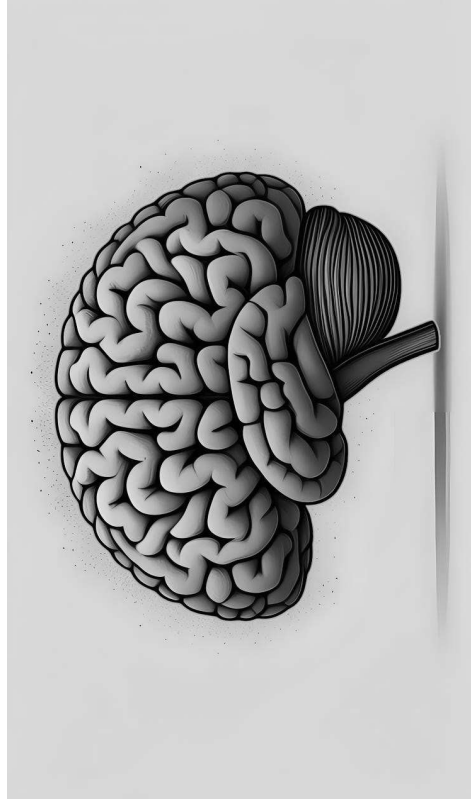
Brain Structure and How Stress and Trauma Effect the Brain

- Stress and trauma dysregulate connections between cells. That's why you don't feel as mentally sharp when you're stressed.
- After trauma or under stress therefore, we don't make good decisions, and we aren't in control of our thought processes.



Brain Structure and How Stress and Trauma Effect the Brain

- If you're not in control of your thought processes, you can get stuck in a loop of negative thinking...
- ... because if specific negative thoughts are experienced often enough, they become entrenched and reflex-like.



Meditation as Training

- We train muscles, including the heart and muscles associated with breathing, and they get stronger.
- The brain also responds to training, and metacognition improves with meditation.
- The brain is constantly changing, even in adults, through a process called neuroplasticity.



Meditation as Training

- Neuroplasticity allows us to recover, for example from a stroke or trauma, and it allows us to learn, both as children and as adults.
- Meditation is brain training that increases the connections in your brain. This is actual science.
- Meditation is only a part of the 'brain training' we'll do if you become a client.



Making Lasting Changes and Maintaining Them

- With me you'll learn how to do a daily, no-nonsense meditation that has real effects.
- You'll be in more control of your behaviour, and rather than making knee-jerk responses to your environment, you'll be able to reflect and decide upon your response, so there will be no more irritability or substance misuse, and you'll make better decisions all round.



The Next Steps

- If you're interested in working with me, please **send me an email using the address at the bottom of the website**, and I'll get back to you within 24 hours.
- Please include your **age and a brief description of the problems** you'd like to solve, so I can prepare for our first Zoom chat.

