

NEUROSCIENCE OF STRESS

LISA MARINI, CBHC



MEET LISA MARINI, CBHC

CHAPTER 1

17 Years Multifamily Construction

- Assistant Superintendent
- Superintendent
- Lead Superintendent
- Pre Construction
- Estimating
- Project Manager
- Sr. Project Manager



CHAPTER 2

- Author: *"The Couple's Playbook- Relationships Are A Team Sport, Set Yours Up To Win"*
- Certified Brain Health Coach – The Amen Clinic, CBHC
- Certified Brainspotting Practitioner, BSP
- Certified Hypnotherapist – American Board for Hypnotherapy ABH-NLP, CHt
- Certified Integrative Health Coach – Institute of Integrative Nutrition, INHC
- Certified Neurosculpting® Facilitator – Neurosculpting® Institute, CNSF
- Trained in Neurolinguistic Programming, NLP
- Certified HeartMath+ Facilitator
- Trained in Emotional Freedom Technique, EFT



WELCOME

THE NEUROSCIENCE OF STRESS

THE IMPORTANCE OF UNDERSTANDING DIFFERENT BRAIN STATES TO NAVIGATE
YOUR STRESSFUL, BUSY LIFE



WHAT DO YOU WANT TO LEARN IN TODAY'S TALK?



TRIGGERS

WHAT ARE THE THINGS THAT ARE CURRENTLY "TRIGGERING" YOU IN YOUR LIFE?

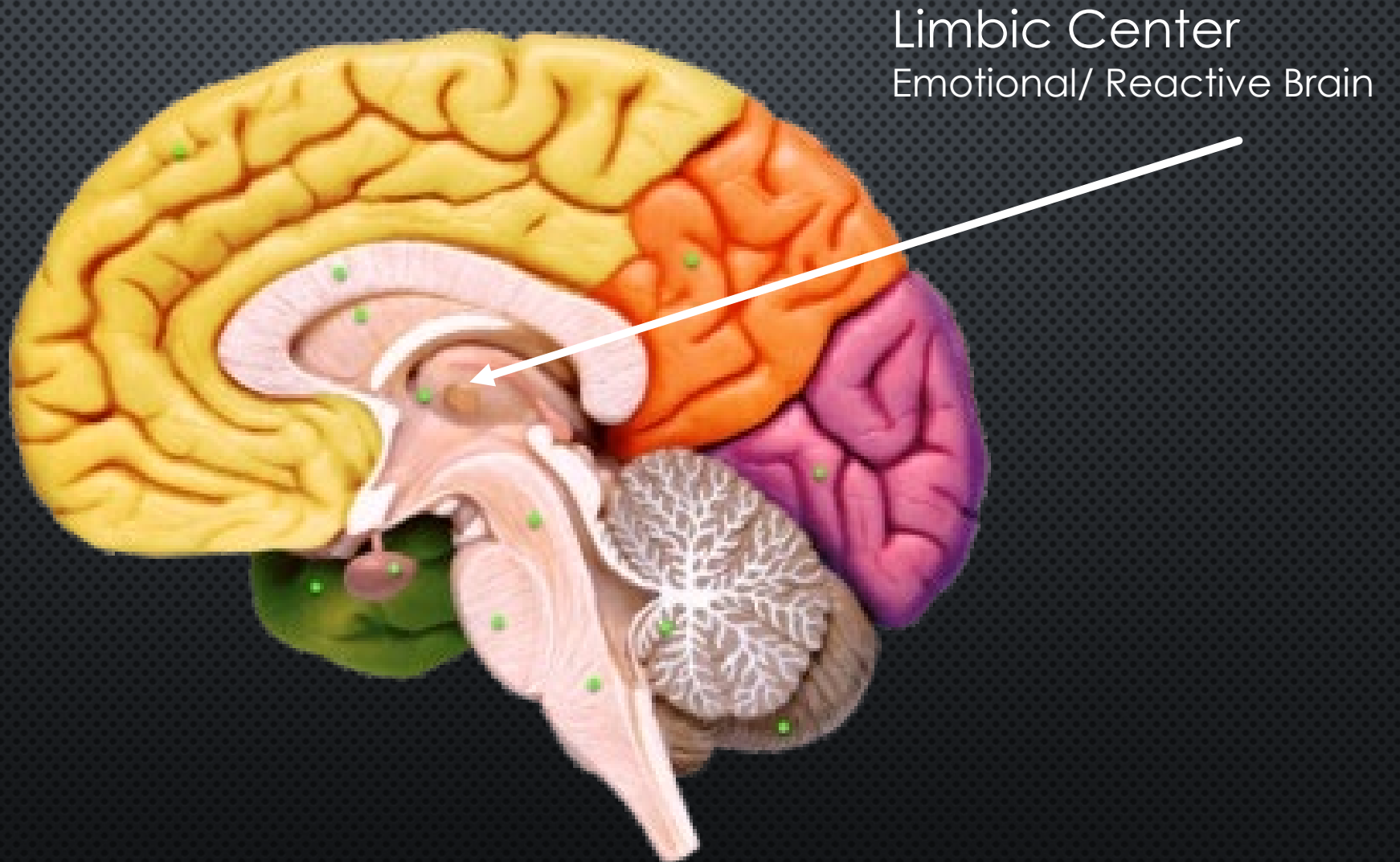
- **STRESS**
- **HEALTH**
- **WORK**
- **FAMILY**
- **MONEY**
- **FUTURE**



STRESS EXPERIENCE



LIMBIC STATE



WHAT IS YOUR PERSONAL LIMBIC RESPONSE?
IS IT DIFFERENT IN DIFFERENT SITUATIONS?

PHYSICAL?
EMOTIONAL?
BEHAVIORAL?



PREFRONTAL STATE

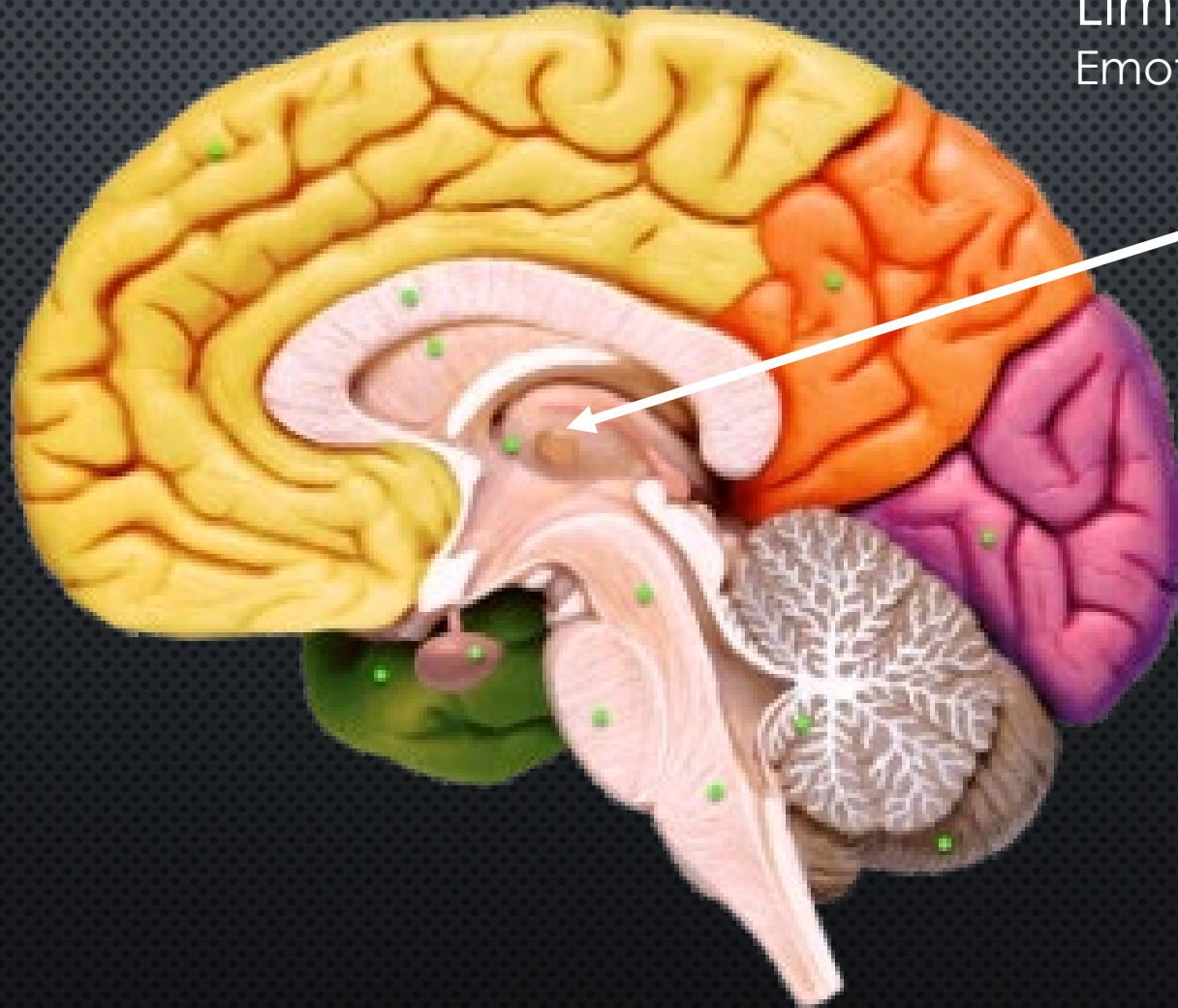
Prefrontal Cortex
Thinking/ Rational Brain



BRAIN STATES – THEY WORK INVERSELY

Prefrontal Cortex
Thinking/ Rational Brain

Limbic Center
Emotional/ Reactive Brain



SOME LIMBIC TRIGGERS

- LACK OF SLEEP
- FOOD – BLOOD SUGAR IMBALANCE
- INTERNAL THOUGHTS AND BELIEFS
- FEELINGS
- SOCIAL SITUATIONS
- MEMORIES



WHAT IS THE IMPACT?

- HOW DOES THIS IMPACT YOUR LIFE?
- HOW DOES THIS AFFECT YOUR WELLBEING?



2 TOOLS TO DOWN-REGULATE LIMBIC RESPONSE- CREATING CALM AMONGST CHAOS IN YOUR LIFE

1) SHAKE



2 TOOLS TO DOWN-REGULATE LIMBIC RESPONSE- CREATING CALM AMONGST CHAOS IN YOUR LIFE

2 BREATHE



THANK YOU!

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