

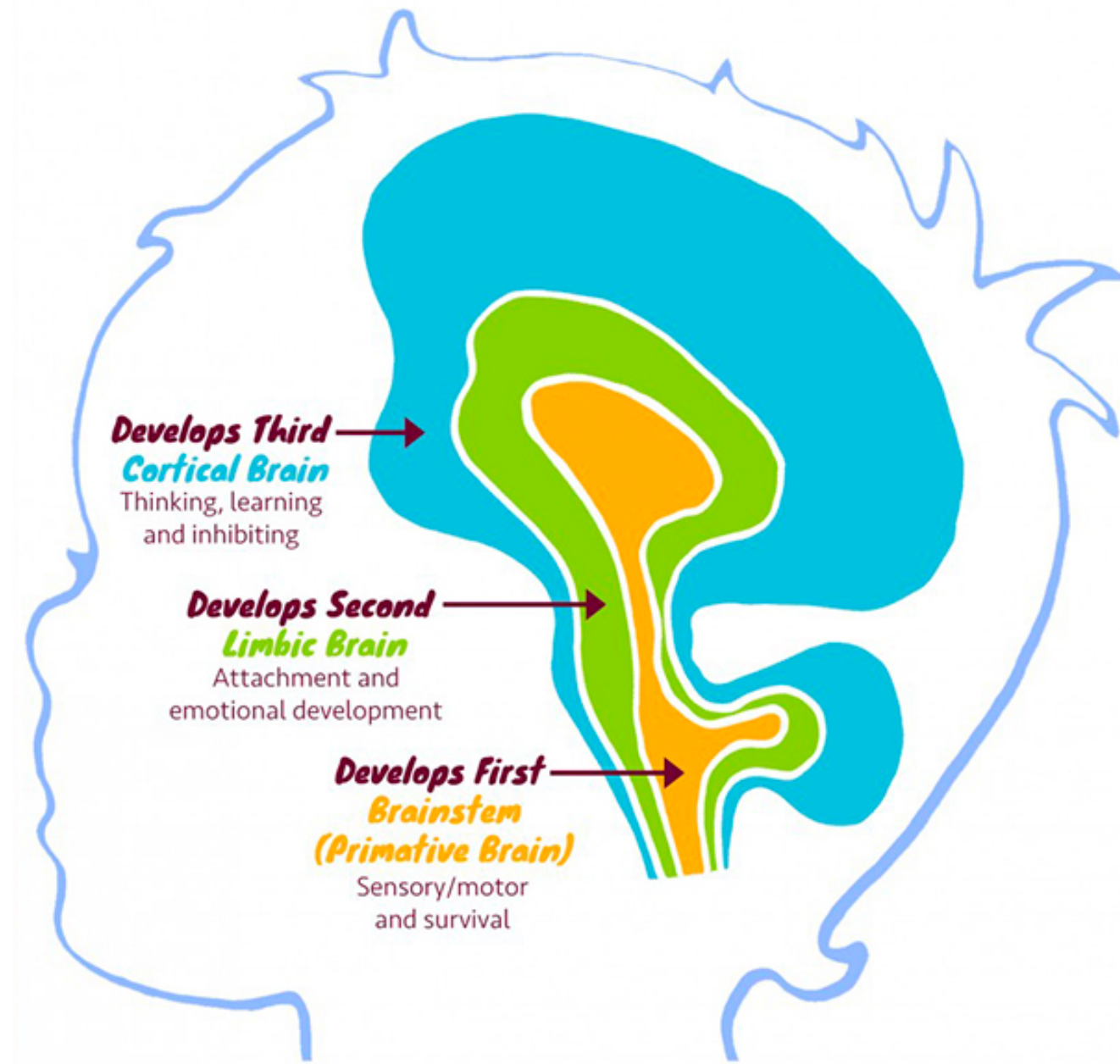
Summary of Content

Video 1: Stress



Te Ako Manaaki: Managed Moves *In partnership with*





Thanks to Beacon House for the image
www.beaconhouse.org.uk

The brain develops in a sequential way

The brain shuts down in a sequential way



Red Brain has the general ability of a two-year old child eg:

- Survival
- Procedural
- Emotions without control



Green Brain manages capacities that are more uniquely human eg:

- Over-ride impulses
- Time management
- Empathy



The Red Brain is the engine room of the brain – has more control over the state of processing. Neuroception operates from the Red Brain and is a constant scan of the environment, checking for safety

When Red Brain detects enough safety, it can support Green Brain to function to it's full extent



When Red Brain detects danger, it recruits energy away from Green Brain, reducing this function
Ask “where do you think you/they are on the Red-Green Brain continuum”
Then ask “What can I do to make you more safe”



Discussion Ideas

- Think about/discuss in a group, a time when you have gone into Red Brain and done/said something that afterwards you realised had been done without control.
- When we go into Red Brain, it is our Neuroception detecting danger. We often talk about ‘triggers’ ‘stressors’ ‘stimulus’ etc. What are some examples of what activates your Red Brain? Sometimes these will be similar to other people, sometimes they can be incredibly specific to an individual.
- Think about someone you have worked with or supported, someone who has gone into Red Brain while you were near. Consider the process that occurred to activate them into that state. Did you recognise it then? Would you see it differently now?

