

**A Quick Look at
What Happens to Our Brains
In The Threat Mode**



Difficulties accessing long-term memory

Ability to remember decreases, impacting learning

Pessimism and perceived threats/insults increase

Executive functions: Logic decreases, irrationality increases

Judgment diminishes, aggression (and physical energy) may increase

Problem-solving abilities reduced

Message receptors shut down, terminates meaningful rapport

See
FORM II

- Psychiatrist Richard Hallowell describes multitasking as a "mythical activity in which people believe they can perform two or more tasks simultaneously."
- Recent neuroscience research proves multitasking is a myth that can greatly hinder performance.
- The human brain is unable to consciously pay full attention to two tasks at the same time.
- We can do simple tasks like walking and talking at the same time, but when it comes to true multitasking (consciously using your prefrontal cortex), your brain just can't do it.
- A multitasking "always on" prefrontal cortex may trigger the brain's "threat" reaction, releasing cortisol, etc. and leading to impaired mental functioning and decreased ability to effectively negotiate
- Our brains are constantly changing, rewiring, making new connections

Soc
media / phone / internet
stim

between synapses. These changes are a result of the brain's

neuroplasticity →

- As these brain remodels take place, we have two choices. We can let them just happen, or we can awaken "our faculties," direct the changes, and turn neuroplasticity into *self-directed* neuroplasticity (a phrase coined by Jeffrey Schwartz)

- When our brains are engaging in neuroplasticity without our knowledge, direction, or awareness, our brains are changing



Regulating - temp is adjusted to preference
"know your sleep number (example)
I often will _____ because I'm _____

Align c
LT goal
related to social depth →

accidentally. When we are employing self-directed neuroplasticity, we are changing our brains on purpose

- *Accidental* and *on purpose* are two very different ways of being in the world, and only one allows for autonomy and maximum performance