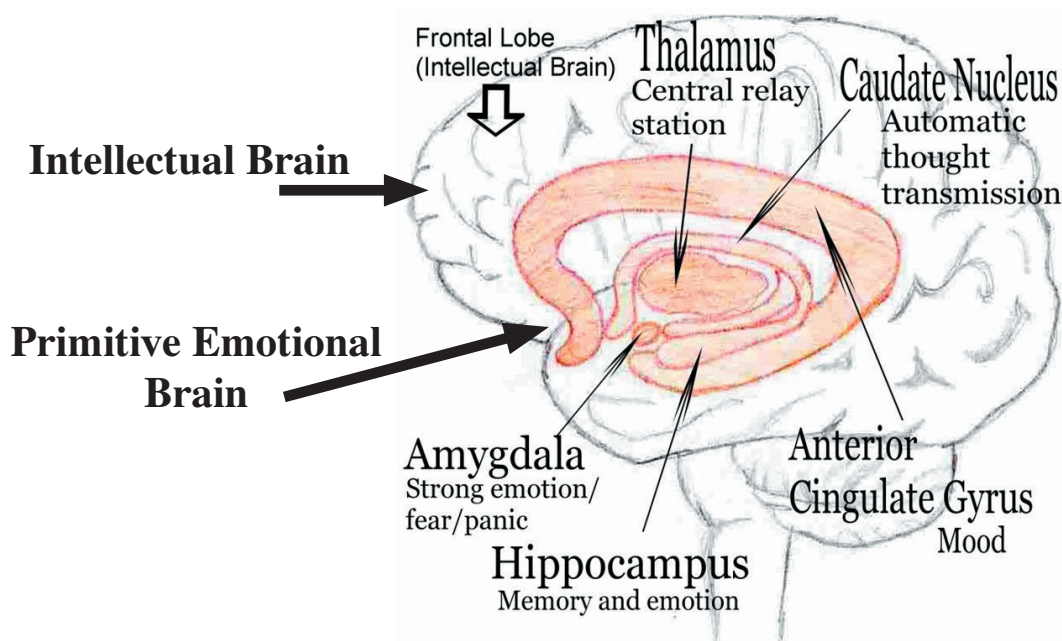


# How the mind works in relation to Anxiety & Depression.



There are two parts of our brain which we need to understand to help us deal with anxiety related issues - our **Intellectual Brain** and our **Primitive Emotional Brain** - also known as our Limbic System. When we are functioning well, interacting with life and going about our business we are operating in our **Intellectual Brain** and we are able to cope well with the ordinary difficulties life presents us.

On occasions though we tend to operate from our **Primitive Emotional Brain** (this part of our brain is believed not to have developed beyond the age of seven!).

Consider two different situations:

**Situation No. 1.** Encountering a real danger - a wild animal or a violent gang of yobs; and

**Situation No. 2.** A panic attack in a supermarket.

If **Situation 1** arose your senses would report "Uh-hu there's something dodgy happening here". Your subconscious mind would check in its precedent library and fairly quickly a message would come back telling you to go sweaty, increase your heart rate, churn your stomach and take off like a rocket!

With **Situation 2** we know that no-one would consciously decide to have a panic attack in a supermarket and, therefore, we know it's a subconscious primitive response.

In psychological terms there is profound difference between the two situations. The supermarket is not considered to be a dangerous situation so you **should** retain intellectual control. However if you did run into that wild animal or gang of yobs your primitive emotional mind will take over.

If our primitive mind thinks, for one reason or another, that our life in general is in some sort of crisis or emergency, then it will move in - the intention being to help us survive those truly dangerous situations.

When the primitive mind moves in to help, it moves in with one of three patterns - **DEPRESSION, ANXIETY, ANGER**, or a combination of all three.

**Depression, anxiety, and anger** are all primitive opt out clauses. Many years ago when the cave man looked out of his cave and there was snow or ice, pestilence, flooding or forest fire, and he couldn't go out to hunt, he turned himself inwards and didn't interact until the situation changed. Also, if we were in the jungle in those days, we would not be too far away from our very own panic button (to give us anger) at any given time. It is useful to recognise that anger is merely a primitive way of increasing our strength to defend ourselves against wild animals and other wild tribesmen.

You can now see then, that there is a direct relationship between anxiety and intellectual control. When our anxiety goes up we lose intellectual control. We would experience that if we ran into that wild animal or the gang of jobs. Our anxiety goes up, we lose intellectual control and our primitive mind - our primitive emotional mind - takes over.

Well it's the same in life today. When our anxiety goes up generally in life, then we lose intellectual control and when we lose intellectual control, the emotional mind steps in and takes over. It is important to remember that our primitive emotional mind works within the parameters of **depression, anxiety, and anger** and *they are opt out clauses*. But there's more to say about the emotional mind. It's a negative mind. Because it's there for our self preservation, it will always encourage us to see things from the worst possible scenario. It's a **vigilant mind** and it's an **obsessive mind**. Most of all, though, because the emotional mind is not our intellect, **it can't be innovative. It cannot think. It always has to refer back to previous patterns of behaviour.**

So why might your mind think your life is in such a crisis that it has to move in? It can't be the events in your life. If it were, it would mean that everyone in your situation would be suffering from the same difficulties you are encountering now. We know that this is not the case. So, it must be the thought patterns surrounding the events of your life.

Our subconscious mind relies on our thought patterns to determine how our life is. Negative thoughts are always converted into anxiety. Because our mind can't tell the difference between imagination and actuality. When we imagine something to be happening, it is exactly the same as if it is really happening.

Now there are two main ways in which we can create negativity.

**The first** is when we negatively forecast the future - now remember, the subconscious mind can't tell the difference between imagination and actuality. It can be big things:

"I'll never be able to cope with that.",  
"I'll never be able to get promotion.",  
"I'll never be able to afford that house/car." etc. etc.

or it can be small things - like that meeting that is coming up or that interview. Now you know, intellectually, that nothing much can go wrong with that meeting but, being human, you've already started worrying about this going wrong and that going wrong.

**The second** is when we negatively introspect about the past. Again, it can be big things:

"I wish we hadn't done that."  
"I wish that hadn't happened." etc. etc.

It can also be those small things - like that meeting. Actually, the meeting probably went quite well, but being you, you wish that it had gone better. You wonder what they think of you for doing that; you wonder what they meant when they said such and such.

This kind of negativity is always converted into anxiety!

Now, we do have a **mechanism in the brain** for dealing with anxiety. It's called **rapid eye movement**. We have **REM** at night during our sleep. REM occurs approximately every 90 minutes for 20 minutes and

during this time we rerun the negative events of the day. This happens in the form of dreams - either in narrative form or in the clear.

Imagine that you have a 'Stress Bucket' in your head. All day long the irritations and stresses of the day drip, drip, drip, and slowly fill the bucket. If our **REM** pattern is working as it should it processes all these events and empties our 'Stress Bucket' leaving us free from unnecessary anxiety and keeping us in the intellectual part of the brain.

Sadly, if we create more negativity than our **REM** can cope with, or, for one reason or another, we aren't getting enough effective **REM** sleep, then we'll build up a surplus of anxiety. And it's this surplus of anxiety that causes us to lose intellectual control. It's this surplus that prompts the mind to evaluate our life as being in crisis and causes it to respond within the parameters of depression, anxiety, and anger.

Hypnotherapy emulates REM in many ways and helps to reduce your anxiety so you can get the real you back. The CD I give you starts the process and familiarises you with my voice and hypnotherapy - if you listen to this regularly, you will notice a difference!

A note about the physiology of this... about what happens in the brain when we suffer from anxiety disorders or depression... going back to the cave man or woman. They were given rewards for carrying out certain evolutionary processes. They got a reward when they hunted and gathered, when they supported themselves and their families. Most of us work better as a tribe rather than as individuals, so they got a reward when they interacted with others. The reward they got was motivation - encouragement to carry on the next day.. Most of all, this was a coping mechanism. It helped them cope with day to day activities ... helped them cope better with physical fear ... made them braver. It even helped them cope with physical pain and the difficulties they faced at the time.

That reward translates into the chemical response in the brain that produces various neurotransmitters that act as catalysts for mentally healthy behaviour. The neurotransmitter we talk about most, simply because it is one of the most important, is serotonin... When we produce a constant flow of serotonin in the brain we are able to cope and we operate from our intellectual brain! Although we don't have to go out to hunt, we do have to interact in a positive way, be active in a positive way, and think in a positive way - because when we do, we produce patterns in the brain that give us that constant flow of serotonin.

What stops the flow of serotonin? Well, when we're down the unsociable end, the depressed end, we don't produce any feelgood chemicals at all, and when we're up the anxious end, we produce an overload of adrenalines - i.e. stress hormones - which is great for when we run into wild animals or a gang of jobs but no good for our normal daily living.

**Hypnotherapy moves you back into positive ways of thinking, enabling you to get back into the intellectual part of the brain and leave anxiety and depression behind.**