

NEUROSCIENCE OF SELF-CARE

UNDERSTANDING
SELF-CARE

UNDERSTANDING
OURSELVES

Session will cover:

- Understanding the stress response activation
- Recognising the link between the state of our brain and the quality of our thoughts
- How being in a state of stress can physically impact our bodies in the short and long term
- The physiology of creating a state of calm – how we stay calm, focused and healthy



Life is becoming increasingly complex and intense. We are dealing with unprecedented levels of behaviour and increased expectations. There are so many factors in our modern world that are changing the dynamics exponentially.

For this reason, understanding the brain and how we neurologically and physiologically develop and react is essential for everyone. It will help us understand much more intricately about the stress response, and how we can get better at recognising it and 'resetting'.

This training will inform adults about themselves, but also help us understand those we work with. Come along and be informed.

The training will be carried out by Kathryn Berkett of ENGAGE. Kathryn has her Masters in Educational Psychology, and has certified as a Neurosequential Model of Therapeutics practitioner with Dr Perry. Kathryn has extensive experience in this area. She has worked and trained in this area for over sixteen years, delivering to a variety of organisations including Primary and Secondary Teachers; the Police; Oranga Tamariki; Kindergartens; Parents; Recreation Groups; Mental Health Professionals; Politicians; and Corporates.