

Marie-Laure Wagner

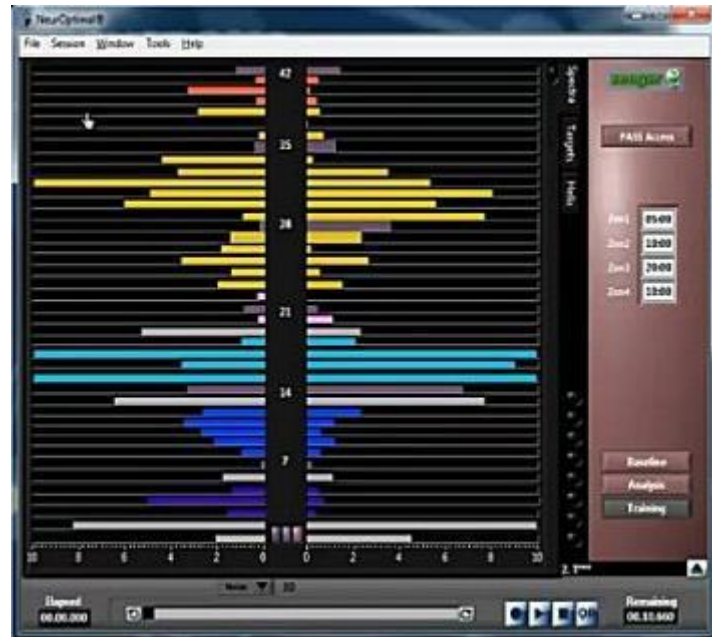
marielaure.wagner@neuroptimal.com

Benefits of NeurOptimal on stress and anxiety management

Why these two technologies

- BeFlow
- NeuroOptimal

Marie-Laure Wagner (760) 583-8764
marilaure.wagner@neuroptimal.com



NeuroOptimal is a cutting edge tool for transformation confirmed by a scientific measure, “BeFlow”.

Marie-Laure Wagner (760) 583-8764
marielaure.wagner@neuroptimal.com

We will speak about

BeFlow device

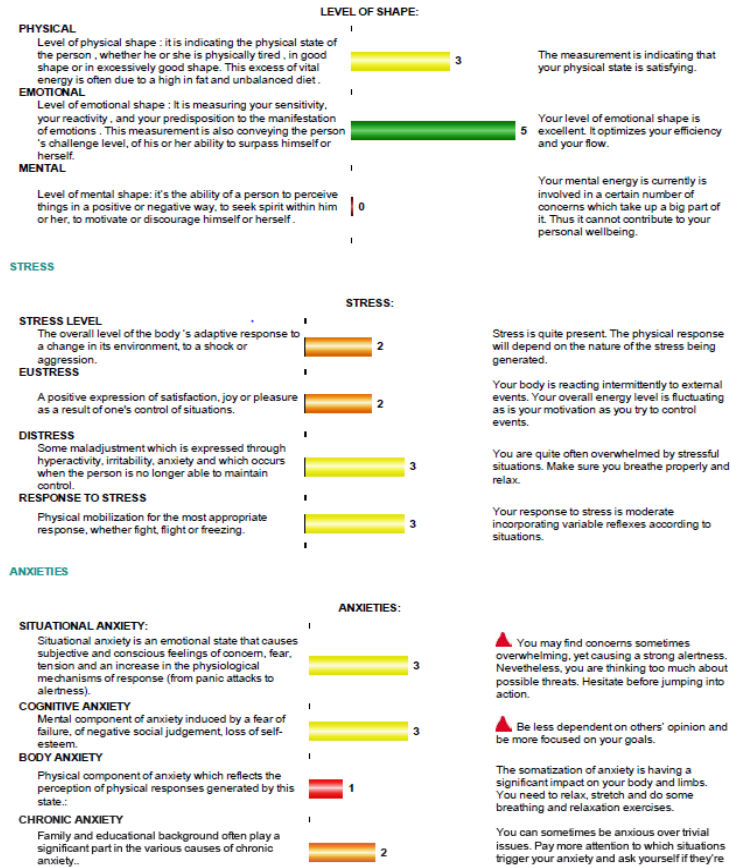


NeuroOptimal system



Marie-Laure Wagner (760) 583-8764
marilaure.wagner@neurooptimal.com

BeFlow Measurement



Marie-Laure Wagner (760) 583-8764
 marielaure.wagner@neuroptimal.com

Le stress du dentiste APPROCHE

A PARTIR D'UNE OBSERVATION
DE 150 CHIRURGIENS DENTISTES ET ETUDIANTS
EN ODONTOLOGIE DE PARIS

GILBERT LAZAR

UNIVERSITE LYON 2 - PSYCHOLOGIE - DEPARTEMENT FPP
28 septembre 2012

G. Lazar © - Ne pas reproduire sans l'autorisation de l'auteur

The dentists' stress

Conducted by Gilbert
Lazar

Marie-Laure Wagner (760) 583-8764
marielaure.wagner@neuroptimal.com

NeuroOptimal

a transformational tool

- “It changed my life, it looks like a small thing but it really changed my life” Marti.R.
- “When I need to solve a problem I like to have a NeuroOptimal and I know in the next hours I will have my “AH Hah” moment” Drasi. C
- “I am finally sleeping again, you do not know how good that feels” Jesee.B

What are we comparing?

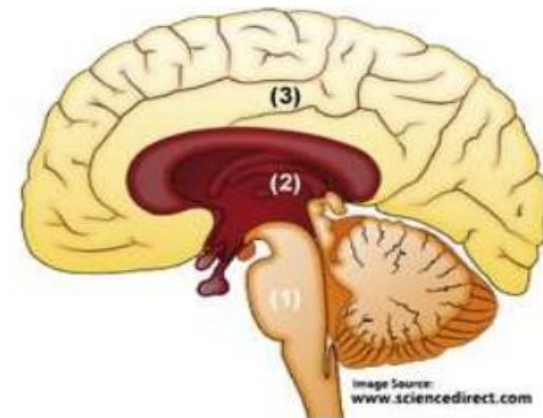
- The 3 brains: Reptilian, Neocortex, Limbic
- Stress
- Anxiety

Why the Reptilian, Limbic, Neocortex?

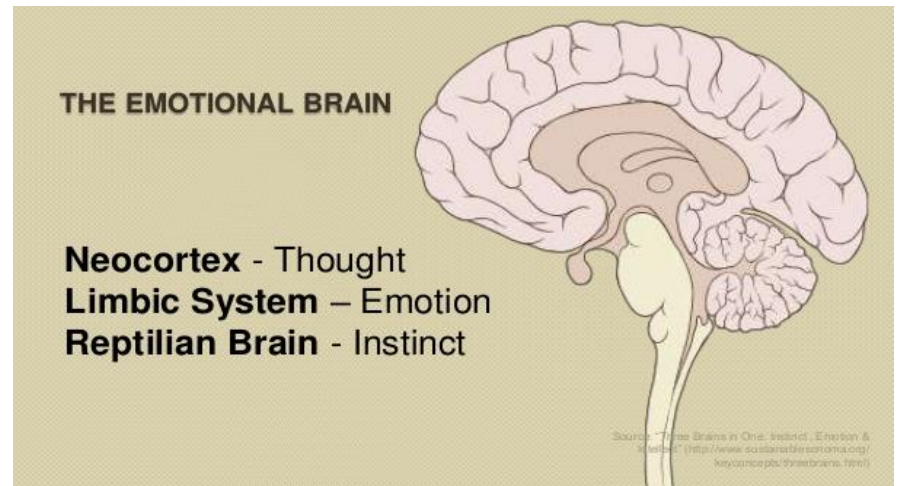
- The Reptilian helps us to understand how the accumulations of stress, the shock or trauma a person has been through has affected them.
- Are they functioning under the survival mode of behavior?
- Their attitude toward challenges.
- How much stress and anxiety they have.

Marie-Laure Wagner (760) 583-8764
marilaure.wagner@neuroptimal.com

- (3) Neocortex Brain
 - Our Analytical Mind
- (2) Limbic Brain
 - Our Emotional Mind
- (1) Reptilian Brain
 - Our Instinctive Mind

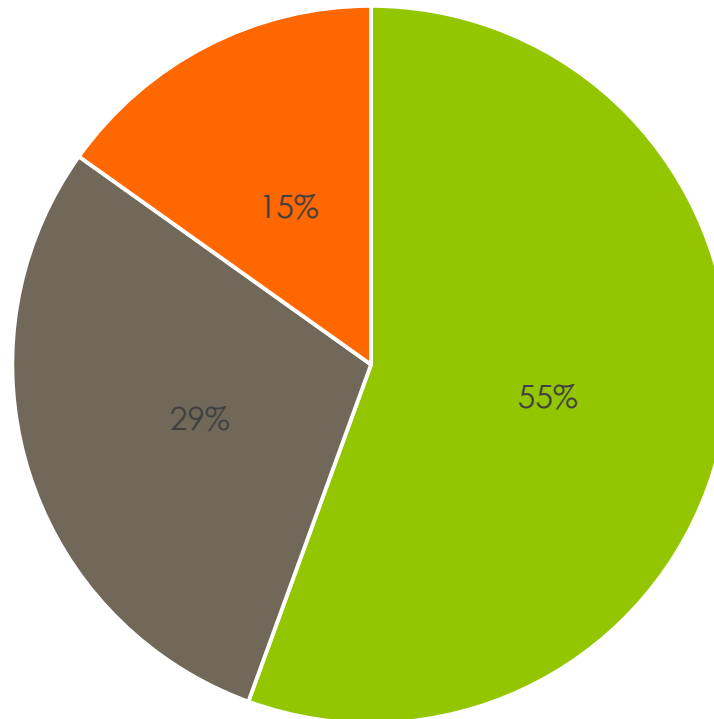


- The Limbic system helps us to know their relationships with others, their level of need of rewards, their motivation level.
- The Neocortex helps us see how open to opportunities, new ideas, global vision and adaptable to change a person is.



Picture of the parts of the brain
most stimulated:
example of a brain of one of our clients
before any brain training

- Reptilian brain
- Limbic System
- Neocortex









Marie-Laure Wagner (760) 583-8764
marie-laure.wagner@neuroptimal.com

STRESS

STRESS:		
STRESS LEVEL The overall level of the body's adaptive response to a change in its environment, to a shock or aggression.	 1	Your body reacts to any change in your environment whether it be to advantage or detrimental.
EUSTRESS A positive expression of satisfaction, joy or pleasure as a result of one's control of situations.	 3	Your overall energy level is enabling you to keep the situations you have to face under control. You express satisfaction and even pleasure from it.
DISTRESS Some maladjustment which is expressed through hyperactivity, irritability, anxiety and which occurs when the person is no longer able to maintain control.	 2	You are overwhelmed by stressful situations and are likely to display signs of hyperactivity or irritability. Make sure you breathe properly and relax. Watch your diet.
RESPONSE TO STRESS Physical mobilization for the most appropriate response, whether fight, flight or freezing.	 4	You often tend to respond by confrontation or fighting, Pay attention to breathing properly.

ANXIETIES

ANXIETIES:		
SITUATIONAL ANXIETY: Situational anxiety is an emotional state that causes subjective and conscious feelings of concern, fear, tension and an increase in the physiological mechanisms of response (from panic attacks to alertness).	 2	 You have excessive concerns, causing a strong alertness. Nevertheless, you are thinking too much about possible threats. Be careful of jumping into action too quickly.
COGNITIVE ANXIETY Mental component of anxiety induced by a fear of failure, of negative social judgement, loss of self-esteem.	 2	 Be more detached from what others think or suggest. Set yourself goals according to your current abilities and remain focused on them.
BODY ANXIETY Physical component of anxiety which reflects the perception of physical responses generated by this state.	 1	The somatization of anxiety is having a significant impact on your body and limbs. You need to relax, stretch and do some breathing and relaxation exercises.
CHRONIC ANXIETY Family and educational background often play a significant part in the various causes of chronic anxiety.	 2	You can sometimes be anxious over trivial issues. Pay more attention to which situations trigger your anxiety and ask yourself if they're worth it.

Marie-Laure Wagner (760) 583-8764
marilaure.wagner@neuroptimal.com

About the stress

STRESS LEVEL

The overall level of the body's adaptive response to a change in its environment, to a shock or an aggression.

EUSTRESS

A positive expression of satisfaction, joy or pleasure as a result of one's control of situations.

DISTRESS

Some maladjustments which are expressed through hyperactivity, irritability, anxiety and which occur when the person is no longer able to maintain control.

RESPONSE TO STRESS

Physical mobilization for the most appropriate response, either fight, flight or freezing.



About the anxiety

SITUATIONAL ANXIETY:

It is an emotional state that causes subjective and conscious feelings of concern, fear, tension and an increase in the physiological mechanisms of response (from panic attacks to alertness).

COGNITIVE ANXIETY

Mental component of anxiety induced by a fear of failure, of negative social judgement, loss of self-esteem.

BODY ANXIETY

Physical component of anxiety which reflects the perception of physical responses generated by this state.

CHRONIC ANXIETY

Family and educational background often plays a significant part in the various causes of chronic anxiety.



© Ron Leeshman · www.ClipartOf.com/d41082

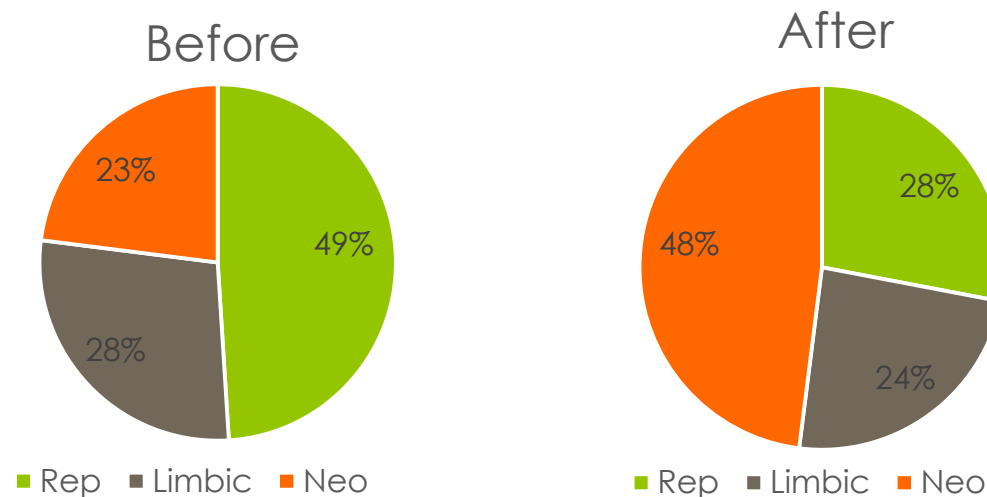
Our population

Our protocol

- We collected a BeFlow measurement before and after 36 sessions of NeuroOptimal.
 - Men, women
 - > 30 years old
 - For different reasons, PTSD, depression, memory, procrastination, loss of a loved one, anxiety,
 - 3 sessions a week.
 - Under medications or not.

Case study

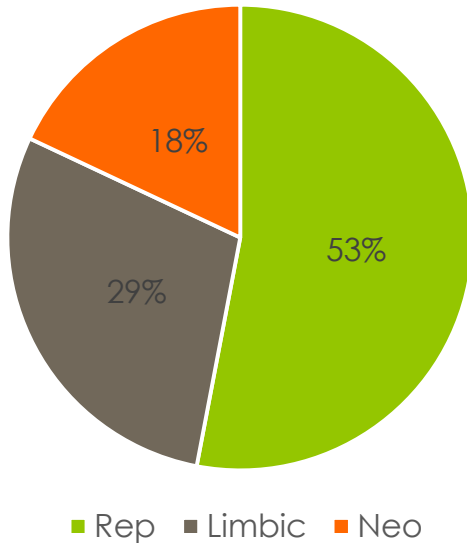
- A shift in the use of the Neocortex compared to the previous use of the Reptilian.
- It could be as spectacular as



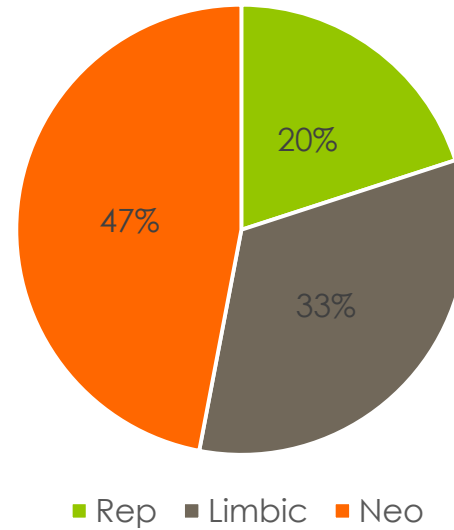
This client came for procrastination problems, and had hard time to manage his anxiety after the death of a loved one.

A 2nd example

Before

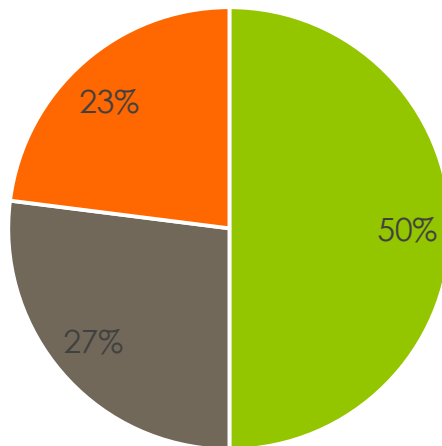


After



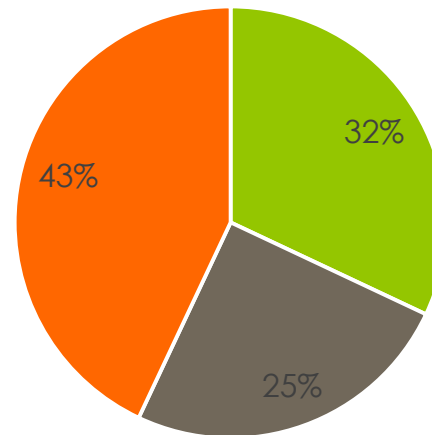
A 3rd example

Before



■ Rep ■ Limbic ■ Neo

After



■ Rep ■ Limbic ■ Neo

Observations

- We have done 300 measurements, and compared in depth 15 of them.
- We see systematically a reduction in the use of the “reptilian/survival brain”.





Stress





The “Response to stress” is how the person handles the trauma or the chronic stress and if he has overcome the impact of the stress.

After NeurOptimal training we see a shift in the “Response to stress” and the enjoyment of life “Eustress”.

Stress

Example of results

STRESS		
STRESS:		
STRESS LEVEL The overall level of the body's adaptive response to a change in its environment, to a shock or aggression.	 3	Your body's responsiveness is good. Generally speaking, you adjust well to the changes in your environment
EUSTRESS A positive expression of satisfaction, joy or pleasure as a result of one's control of situations.	 2	Your body is reacting intermittently to external events. Your overall energy level is fluctuating as is your motivation as you try to control events.
DISTRESS Some maladjustment which is expressed through hyperactivity, irritability, anxiety and which occurs when the person is no longer able to maintain control.	 4	Your energy level is weak preventing you from adjust appropriately in some stressful situations.
RESPONSE TO STRESS Physical mobilization for the most appropriate response, whether fight, flight or freezing.	 2	Your response to stress is not dynamic, as you may feel inhibited and tend to opt for escapism.

STRESS		
STRESS:		
STRESS LEVEL The overall level of the body's adaptive response to a change in its environment, to a shock or aggression.	 5	There is barely any response from your body to external events. Your overall fitness level is rather low, so take rest and maintain a healthy diet.
EUSTRESS A positive expression of satisfaction, joy or pleasure as a result of one's control of situations.	 3	Your overall energy level enables you to often control situations you have to face. You express satisfaction and even pleasure from this.
DISTRESS Some maladjustment which is expressed through hyperactivity, irritability, anxiety and which occurs when the person is no longer able to maintain control.	 4	Your energy level is weak preventing you from adjust appropriately in some stressful situations.
RESPONSE TO STRESS Physical mobilization for the most appropriate response, whether fight, flight or freezing.	 3	Your response to stress is moderate incorporating variable reflexes according to situations.

Marie-Laure Wagner (760) 583-8764
 marielaure.wagner@neuroptimal.com

Anxiety





- The cognitive anxiety is what has been reduced the most as well as the chronic anxiety.
- These two criteria are more stable to measure. They really correspond to habits of thinking and reactive behavior.

That shows us how deep NeuroOptimal works.





Anxiety

Example of results

ANXIETIES

ANXIETIES:		
SITUATIONAL ANXIETY: Situational anxiety is an emotional state that causes subjective and conscious feelings of concern, fear, tension and an increase in the physiological mechanisms of response (from panic attacks to alertness).	 2	Some concern and worry resulting in some limited alertness due to a low physical shape.
COGNITIVE ANXIETY Mental component of anxiety induced by a fear of failure, of negative social judgement, loss of self-esteem.	 2	Be less concerned about others' opinion and more confident about your abilities. Act more often.
BODY ANXIETY Physical component of anxiety which reflects the perception of physical responses generated by this state.:	 5	Your body is slightly affected by anxiety though you resist it well.
CHRONIC ANXIETY Family and educational background often play a significant part in the various causes of chronic anxiety.:	 3	You have a tendency to be anxious, sometimes for trivial reasons. Be more relaxed and keep such situations in perspective.

ANXIETIES

ANXIETIES:		
SITUATIONAL ANXIETY: Situational anxiety is an emotional state that causes subjective and conscious feelings of concern, fear, tension and an increase in the physiological mechanisms of response (from panic attacks to alertness).	 4	Some concern resulting in good alertness. You are ready to face a potential danger.
COGNITIVE ANXIETY Mental component of anxiety induced by a fear of failure, of negative social judgement, loss of self-esteem.	 5	Your goals are in harmony with your current abilities. You are in the flow.
BODY ANXIETY Physical component of anxiety which reflects the perception of physical responses generated by this state.:	 4	You are fairly resistant to anxiety so your body is moderately affected.
CHRONIC ANXIETY Family and educational background often play a significant part in the various causes of chronic anxiety.:	 3	You have a tendency to be anxious, sometimes for trivial reasons. Be more relaxed and keep such situations in perspective.

Marie-Laure Wagner (760) 583-8764
marielaure.wagner@neuroptimal.com

Perception

- Other element:

OPTIMISM

It is a state of mind which enables a positive perception of the world and the universe. An optimistic person tends to see the bright side, to think well of people, to think that bad situations will work out for the best. Optimism is one of the drivers of motivation.

Confidence in the future

It is the ability of keeping hope in spite of all types of confrontational situations. It differentiates itself from optimism which operates on the short term basis.

Perception

- We see the “Confidence in the future” improving, which shows again how deep the work has been done.
- We also look at the level of Mental focus, Mental relaxation and Mental stimulation, and we see improvement in this area.

Conclusion

- Yes, NeuroOptimal helps us reduce our stress and eliminate our anxiety.
- NeuroOptimal gives us the tool we need to change our behavioral patterns and manage our daily stress with success.
- NeuroOptimal helps us, helps our clients not only to feel “Good”, it really builds, re-builds, the foundations, the roots we need to handle life in a better way and with more ease.
- NeuroOptimal helps us to bounce back from whatever experiences we need to go through.

If you want to change the world
offer them NeurOptimal



Marie-Laure Wagner (760) 583-8764
marielaure.wagner@neuroptimal.com

Thank you for your attention