LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS

Valid for CE until January 1, 2023

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2023

ON-Demand Webcast

Tuesday, July 14, 2020 – Friday, August 14, 2020

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program. Register by Tuesday, July 14, 2020 through Friday, August 14, 2020. The program plus in-class exercises will be available in four convenient segments.

Home Study Recordings

24/7 Customer Service: Call (888) 202-9386 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call (866) 652-7414.

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID # 77-0262830) has presented interactive and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.
Stress and the Brain

- **Stress and the Mind-Body Connection:** forms of psychological stress that are healthy, challenging, or neurotoxic.
- **Your Brain On Stress:** thoughts, emotions, the prefrontal cortex, limbic system, noradrenaline, adrenaline, chronic stress and cortisol.

**Autonomic System**

- **Hypertension:** suppressed emotions, e.g., anger, how noradrenaline and adrenaline prepare the brain and body for an emergency.
- **Time Pressure and Resentment:** heart rate, rhythm, the vulnerable heart; cardiac and non-cardiac symptoms.
- **Stress-Related Appetite and Eating:** craving for fats and dopamine, sweets and endorphins, carbohydrates and serotonin.

**Musculoskeletal System**

- **Non-Restorative Sleep:** worry, shallow sleep, waking fatigue; anxiety and difficulty initiating sleep; depression and early morning awakening with difficulty returning to sleep.
- **Low Back, Neck and Shoulders:** thoughts and emotions that maintain tension, e.g., “carrying the weight of the world.”
- **Muscle Contraction Headache:** the most common stress-related headache.

**Immune System**

- **Who Gets Sick and Who Stays Well:** chronic stress, cortisol, sleep loss, immune suppression, low-grade inflammation, fatigue and illness.
- **Cognitions and Emotions:** sustained anxiety, sadness, depression; cortisol and chronic fatigue disorders.
- **Gut-Brain Inflammation:** how GI inflammation can reach the brain, produce inflammation, lower mood and increase anxiety.

Managing Stress-Related Symptoms

- **Cognitive-Emotional Training:**
  - Identifying cognitive symptom triggers
  - Developing positive emotional habits
  - Mind-over-pain strategies
- **Somato-Psychological Retraining:**
  - Exercising: power of good physical stress
  - Medical Yoga for each type of stress-related symptom
- **Experiencing Calm:**
  - Calming States that Reduce Inflammation
  - Focused Awareness and Somatic Mindfulness
- **Sleep Training and Entraining:**
  - Facilitating Sleep Onset
  - Deepening Restorative Slow-Wave Sleep
  - Improving Circadian Sleep-Rhythm Synchrony

**ABOUT THE INSTRUCTOR**

Christian Waugh, Ph.D., Associate Professor of Psychology at Wake Forest University, NC, is an expert in the study of stress resilience, emotions, and effective coping habits. His research features resilience as the result of stress, trauma, and the ability to experience positive emotions in times of stress.

Dr. Waugh has been twice honored for teaching excellence at Wake Forest. His presentations at IBP have been praised for their abundance of practical information delivered with enthusiasm, clarity, and humor. Participants receive a detailed outline prepared by Dr. Waugh for all lecture topics and key references.

Dr. Waugh will answer your questions in class, during the second half of the lunch break, and by email after the program adjourns.