

Your Sensitive Child— Diagnosing Hidden Stressors

Beyond the more noticeable factors of human behavior (ie: family stress)— consider these below that may be a factor in creating a “Danger Response” which leads into Sympathetic Overload... It is critical to understand how our nervous systems react to stress in Fight, Flight, or Freeze!

Cell Danger Response

Gut Bug Imbalance
Blood Sugar Imbalance
Histamine Reaction
Lack of Natural Light
Excess Unnatural light
Circadian Imbalance
Unrestful sleep
MSG /Excitotoxicity
Spinal Misalignment
Head Injury

SELL Danger Response

Media Overload— too much Audio/Visual
Media manipulation.
Cognitive Dissonance: from advertising (ie: friendly faces selling junk foods, etc.
Visual threats in design.
Sensationalism.

Smell Danger Response

MOLD—this is huge!
Breathing issues
Subtle Hyperventilation
Breathing with an open mouth day or night
Allergies (Dust, Pets...)
Posterior Tongue Tie
Environmentally sensitive
Chemically sensitive

Soul Danger Response

Lack of a workable worldview to feel SAFE
Lack of Routine
Poor Sleep habits
Lack of exercise
Learned helplessness
Poor Posture (textneck)
Visual strain (iSight)— excessive blue light screens



EMF/RF Danger Response

Electromagnetic and Radio Frequency (Cell Phones Wireless Smart Households)
Dirty Electricity
Fluorescent lights
Where do they react?
Everything is Energy!
People w/ “bad vibes”

All of these can be additive and snowball out of control! To get out of Sympathetic Overload you need to be able to activate the Parasympathetic “Rest and Digest” Response

TOOLKIT FIXES to calm the brain and nervous system— Check out the great work of:

Robert Naviaux, MD— “Cell Danger Response” (the cell’s own response to stress)
Stephen Porges, PhD— PolyVagal Theory (Brain and Nervous system— Fight Flight and Freeze)
Rick Hanson, PhD, Negativity Bias. Lizard, Mouse and Monkey parts of the brain. Mirror Neurons
Dan Siegel, PhD— Name it to Tame it” (Brain processing)
Tomas Moore, PhD— “A Religion of your Own” Joseph Campbell, PhD— “Myths to Live By”
More on PolyVagal: “State Before Story” by Deb Dana (Calm before Communication)
More from Rick Hanson: “Take in the Good” Other Survival Based Behaviors

Wisdom Traditions:

Traditional Foods— See the work of the Weston A Price Foundation

AyurVedic Body Types: Vata, Pitta, Kapha

InterFaith Practices: Introduce Complementary Dualism rather than Competitive Dualism

Find ways to make distance~ ie: “My Pitta was out of whack.” “Don’t take things personally.”

Biggest Fixes:

BREATHING

Healthy breathing habits keep your child in a state of Parasympathetic Calm
Watch Lily’s TED here
MOLD is huge
Mouth breathing at night is a huge red flag
More.. in progress...

Entrainment:

Good Mirror Neurons
Nature outside play in safe zones
SAFE at night: Turn off WiFi
Clear Light Ventures/other sites
Organize Visual Clutter
25% negative space is calming
Firm Loving Borders
More..

Identify with the Heroic:

in stories, media, narratives:
Superman and Kryptonite rather than Sensitive child
Expand on Good Sensitivities:
Can they feel energy up spine? Chi in hands? Expand on this with:
InterFaith Inspired Exercise/Prayer/Affirmation/standing Yoga/Chi Gung FUN routine...