



Body Talk

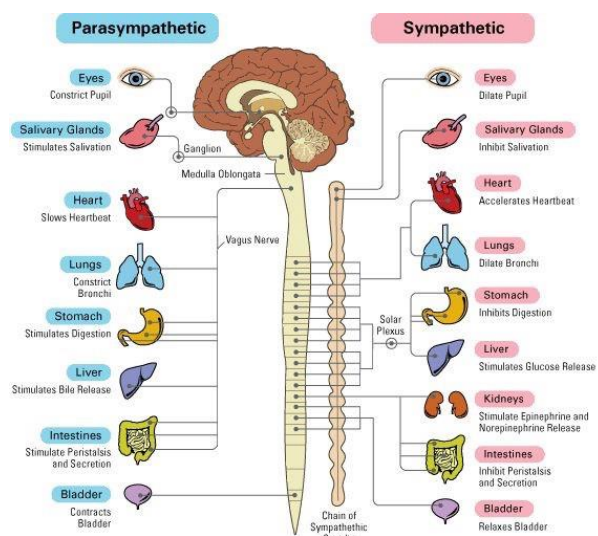
Switching

The body has a normal biological switching mechanism that is designed to stop us from overtaxing the body physically, mentally and emotionally, via switching from a sympathetic nervous system activity to a parasympathetic nervous system function.

Whenever we really overwork our bodymind, this mechanism causes our brains to “switch off” as it were. We have exceeded what our brain considers normal/ok for our stress levels and we have gone into a bit of an excess stress pattern.

During this switching phase, our body tries to shut down and is basically unable to function normally. For e.g. working at a computer too long will cause us to switch and our brain simply will not function effectively and we will get confused easily, tire quickly and make silly mistakes. Our bodymind is telling us “enough is enough”. We are burned out, low on blood glucose, over tired, and any further work without rest will be harmful to us.

Everyone has their own stress threshold. People with a low stress threshold will switch at the slightest increase in stress – taking an exam, driving a car, meeting new people, public speaking, working, paying bills can all trigger inappropriate switching.



Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

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MindBody Connection encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



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90% of dis-ease is stress in physical form. If we can affect how your nervous system responds to stressors, we affect 90% of dis-ease in your body. And one of the great ways to do that is to balance the nervous system, i.e. how your nervous system reacts to the things that you are experiencing in your life.

Symptoms of being switched:

- Memory lapse – when amygdala is activated it bypasses the memory and thinking brains.
- Irritability
- Confusion between right and left
- Indecisiveness / making rash decision.
- Right and wrong choices – relating to self- destructive behaviour/choices. Healthy habits go out the window.
- Poor reading comprehension
- Aging – your parasympathetic nervous system doesn't get a chance to function for rest, digest and repair.



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