

## **Neuroscience Tools -- A Universal Need**

One of the best, most needed coaching tools today uses neuroscience methods, teaching the emotional brain new ways of reacting to and relating in life through an actual re-wiring of its circuitry. It targets mal-adaptive pathways long established, often encoded by accident or through trauma. Not born from or reflective of our best thinking, these pathways are persistent, recurrent and rarely changed in any lasting way through other methods. With brain science we can set them right for life, reclaiming our healthy thinking, our vitality, our right to love well, to be loved well and to hear and take super-good care of ourselves.

The neuroscience tools used with Reboot to Joy services actually rewire the emotional brain to states of balance and positive emotions. Many of the brain's "survival circuits" are wired in during a full-blown stress response. As such, they are often non-sensical or non-adaptive. The brain is "convinced", in a sense, that its survival is dependent on it or on some external thing or solution. Drugging, addiction, overeating or other unbalanced states adopted during stress then begin to feel normal, even vital to life. Trying to suppress it has limited affect, and often actually makes it worse.

Without retraining the emotional brain circuits driving the behavior, it is highly resistant to change. Under the stress of "fight or flight" the brain is "offline". We aren't thinking clearly. Thus, external support is paramount to enable us to deactivate the maladaptive wiring and activate a new, effective natural response. Personal coaching, peer support and therapy are most helpful in facilitating the proper use of the tools that can reverse the trend and transform our stress into joy.

---

Reboot to Joy

### **Neuroscience F.A.Q. – Frequently asked Questions**

#### **What is Neuroscience Brain Health?**

These methods are a brain-based approach to personal and healthcare using tools relating to the emotional brain to move through stress into greater well-being. It helps to clear away blockages of mind and emotion that trigger distress. The brain becomes more resilient. As we use the tools we find it most compelling, easier and more natural to make vibrant, healthy choices that keep us happy, joyous and well.

#### **What are the Tools**

The process uses simple tools that can be linked to your computer or phone. The user is guided through a variable set of questions that bring them into synchronicity with the emotional brain. When that happens, relaxation can ensue. In this uplifted, happy state, effectiveness, functionality and productivity is enhanced on every level.

. The tools work in two ways-- First, they reduce momentary stresses. Second, they weaken the cause of the distress (that is, the stress circuit). Thus that circuit becomes less active and less easily and strongly triggered, while more-resilient wiring becomes dominant.

#### **How it Works**

Brain re-training reduces the power of the circuitry that triggers unstoppable drives, causing us to make unhealthy lifestyle choices. The circuitry of the brain that began and perpetuates the over-drugging, overeating, etc., is weakened and gradually erased. The goal is not just external change but

rather undoing the wiring that causes the condition. Instead of forcing a change, the new re-wiring begins creating a new, more comfortable experience of not wanting or needing the drug, extra food or external solution. The new patterns created call us to healthy living and well-being.

### **Why is the Goal to Raise the Set Point?**

Our brain becomes habituated to its own particular level of stress. The stress set point is that level the brain unconsciously and consistently returns to again and again. By using neuroscience re-wiring tools over time, the mind becomes magnetized and gradually moves to more adaptive and constructive levels. The new circuitry overtakes the old, establishing a new set point, moving us through distress to resiliency and joy. Operating from the higher level, we find ourselves genuinely repelled from the unhealthy, drawn into healthy lifestyle actions without thinking. We react naturally in ways that preserve the equilibrium of body and mind and are powerfully pulled to a state of overall health and well-being. More and more, we become more our healthy, happy, vibrant self.

The stress set point is the flip side of our happiness set point. As we lower our stress set point, our happiness is upraised. Stress, stress eating and other negative lifestyle behaviors are reduced. When we're happy from the inside, truly happy, excesses fall away. Using the tools consistently uplifts our happiness to new and higher levels.

### **Why Neuroscience and Support are Essential**

Without retraining the emotional brain circuits driving our misaligned brain circuits and behavior, it is highly resistant to change. That's because under the stress of "fight or flight" the brain goes "offline". Thinking becomes faulty, fuzzy or non-existent. Thus, external support including simple-to-follow methods are paramount in order to deactivate the mal-adaptive wiring and activate a new, effective natural response. Personal coaching, peer support and therapy are most helpful to facilitate the proper use of the tools, release us from the grip of stress and transform distress to joy.

### **Why it Matters**

These methods help us take charge of our lives. No other method has such effective, clear and easy tools for controlling our stress circuits. It offers a better approach to self-care that addresses causes directly, rather than analyzing or circumventing them. The underlying cause of the body-mind disruption is an overactive stress circuit. When we switch off the root cause-- the stress circuit with our tools, we find freedom.

### **Reboot to Joy Neuroscience and Other Methods**

Reboot to Joy and Neuroscience are fundamental self-care. Yet the use of these tools is relatively recent, in the last 10-20 years, as is the science. The tools fit in well with other methods and can be used together most of them.

### **Lifestyle Change Methods**

Research shows that three behaviors more than any others are responsible for half of our risk of major diseases, including heart disease, cancer and diabetes. The three predictive behaviors are sleep, exercise, and eating. So of course we're all trying to control our lifestyles. Most methods for change produce only changes in the short-term without addressing the root cause of the issue-- the mis-wired brain. Without changing the circuit that drives faulty thinking and behavior, the problem persists.

**Medication--** Medications can be vital in treatment but may be prescribed as well as using the, can be relied on more than necessary. In addition, they may create unwanted "side" effects and cannot rewire stress circuits as neuroscience can. Using the tools can help create increased well-being in body and

mind, thus improving the effectiveness of drugs and treatment, possibly even decreasing any excessive dependence on it for stress-related health problems.

**Cognitive & Behavior Therapy-- CBT and related therapies** are geared to help change thoughts in order to change emotions and behaviors. Short-term, CBT has been so effective as to have been the therapy of choice in recent years. Yet emotional and behavioral problems have grown exponentially. In times of high stress, we are disconnected from the thinking brain, rendering cognitive techniques ineffective. Neuroscience tools help reduce such stress in real-time, making the use of cognitive techniques more effective.

### **Mindfulness, Prayer, Spiritual and Contemplative Practices**

Reboot to Joy incorporates mindfulness and spirituality into its tools as applicable for the individual. However, neuroscience makes effective emotional processing its top priority, for it is that which has the biggest impact on the biological processes influencing our behavior. It is this process that gives us the quickest, most reliable way to actually switch off stress and activate well-being.

### **Counseling & Psychotherapy**

One- to -one counsel and support can be highly effective and/or necessary for mental health treatment. While initial steps in recovery may include psychotherapy, when the root cause of such problems is the brain in habitual stress overload, neuroscience tools hold a key . They use the individual's own increasingly-resilient brain to heal itself. The benefits of using these approaches in conjunction is clear, and that's why so many health professionals refer their patients to both methods.

### **12-Step Programs**

The top self-help recovery method for addictions the world over are the 12-Step Programs. Adding neuroscience to an individuals' program gives them a more complete set of tools, reducing stresses of recovery. Addictive circuits encoded during problematic episodes or trauma may persist indefinitely. However, the use of neuroscience tools help assure that such circuits are not reactivated without recourse. In the end, the circuits can be re- wired and permanently erased. The tools help reduce stresses quickly in real-time to avoid relapse. Additionally, in raising the brain's set point, the risk of reinstating the addictive circuits is reduced. Thus, adding these tools to any addiction program helps reduce both short and long term recidivism.

### **Health, Overeating & Stress Eating Programs**

Many programs around eating target weight- loss, which too often doesn't last long. Participants using the brain science re- wiring tools were found to have lasting benefits in reducing anxiety, depression, obesity, diabetes. Stress overload is the underlying cause of these and up to 90 percent of other health problems. They've been hard to treat because the underlying physiological stress causing them is not treated effectively. Neuroscience methods help people take charge of their stress through the brain "re- wire " process. These methods provides tools and support for optimal resilience to triggers of snxiety, stress and stress eating In our high-stress world, EBT is the stress solution we all need.