

CARE for Mental Youth's Health

Sunday 23.04	Monday 24.04	Tuesday 25.04	Wednesday 26.04
Introduction to mental health . Mental Health oppression	Fear and Stress: How does our body respond?	Tools and resources : Preventive analysis and diagnostics of vulnerable situations. Deep listening. Non Violent - communication	Conclusions: The path to trust and inner peace. CREATIVITY.
Neurosciences: How does our brain work? Feelings and Emotions	Counteracting emotional challenges: Body awareness	Counteracting emotional challenges: Breathing and Mindfulness	Group work: Results and conclusions.
Group work: brainstorming and hypothesis	Group work: Methodology development and research		Group work: Presentations

22 – 26 April 2023

Penagos (CANTABRIA)


Daniela Arias

ladaniela@gmail.com

MENTAL HEALTH is more than just the absence of mental disorders. Mental health is a state of complete physical, mental and social well-being. Mental health is a matter of interest to everyone and not just to those affected by a mental disorder.

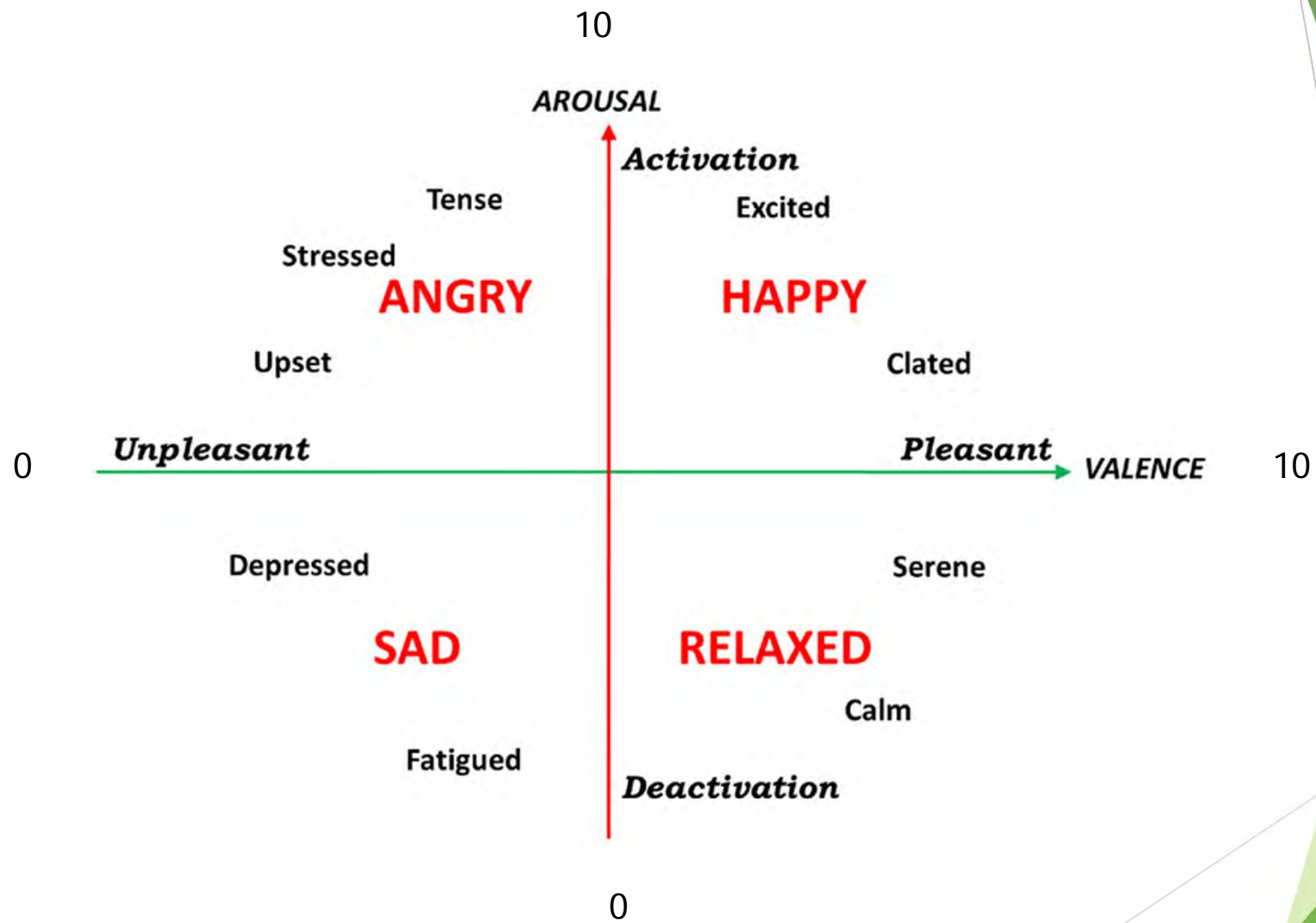
There is no mental health if there is no self knowledge.



- 
- ▶ *“One only loves what really knows. If we love ourselves, we can love the others, if I do not love, I do not know what life is about” (Pablo D´ors)*

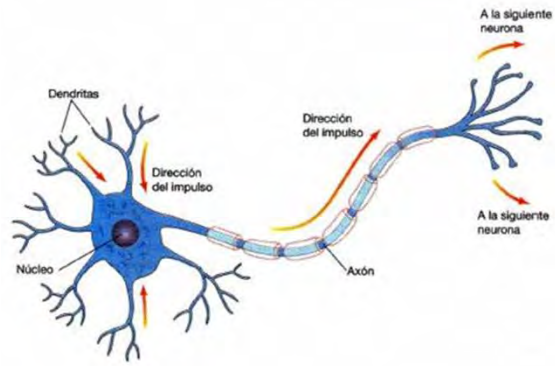
NEUROSCIENCES



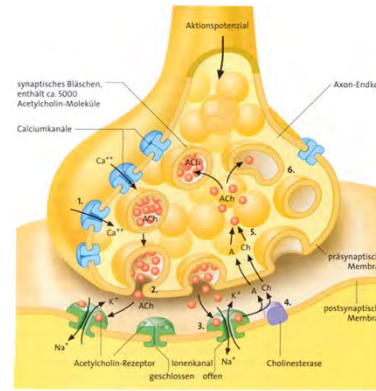


- ▶ YOUR BRAIN THINKS AS YOUR HEART BEATS. We do not say I beat, why we say I think instead of MY BRAIN SAYS
- ▶ NO ANIMAL, PERSON, PLACE OR THING CAN MAKE US FEEL, BUT ONLY THE IDEA WE BUILD ABOUT IT
- ▶ EACH THOUGHT IS JUST A PORPOSAL, NOT A FACT
- ▶ THE BRAIN CAN NOT DIFFERENTIATE REALITY AND FICTION
- ▶ THOUGHTS ARE MADE OUT OF LESS THAN 1% OF REALITY





Neuron



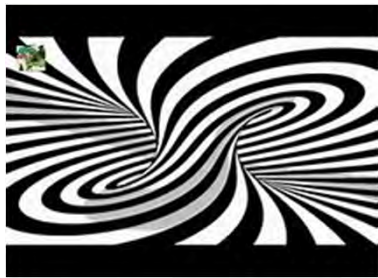
Sinapsis



Hemisphere

Neuroplasticity

The Brain is an organ

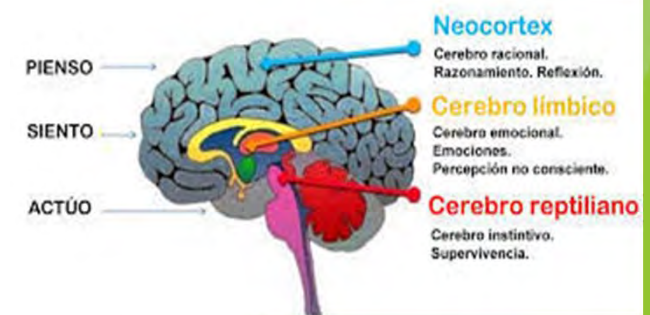


Neuronal manipulation

Neuroplasticity



“Each person can be, if there is an intention, his own sculpturer of the brain”



Video Jill Boyle: <https://www.youtube.com/watch?v=wsvlhmdFuIU>

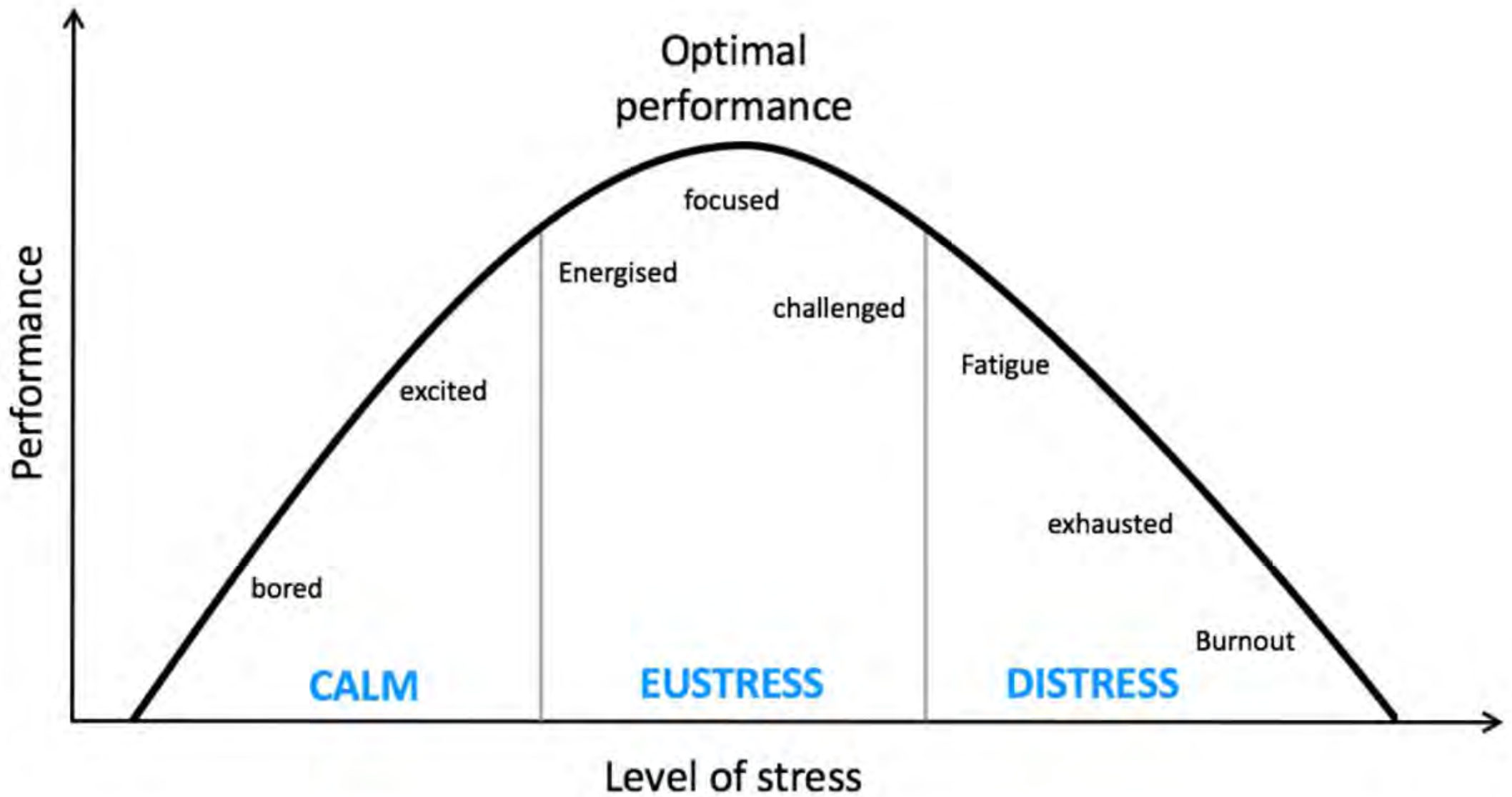
STRESS

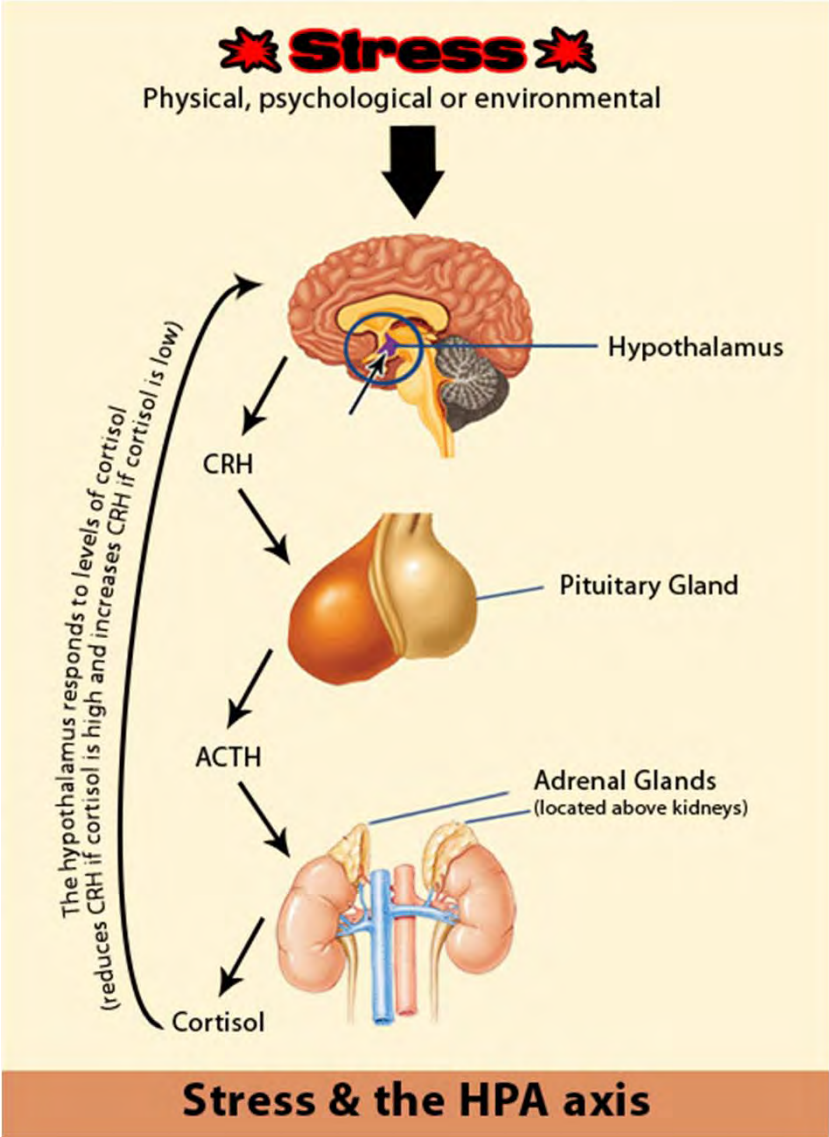
Suffering is translated to STRESS in our body.

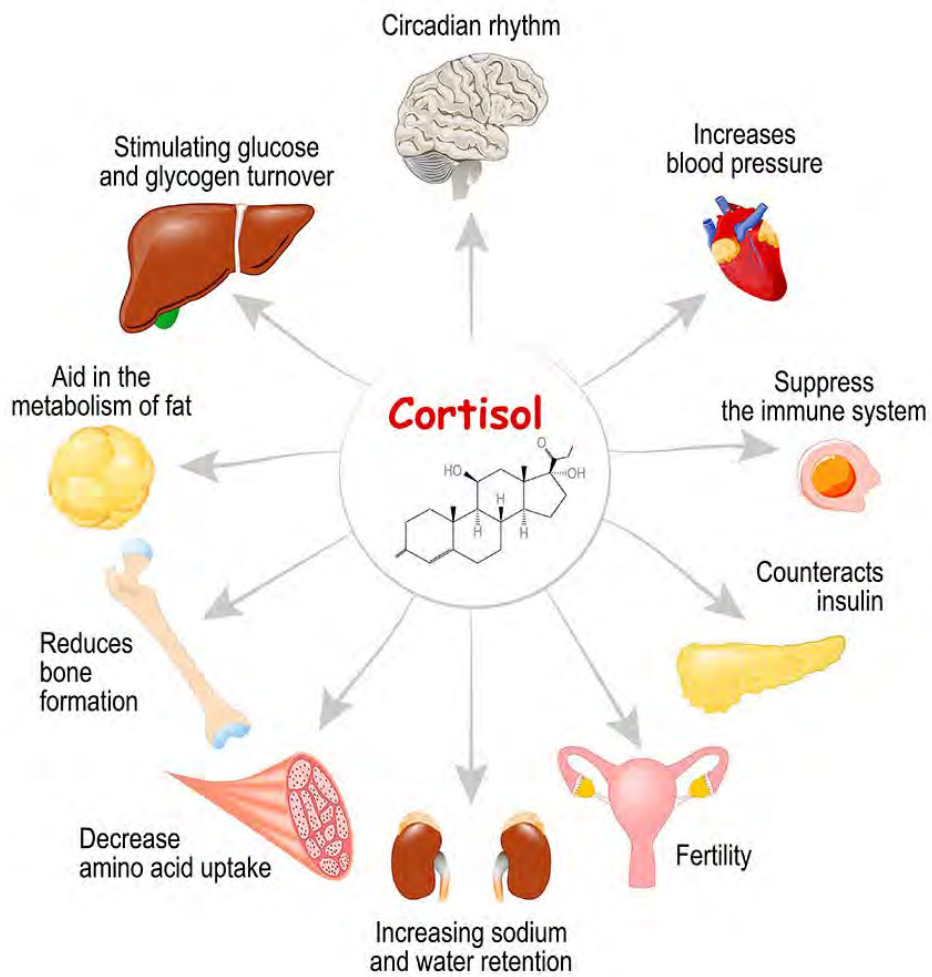
STRESS DEFINITION:

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything, real or fiction, that requires attention or action.

The RESPONSE depends on the individual assessment of the contrability of the stress factor: SURROUNDING, PERCEPTION, RESOURCES







Cortisol - The Stress Hormone

Anger: it is usually lived as an impulse that gives information about the need to protect oneself, to defend oneself, which does not mean that the reason is real. The loss of their control can lead to aggression, to attack. It can be the result of a feeling of helplessness or frustration. It arises as a necessary vomit, but it is more flattering not to vomit on anyone and find the right place and time.

Disgust: usually warns us that something will not be pleasant to us. Mainly associated with taste and smell, it leads us to reject what we find unpleasant.

Fear: can be experienced as paralysis, as a bodily block, as a need to escape. Although it can also be experienced in a counterphobic way, which would lead to facing the object that causes fear. The purpose of this emotion is to be able to react to be safe.

Joy: it is an emotion that leads us to expansion, to openness. It speaks to us of a feeling of joy, of well-being. It is usually accompanied by a smile and a sparkle in the eyes.

Sadness: in general, it is related to loss. Listening to it in internal silence gives us information about the loss, brings us closer to a place of introspection and meditation

Surprise: This basic emotion appears when we are not prepared and something suddenly arises.

Love and fear → pleasure and pain → If we understand that emotions are intrinsic to us and necessary as a species, we will not seek to educate or repress them, but we will allow them to express themselves.

Emotions have their function, they are wise and logical. And like everything we experience, they can serve as a tool. We can recognize them without judging them as good or bad. They do not need to be overcome. They give us information about ourselves in reality, not about reality. Information that is essential for us to understand each other.

▶ BELIEFS → THOUGHTS → EMOTIONS → ACTIONS → HABITS

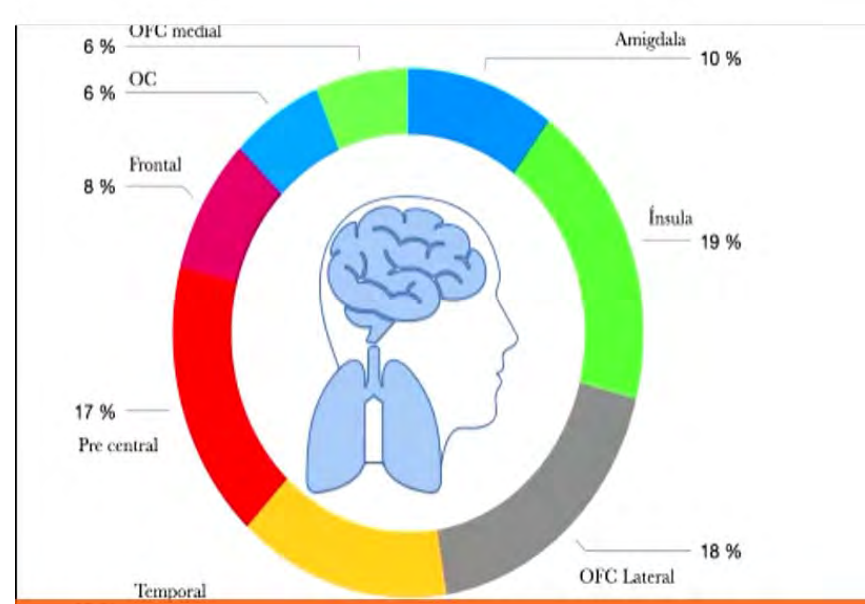
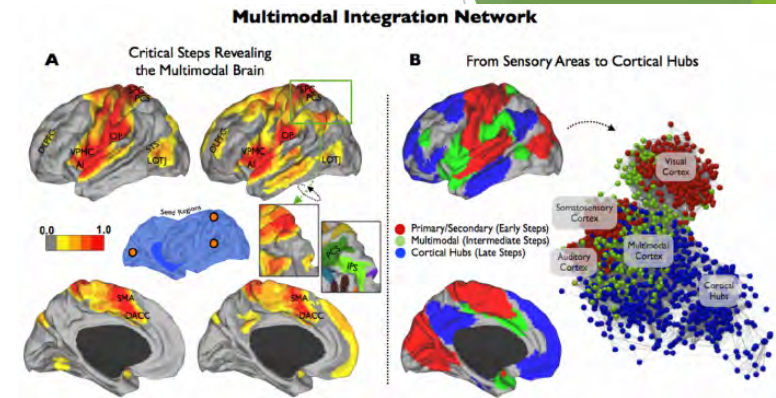
Neurophysiology of Breathing



DELTA	Very slow
THETA	
ALPHA	Universal
BETA	
GAMMA	very fast

Delta, Theta → Alzheimer/sleeping
(guts/stomach)
Alpha → meditation UNIVERSAL
Beta, Gamma → concentration
(carbio/breathing)



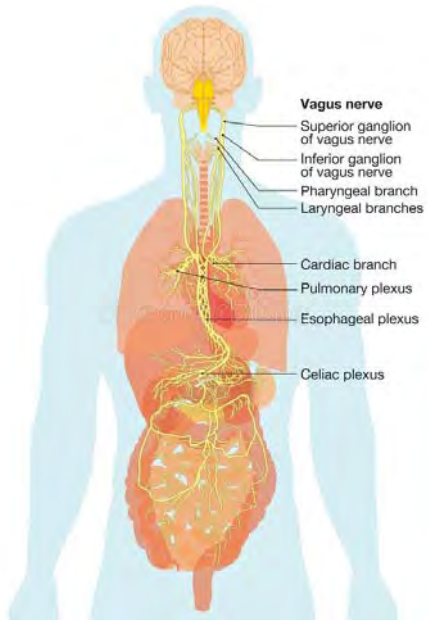


BREATH



Info but how?

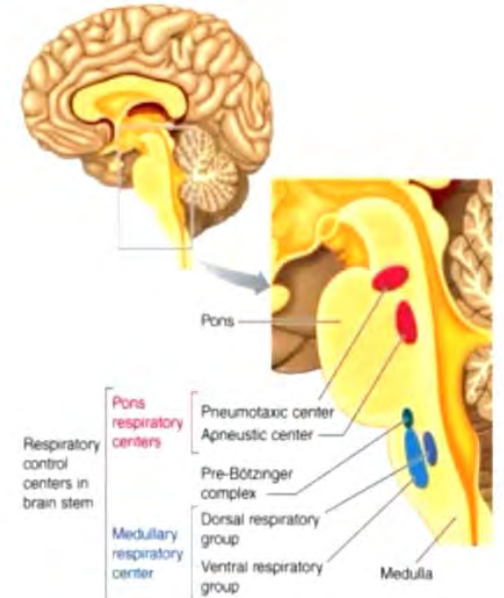
BRAIN



Complejo Pre-Bötzing

Pre botzinger complex

located near the upper end of the medullary respiratory centre

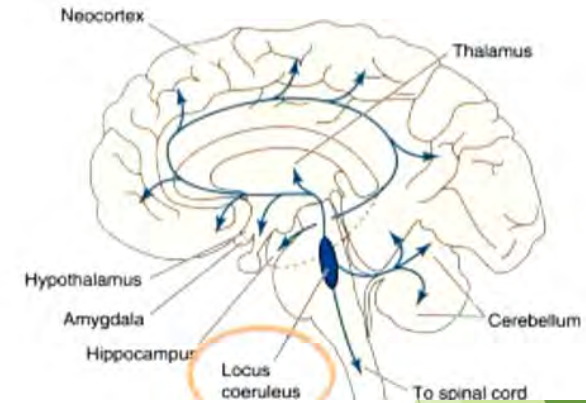


AWARENESS

- Locus Coeruleus (Pre Bötzing) → Ascending Reticular System → Noradrenalin → Memory, Awareness, motivation
- No motivation → no attention
- Shortness of breath → Locus Coeruleus crazy → no answer
- Alpha was noise, now we know his fundamental role : STOP noise (Imp: Cognition)
- Budists no Alpha because there is no noise
- We need More ALPHA → HOW? breathe with awareness, only through the nose

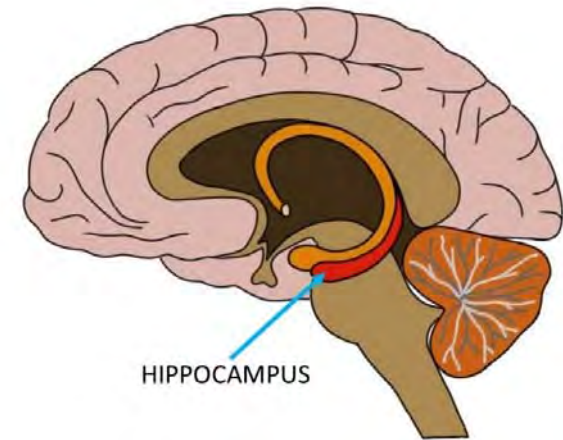
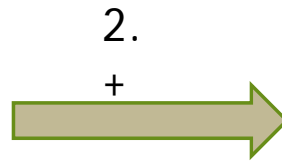
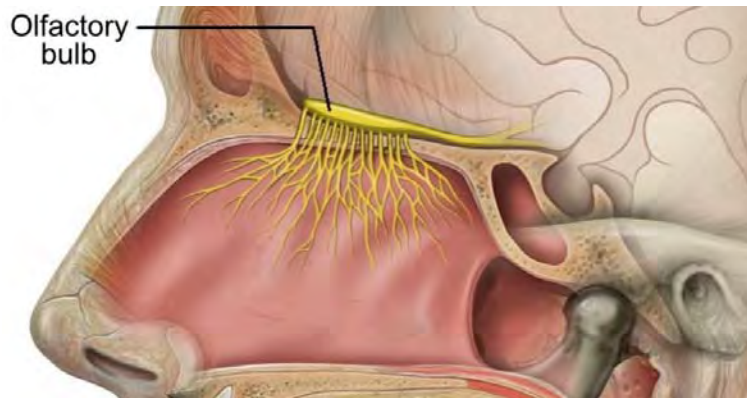
• **Alerta:** Preparación para una tarea y vigilancia

Sistema de noradrenalina (atención, memoria, motivación, respuesta a lo novedoso) originado en el locus coeruleus

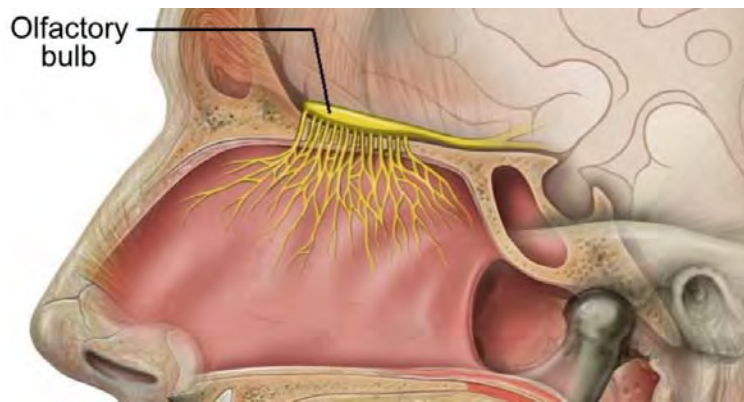


MEMORY

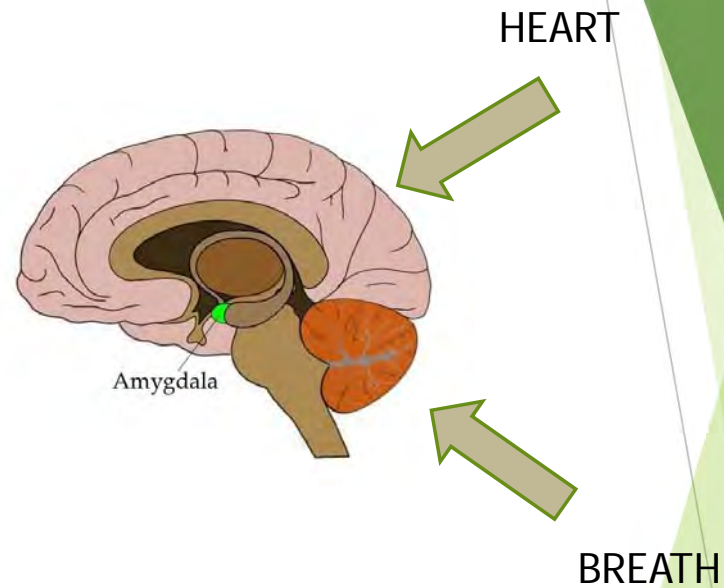
1. BREATHING → ORCHESTRA DIRECTOR (alpha (slow) → delta and gamma (fast))



Emotional expression



INHIBITS



Inspiration: activation

Plateau: deactivation

Amygdalin Silence (Nose or bucal expiration)

Short expiration: Hyperactivity → intense emotional reaction

If we breath through the mouth → no activation → amygdala hypertrophy

BODY COMMUNICATION

Slower mother breath → better coordination

No plateau (short apnea) → worst coordination

LEARN TO COMMUNICATE MEANS ALSO LEARN TO
BREATHE



THE ART OF COMMUNICATION



NVC

- ▶ Marshall Rosenberg
- ▶ our nature to enjoy giving and receiving in a **compassionate** manner "giving from the heart" to enrich another person's life
- ▶ "Compassionate giving is when we do something for ourselves or others where the sole intention is to **ENRICH LIFE.** "
- ▶ Purpose of NVC is to help us connect with ourselves and others in a way that makes **COMPASSIONATE GIVING** natural.
- ▶ crucial role of **language** → **CONNECT TO OURSELVES AND OTHERS, COMMUNICATE WHAT WOULD MAKE LIFE MORE WONDERFUL FOR OURSELVES AND OTHERS**



"...if we stop violence in our hearts, we can in freedom evolve as human beings." (Gandhi)

Non Violent-Communication: NVC

Marshall Rosenberg



I see.....

observation

I feel.....

feelings

Because I need.....

needs

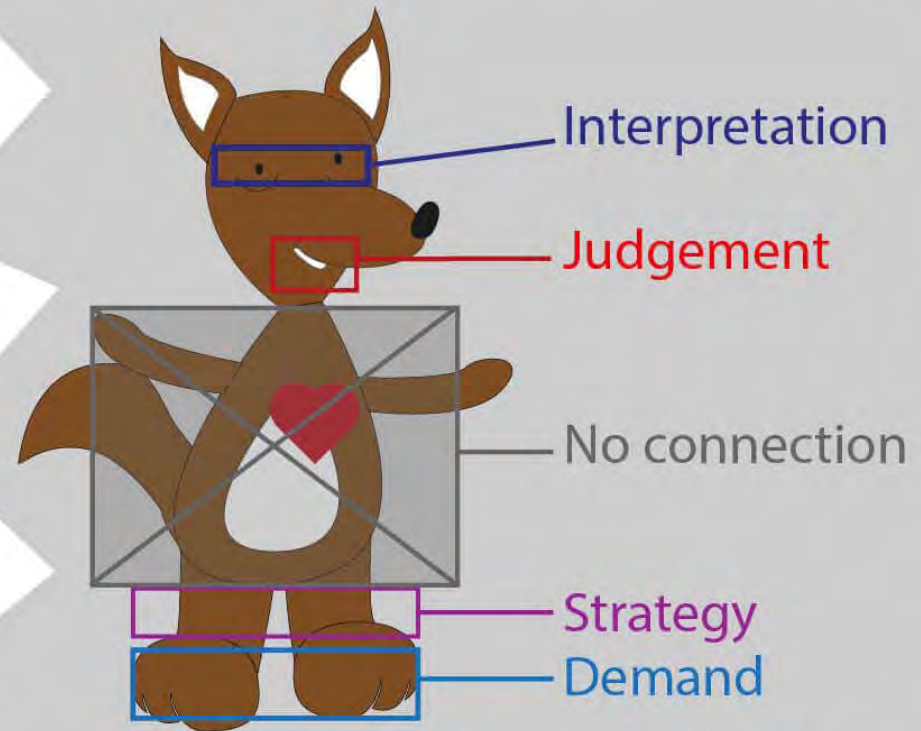
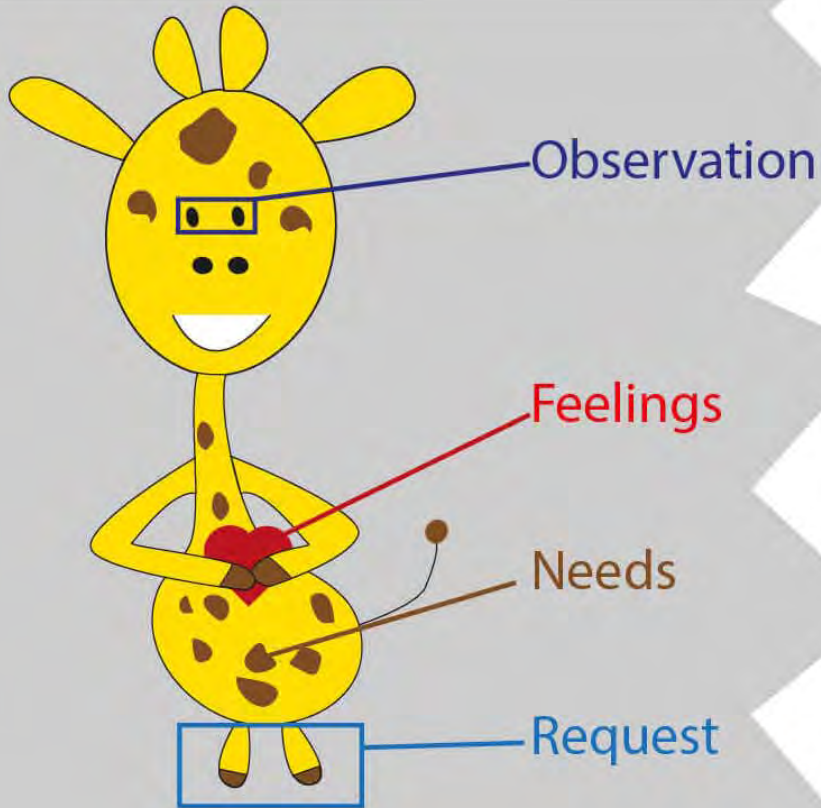
Would you be willing to.....

request



NVC WORLD

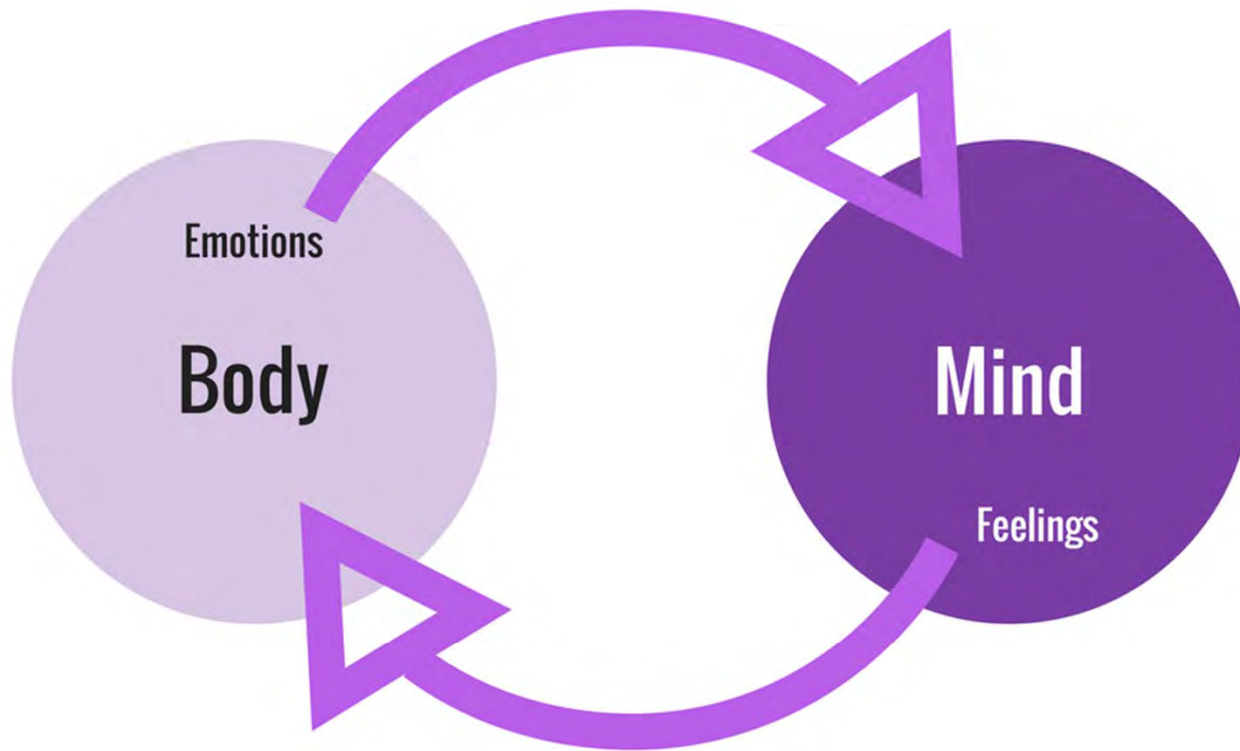
THE WORLD AS MOST OF US KNOW IT



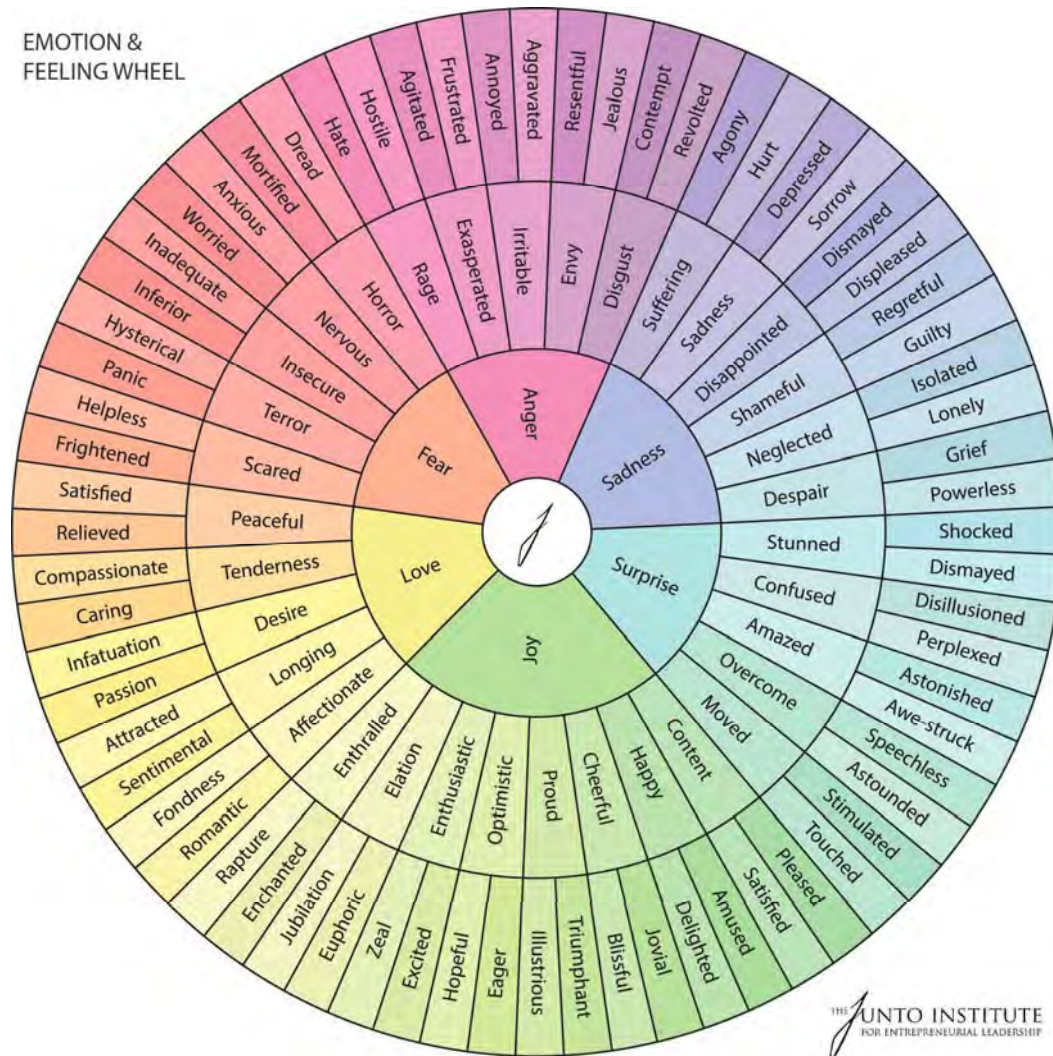
DAILYNVC.COM

- We tend to think that our feelings are caused by someone or something else.
- NVC teaches us that we are each responsible for how we hear what other people are saying. So, it is important to realize that although others can provide an impulse for our feelings, they can never be the cause of our feelings.
- We see that our feelings result from how we choose to receive what others say or do, as well as our particular needs and expectations in that moment.





EMOTION & FEELING WHEEL



UNIVERSAL HUMAN NEEDS

- ▶ Sustenance
- ▶ Safety
- ▶ Love
- ▶ Understanding or empathy
- ▶ Creativity
- ▶ Recreation
- ▶ Sense of belonging
- ▶ Autonomy
- ▶ Meaning





Maslow's hierarchy of needs

Using all 4 Components of NVC:

1.) Observations 2.) Feelings 3.) Needs/Wants 4.) Requests

- Examples

"Adam, when I see shoes under the coffee table, I feel irritated because I am needing more order in the living room. Would you be willing to put your shoes at the doorstep?"

"I noticed that you didn't come to my locker yesterday, I felt disappointed because I wanted to talk some things over with you that were bothering me. Would it be okay if I talked about them now?"

"When you stand so close to me, I feel uncomfortable because I need more personal space. Would you be willing to take a step back or two?"

Listening: Bad habits

INTERRUPT
IMPERATIVES
QUESTION OR GUESS WHAT THE OTHER SAYS
CORRECT
INTERROGATE
LESSONS
MINIMIZE
COMPITE
COMPLY
JUDGE
CRITICISE
THREAT
INSULT
DIVERT INTO ANOTHER TOPIC
JOKES

COMMUNICATION KEYS

- ▶ UNDERSTAND Thought Process
- ▶ Differentiate : ACTION-THOUGHT-FEELING-
- ▶ VALIDATE AND EXPRESS FEELINGS
- ▶ RECOGNISE THE POWER OF WORDS
- ▶ PRESENCE AND EMPATHIC LISTENNING
- ▶ AVOID WAYS OF BLOCKING COMMUNICATION (JUDGMENT, IRRESPONSABILITY-BE RIGHT)
- ▶ NON VIOLENT-CONCIOUS AND ASSERTIVE COMMUNICATION
- ▶ BE GRATEFUL

MINDFULNESS



- ▶ Richard Davidson Video: <https://www.youtube.com/watch?v=7CBfCW67xT8>

- ▶ Mindfulness → awareness on the present moment without judgement .
- ▶ Mind can be a Paradise o a hell.
- ▶ Automatic versus Awake.
- ▶ Meditation: Voluntary control of awareness to the unintentional distractions (intrinsic capacity of human beings).
- ▶ Brain tendency is to escape from the present moment. Depends on habits.
- ▶ ALPHA vibes.

Tools to activate the parasympathetical System (Vagus nerv):

- Breathing methods,
- Meditation,
- Nature,
- Oxcitocyn (love and bonding),
- Creativity,

and HOW DO YOU DO IT?



Inspirations...

- ▶ Gerald Hüther NEUROSCIENCES
- ▶ David del Rosario NEUROSCIENCES
- ▶ Nazareth Castellanos NEUROSCIENCES
- ▶ Marian Rojas STRESS
- ▶ Marshall Rosenberg NON-VIOLENT COMMUNICATION
- ▶ Laura Gutman BIOGRAPHY
- ▶ Jon Kabat-Zinn MINDFULNESS
- ▶ James Nestor book: BREATHE

