

Pillar 1: Recognize the link between your brain and your condition

Tips:

Support helps consistency

Consider forum/coach/buddy/support with Flourish

Share a laugh

Avoid negative in your life as much as possible.

Brain does not distinguish self from non-self

Brain doesn't know the difference between what is happening elsewhere and to me

1. Be consistent - Recommend minimum of 6 months
 - a. Motivation will increase as you start to heal
2. Consider a new focus
Don't focus on symptoms but brain's involvement and possible link with symptoms
3. Adopt a beginners mind!
 - a. Be excited and positive about this
 - b. Try not to constantly link things learned - or fall back on that.

You have the power to interrupt the brain's maladaptive stress response.

DNRS: Carefully designed set of exercises and applications - help create new synaptic connections and new neural pathways to regulate an unconscious maladaptive stress response.

Create new neural pathways: (FAR) - 3 key concepts of learning this

1. Focus
2. Association
3. Repetition

What you repeatedly pay attention to moment to moment will have a significant influence on the neural networks in your brain and ultimately your life experience.

When you walk outside - do you look for green trees and children playing or dark clouds and noise of traffic.

What you decide to pay attention to, what you decide to think about, and what you choose to focus on will greatly affect your experience.

1. Refrain from discussing symptoms, illness or trauma.
2. Use the word ITs to describe symptoms or conditions.

Using the neutral word - sends a message to the brain not to take ownership of the symptoms/illness.

Keeping these commitments will help regulate an unconscious maladaptive stress response.

Each time we use specific neural circuits through thoughts, emotions, behaviors - the more established they are.

Daily repetition for weeks or months to become permanent.

2 facts:

1. Many forms of stimuli are unhealthy and can negatively affect the body and the brain
 - a. Environmental exposures
 - b. Physical injury
 - c. Illness - viruses, bacteria, parasites
 - d. Emotional and psychological trauma
 - i. Large or small, chronic stress
2. With limbic system impairment - the brain gets stuck in F/F/F, even when the threat is no longer present.

- a. It may categorize non-threatening amounts of stimuli as threatening - keeping it in a chronic state of survival.

We can:

Decrease stressful thoughts, behaviors and emotions

Influence our body's stress response to our environmental load

Engage in healthy environmental practices while doing DNRS

Pillar 2 POPs - Pathways of the Past

Interrupting and redirecting your Pathways of the Past (POPs)

- The thought, emotional and behavioral patterns associated with limbic system impairment (LSI).

We will learn to recognize old neural pathways that keep us in a state of survival and learn to shift out thoughts, emotions and behaviors to create new positive pathways

POPs:

- Unhelpful thoughts, emotions, behaviors
- Unique to each person
- Not your fault and not something to fear
- Can become repetitive in nature
- Can be symptoms of a brain stuck in a rogue threat response
- Often focused on patterns of fear, protection and uncertainty

Tips to recognize POPs:

- Be a curious observer
- Recognize habitual patterns
- Shift your brain's attention
- This requires shifting your thoughts, feelings and behaviors that do not support your recovery to ones that do

Thought POPs:

Having negative thinking patterns about yourself, others and the world.

- I won't get better doing this because nothing helps me, and I have trouble sticking with things.
- I don't know anyone on this call, and I am sure they are not as sick as me or more disciplined.
- What a beautiful garden, they must have sprayed pesticides.

Being stuck in past trauma or predicting a negative future

- I can't stop thinking about xxxxx trauma. I'll always be damaged goods because of my traumatic past.
- I had a fight with my family member before we left this morning. I know they will come home in a bad mood today. It always happens that way.

Defining yourself through a lens of illness

- My symptoms of sensitivities continue to get worse over the past months.
- My only social events are appointments
- I can't do anything I enjoy because of (list of symptoms or diagnoses)
- Which supplements have I taken today? I forgot again, I will never get better.
- I need to make sure I record and track all my symptoms
- Someone asks how you are doing - 10 minutes later you are still listing your symptoms.

Thinking you are the expert

Overanalyzing situations, illness, emotions

Discounting the positive

Catastrophizing

Emotional POPs

Constantly worrying, feeling fearful or anxious

- I am afraid I will never be able to work again - or like I did in the past.
- I am beginning to feel anxious because my family does not believe me about my illness. I worry they won't continue to support me.
- I am really afraid to visit my parents today. I've been dreading it for weeks.
- I am afraid to drive. I remember what happened last time and I am worried it will happen again.
- Using my cellphone makes my heart race
- I can't make commitments because I fear I won't have the energy to follow through.
- I feel so hopeless. I've tried so many treatments in the past and none of them have worked.
- I am worried that the woman walking towards me has perfume on.

Finding yourself reacting to situations with anger, sadness, despair, and frustration.

- I feel exhausted all the time. It's so hard to get through the day with such limited energy.
- My kids are constantly fighting. I am so mad and frustrated with them. I never have a moment of free time for myself.
- I just can't keep up with the pace of my job. Maybe I should resign. I'm disappointed and upset.
- I feel so sad and isolated. I can't go out with my friends.
- I just had a small exposure and went backwards. I feel horrible and I am frustrated and don't understand it.

Experiencing mood swings and/or over-reacting emotionally

- I felt so happy when I woke up this morning, but since breakfast I am so depressed.
- I am frequently losing my temper with my kids, but they are just being kids.
- I criticise my partner all the time for no good reason, and I

don't like myself for it.

- I don't know what came over me during that call - but I found myself yelling at them.
- When someone asks how I'm doing - I cry. I don't get it.

Feeling confused or indecisive
Repetitive feelings of insecurity
Experiencing a flat affect

Behavioral POPs

Body checking for symptoms

- I just woke up and I still feel exhausted, even though I slept for like 10 hours. My brain feels like it is in a fog. I think I have pressure in my head.
- I just ate but now my stomach is starting to feel upset. I can feel a rash starting under my chin. I'm also starting to feel dizzy.
- I just got to work but my heart is already racing. I feel disorganized and can't think clearly. My hands and legs are tingly and I'm starting to sweat.

Scanning the Environment

- I have CFS, so I count each flight of stairs I need to climb and try to find nearby places to sit
- I have IBS and I find all the bathrooms on my route - or I don't go.
- I have electrical sensitivities and I look around for hot spots, cell phone and smart meters.
- I have mold sensitivity. When I go to a restaurant - I immediately look for water damage spots, smell for mold, etc..

Behaving in a symptom-focused or overly self-protective way

- I have moved to a rural setting to avoid too much radiation in the city.
- I need to see a specialist for my knee pain, even though I have

already seen 3 who tell me nothing is wrong and the initial injury is healed.

- I wear only organic clothing because other clothing is bad for me.

Blaming justifying or complaining

Procrastinating and/or rushing

Needing to be in control, over-responsible, or hypervigilant

Having perfectionist tendencies

Endless questions about your health, or needing continual reassurance.

Engaging in addictive behaviours

Lacking self-love or self-care

Example of a condition (Multiple Chemical Sensitivity) and listing everything we have talked about:

ITs: Noxious taste, Headache, Tachycardia, Loss voice, Crying

Thought POPs:

All fragrances are toxic and poisonous

I'm glad I know more about chemicals than other people

It will take days to recover. I should have stayed home

Emotional POPs: Anger, Frustration, Fear, Powerlessness, Sadness

Behavioral POPs: Scanning, Avoiding shopping/activities, isolating, focusing on the pain, Body checking.

See exercise sheet to work on recognizing your own POPs.

POPPOSITES:

Popposites - positive opposites

Assist in developing new ways of thinking, behaving, feeling.

These can be actions, positive thinking, affirmations or even things like distraction. Anything that takes the thinking, focusing and emotion away from the negative neural pathway (POP)

- Distractions
 - Laughing
 - Singing
 - Watching funny videos
 - Dancing
 - Counting backwards by 3's from 100
 - Noticing and savoring the positive in the moment
 - Counting colors in your field of vision
 - Thinking and acting greater than you feel
 - Sending kindness, gentleness and love to yourself
 - Finding 2-3 things you are grateful for in the moment
 - Tell yourself - it's not me - it's my brain.
 - Take 3 breaths, and use one of your senses to be present in a positive way

Examples of POPPOSITES

POP: Avoiding participating in a work conference call

POPposite: Share at least 1 idea and think, "I am capable".

POP: Feeling sad, worried or depressed after being invited to a social gathering.

POPposite: Listen to uplifting music and enjoy yourself, consciously having the thought "I can enjoy myself in any situation"

POP: I'm reacting negatively to foods. This meal will probably make me sick again.

POPposite: I was able to add three more foods to my diet last week. Congratulations to me.

POP: I forgot my supplements/meds today again. I can never stay

on target. I am never going to get through this or better.

POPposite: I remembered my supplements/meds more times this week than last week. I am starting to heal my body which will continue to make it easier to remember them. I am making progress and I am so proud of myself.

Do your own exercises with POPs on exercise sheet

Tips from previous DNRS participants:

- Focus on being a quiet conscious observer.
- Certain POPS - will not take long to get rid of. But then go back - and see other ones to work on. Peel the layers.....new POPS as you get rid of old ones.
- If one is ever too much - go right into mini round.
- Need to be diligent! Practice so important!
- Listen - redirect - redirect
- Is it health affirming?
- Did I bring way too much adrenaline to anything that needs to be a POP?

DNRS Rounds

To help you use your thoughts, behaviors and emotions to decrease a chronic F/F/F stress response.

Through consistent focus and repetition of the steps as outlined - you block or weaken unhealthy neural pathways and strengthen positive neural pathways that promote optimal health.

Steps 1-6 works on weakening unhealthy patterns.
Helps the brain see the link between your condition and a maladaptive stress response.

Steps 7-9 work on reinforcing healthy patterns
Steps 7-8 Help you shift from CAN to DOSE chemistry
Step 9 - Acknowledges and rewards your effort

Rounds - tips and “rules”

- Normal for it to feel a little challenging at first
- Can be tiring as well initially
- Can be done anywhere.
- Complete and undivided attention while doing it.
- Remove distractions before you begin.
- Pause - regain focus if get distracted.
- Start where you left off.
- Assist in rewiring the brain
- Activate the pre-frontal cortex, motor cortex, and limbic structures
- Go in a specific order
- Should be followed as outlined

Best results - 1 hour /day for 6 months (not all at once - 1-4 sessions). Can be effective if 15-20 minutes a day.

The Rounds:

Dampen the firing of threat mechanisms

C-Cortisol

A-adrenaline

N-norepinephrine

These are released in chronic F/F/F stress response.

Increases the following instead.

D - dopamine

O- oxytocin

S - serotonin

E - endorphins

Helps to create a state of growth and repair - and moves away from maladaptive response.

Your Limbic system is like 3 year old. Looking for verbal and non-verbal cues.

Will listen to every internal conversation to support F/F/F state

Will follow as you consciously choose different tones/paths.

Talk out loud with a gentle and loving voice tone.

Will help decrease stress response.

May choose to customize dialog in steps - but at first - use what is there.

Start with proclamation.

Proclamation

Brain works best when given a purposeful vision or goal

- Clearly define ideal state of optimal health - create a proclamation to encompass this.
- The words evoke a positive emotional state
- Resonate and elevate you
- Present tense
- Keep it short and simple
- Avoid negative words - about what you don't want or that mention symptoms/triggers
- Choose a gesture or action - give self hug, stand up with power pose, extend arms

Some proclamation examples. Feel free to use one below if you can't think of a personal one or it resonates with you. Feel free to change your proclamation or gesture as you continue to do the program.

- I am comfortable and at ease in any social situation
- I am capable and strong in every situation
- I am healthy, strong, and energetic every day
- I communicate with grace and ease
- I am full of vitality and I love my life.
- I can go wherever I want, whenever I want, and do whatever I want.

