



A Mental Health Seminar

*that Encourages and Educates to
Lighten our Burden*

KEYNOTE SPEAKER
Dr. David Wang

2

plenary
sessions

8

professional
speakers

10

practical
workshops

Saturday, Oct. 20, 2018
8:30 AM - 2:00 PM

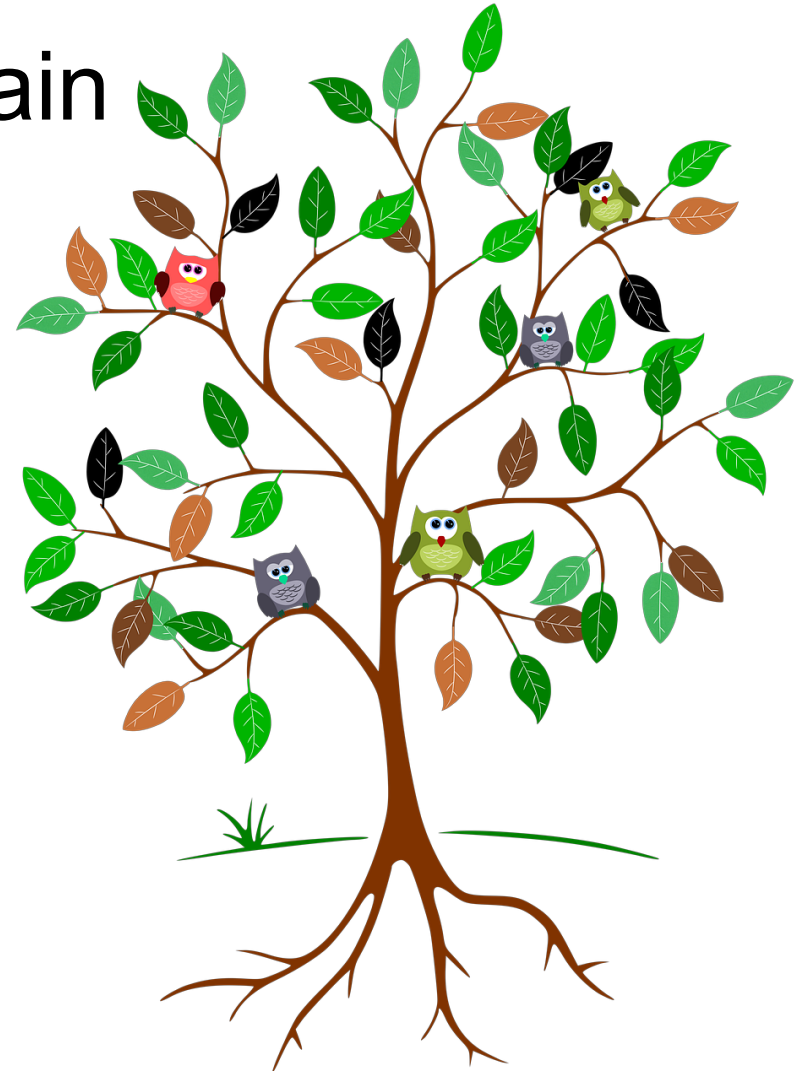
Chinese Christian Church of Thousand Oaks
218 W. Janss Road, Thousand Oaks, CA 91360

english.cccto.org/mental-health

\$20 early bird (by 9/30) **\$30** regular (by 10/15) Lunch included

Let's Get to the **Root**: How to Heal and Maintain a Healthy Brain and Healthy Mind

by Bev
Garcia



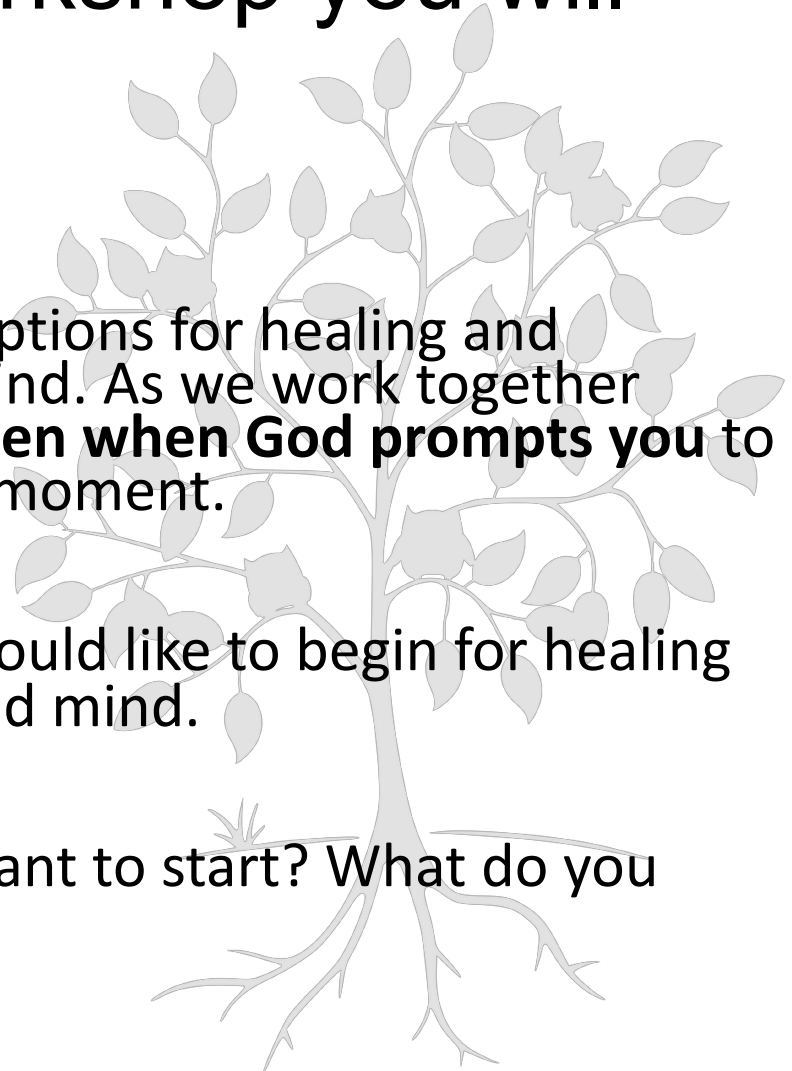
Preparing for this workshop over the past three months has been both a challenge and a blessing that I enjoy.

There is too much information! TMI..TMI.

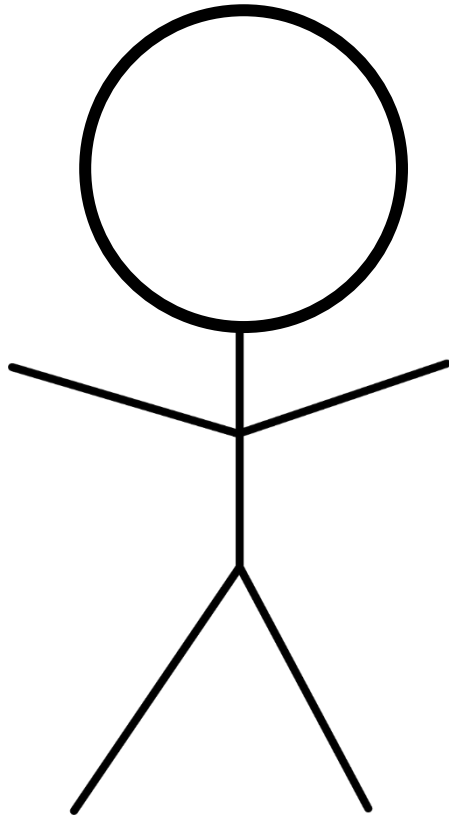
Therefore, I have aimed to synthesize and categorize what I have learned over a lifetime. I continue to choose to apply these skills so that I can remain sane when I reach 100!

By the end of this workshop you will be equipped to...

- Choose at least 1 of the multiple options for healing and maintaining a healthy brain and mind. As we work together through topics and techniques, **listen when God prompts you** to pay closer attention to the “Aha!” moment.
- **Write down at least 1 thing** you would like to begin for healing and maintaining a healthy brain and mind.
- Identify highlights. What do you want to start? What do you want to stop?

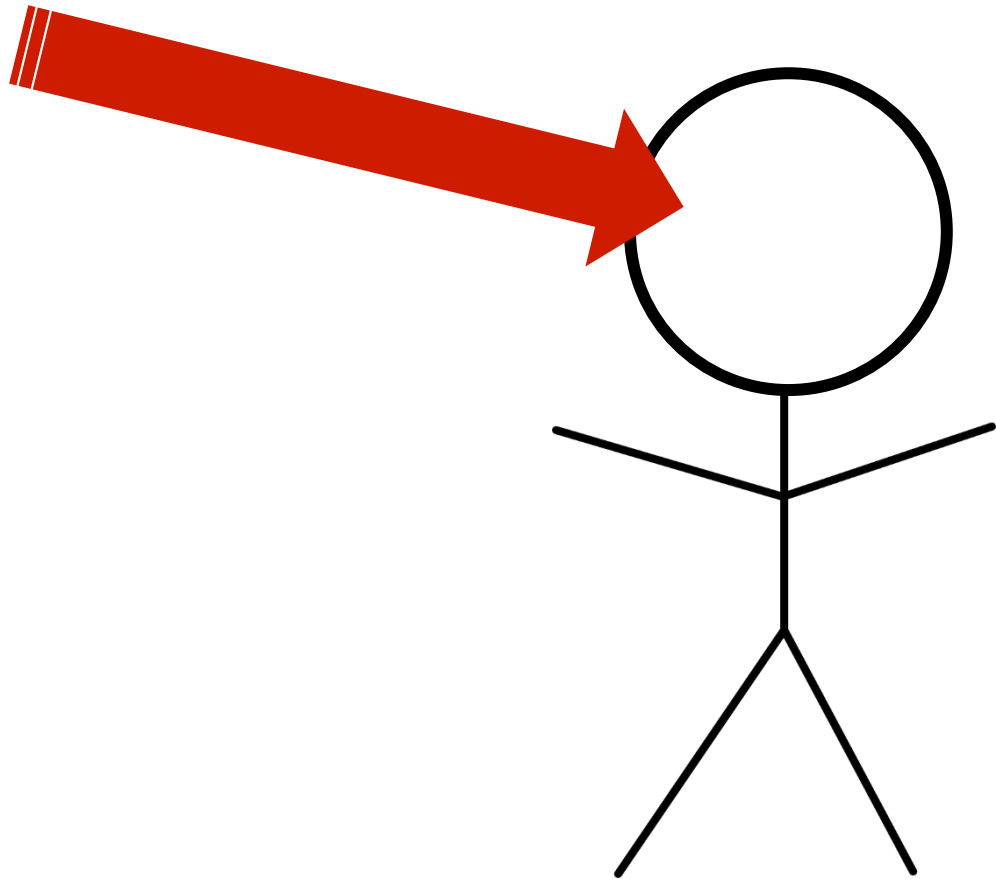


Brain DNA of Our Human Bodies

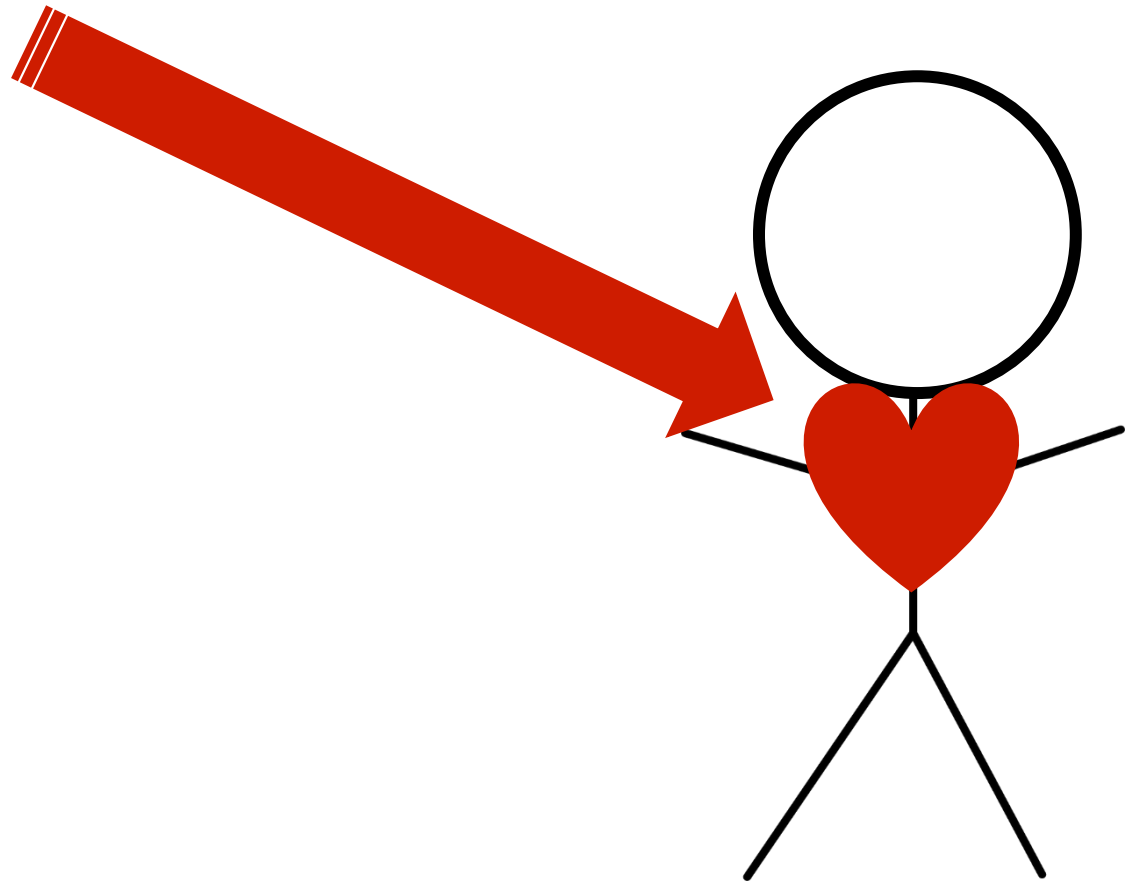


Draw me.

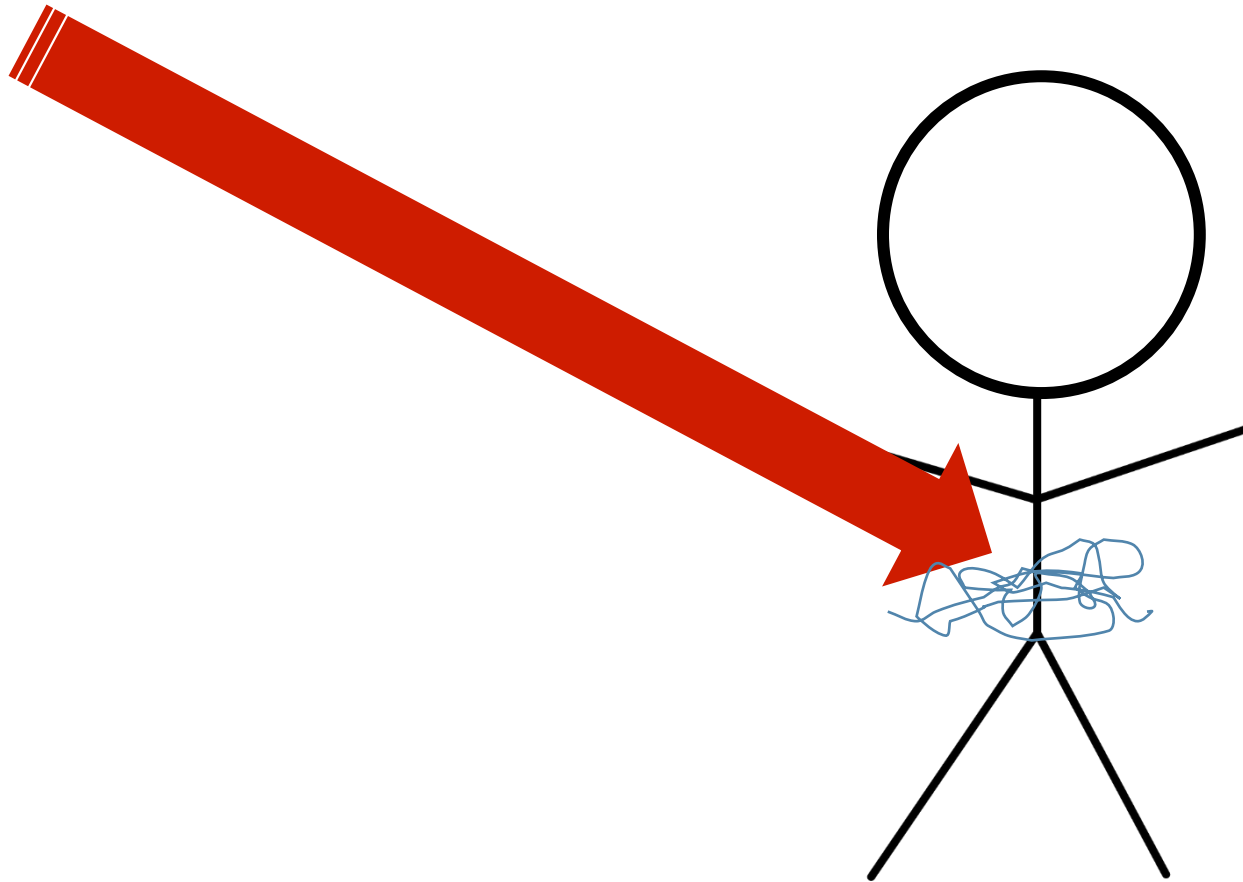
The **cerebral brain** is in the head.



The **cardiac brain** is in the heart.

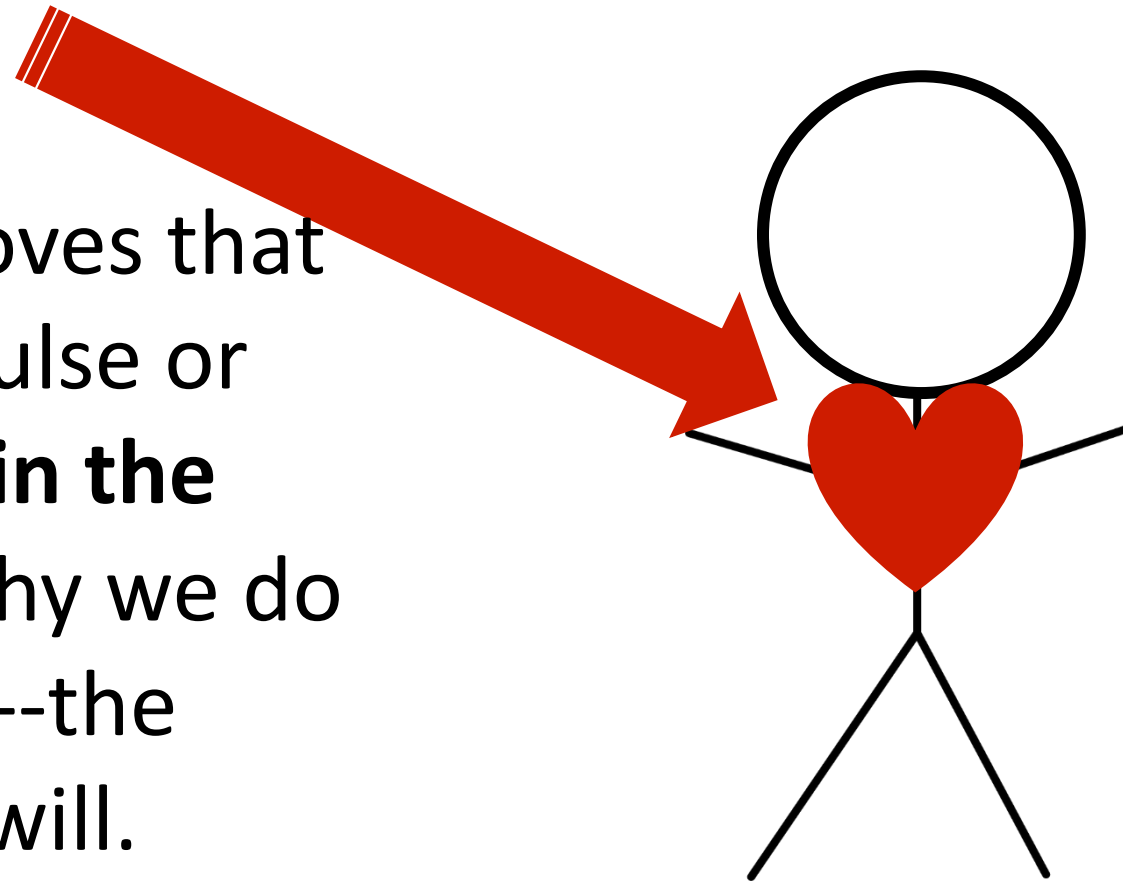


The enteric brain is in the gut.



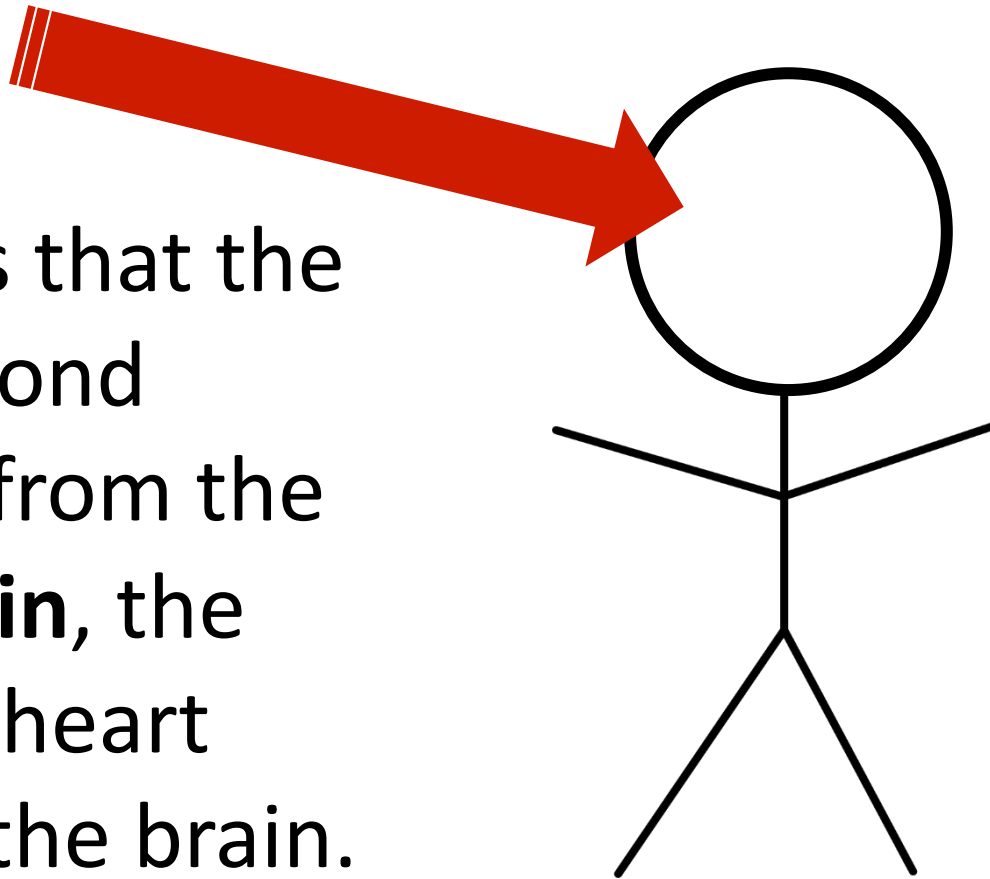
The **cardiac brain** is in the heart.

Research proves that the first impulse or spark **starts in the heart**, the why we do what we do,--the motive, the will.



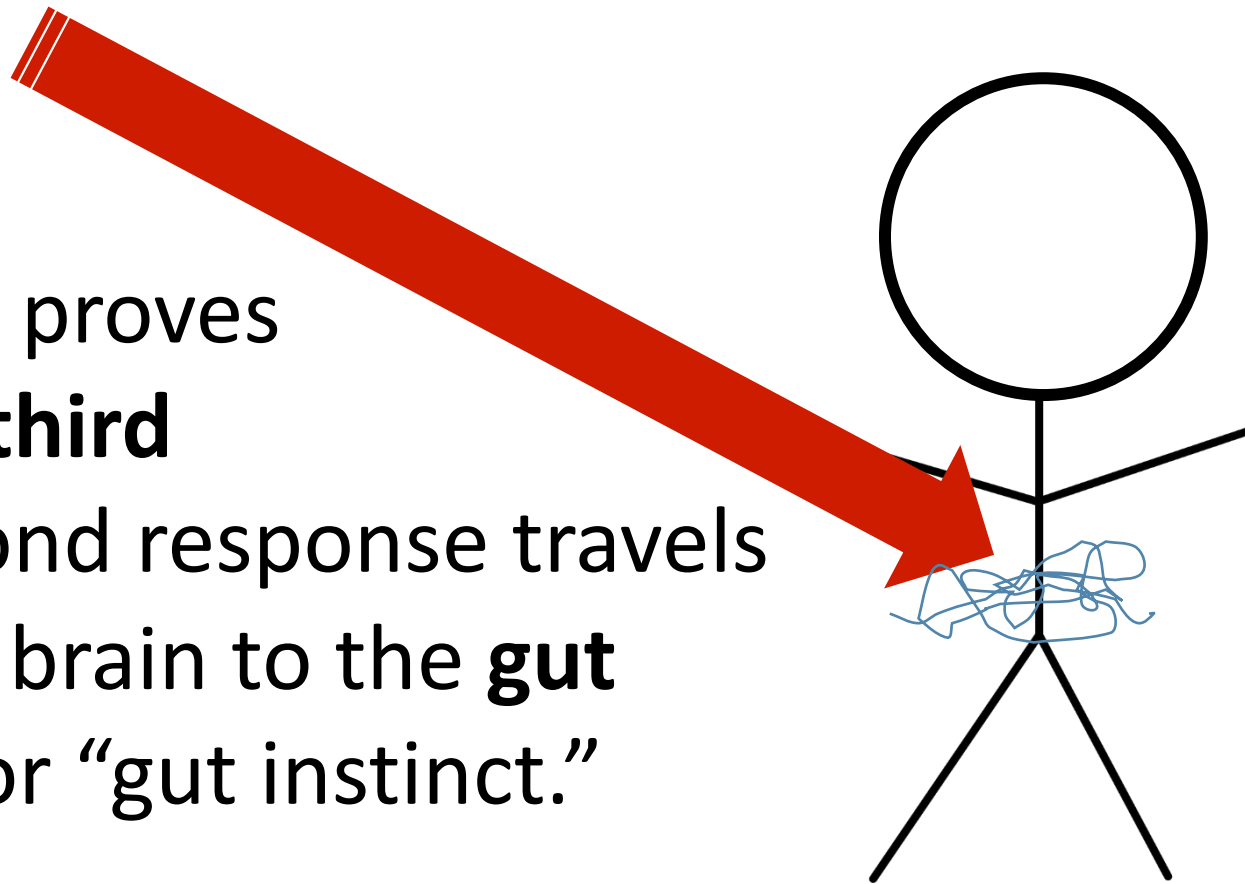
The **cerebral brain** is in the head.

Research proves that the **second** split-second impulse travels from the heart to the **brain**, the thoughts of the heart trigger parts of the brain.



The **enteric brain** is in the gut.

Research proves
that the **third**
split-second response travels
from the brain to the **gut**
feelings or “gut instinct.”



Butterfly Hug



*The Butterfly Hug is one of the most useful
self-help tools for PTSD*

Source: [Huffington Post](#)

Invest in Your Self-Care

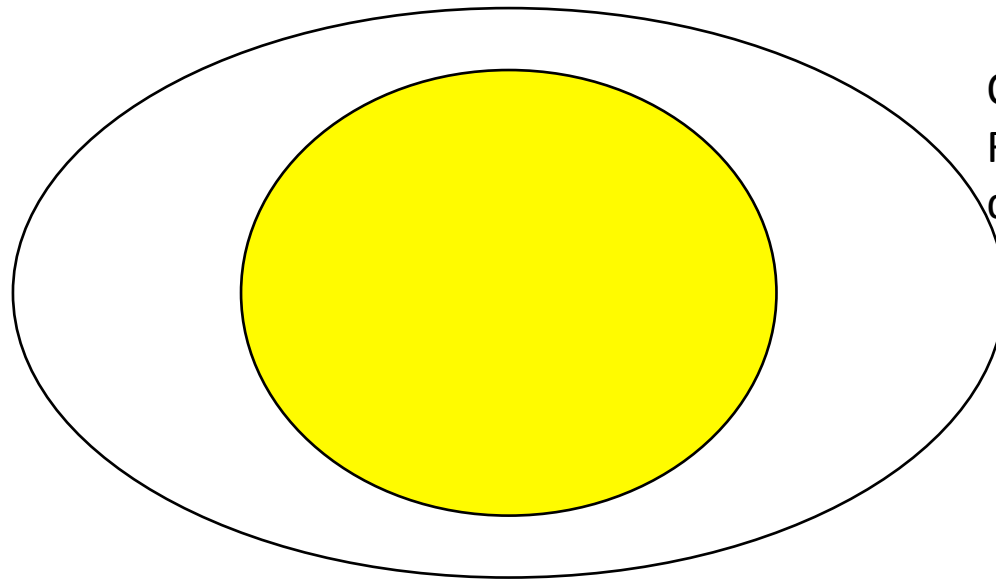
The most important resources you have are your **time** and **energy**, and when you think about it, they're the two things that you ultimately have **control** over.

So, who's getting the benefit of your resources, and how do you **set a boundary** to protect them? You're not selfish for taking care of yourself. You don't need anyone's permission to take care of yourself. And you don't have to feel guilty.

- 
- Dr. Henry Cloud
 - Boundaries.me

Circles

The Egg Analogy Outside

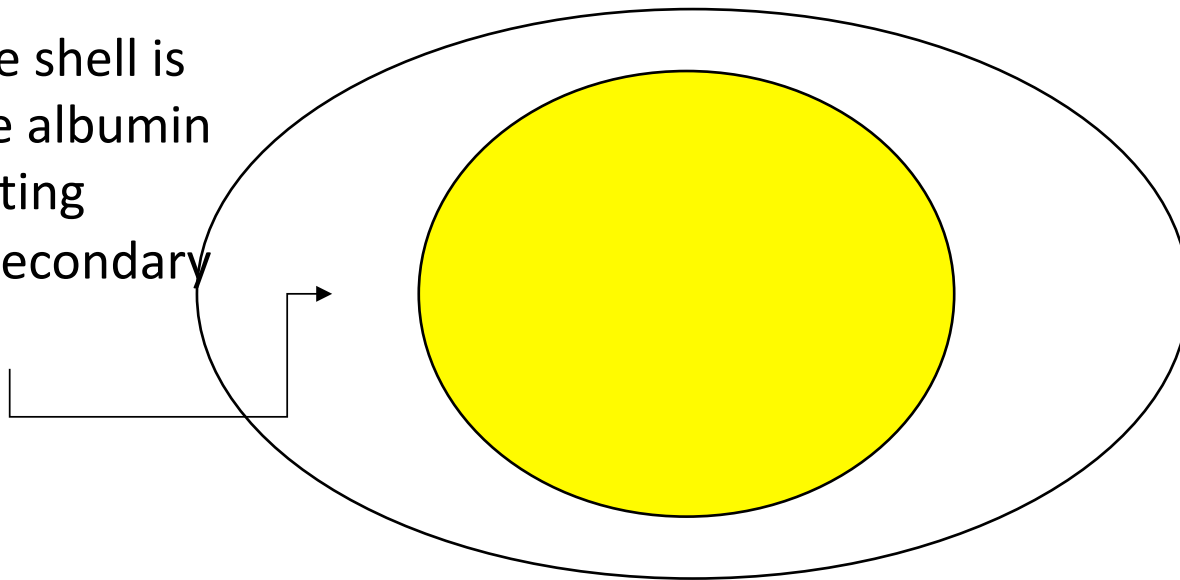


Outside shell
Represents visible
depression/suicide

Circles

The Egg Analogy Beneath the Surface

Inside the shell is
the white albumin
representing
anger a secondary
emotion

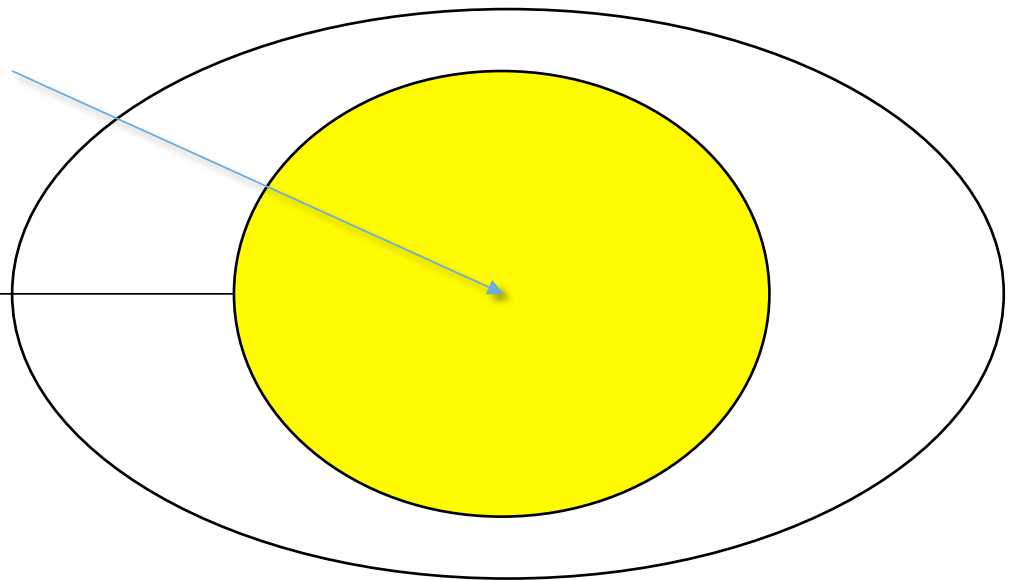


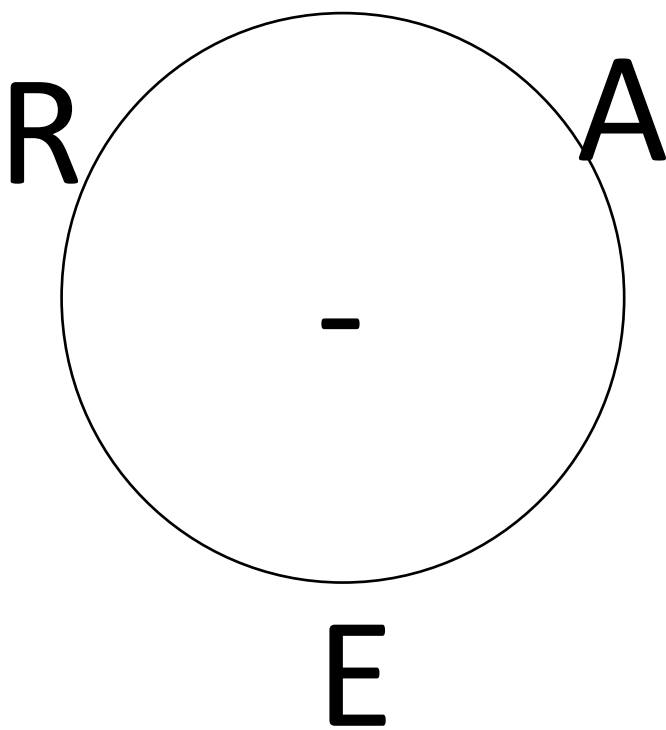
Circles

The Egg Analogy at the Core

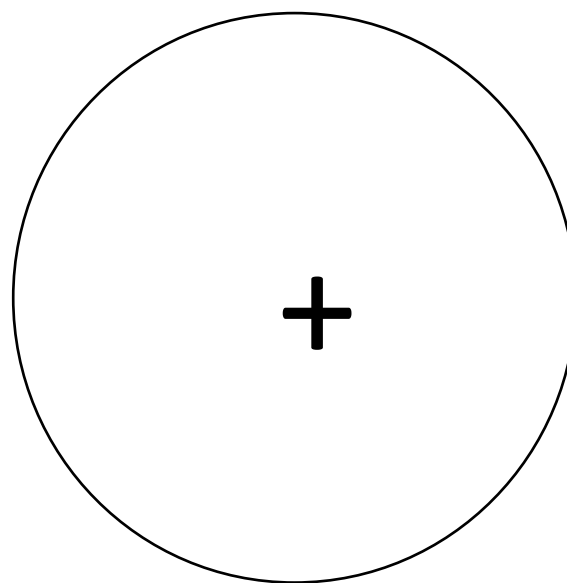
At the core is the yoke,
where the primary emotions
of fear and pain reside.

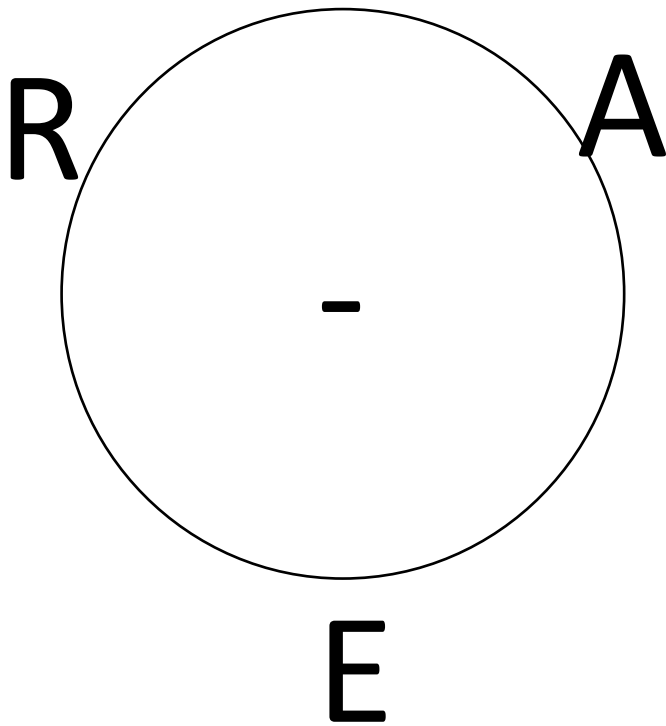
If we can get to the core, then
the anger and depression
may lift.



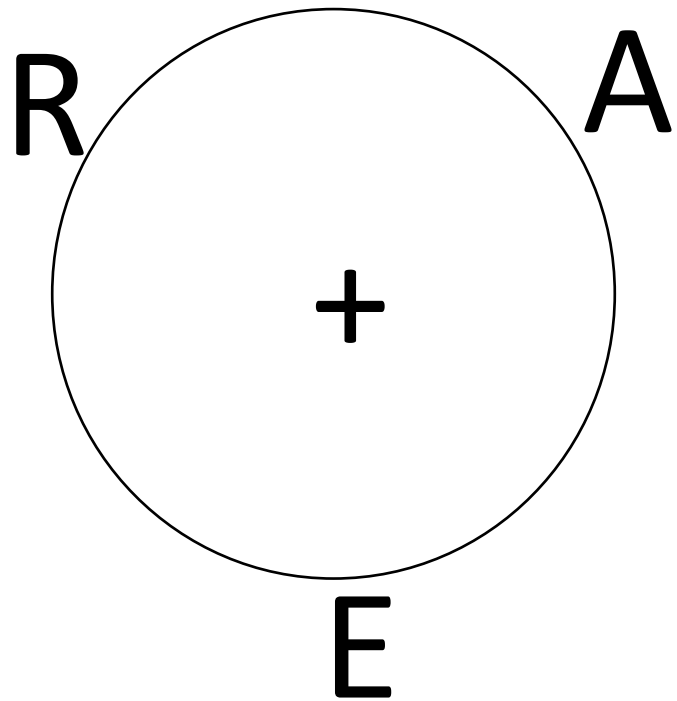


I
CAN
CHO
OSE

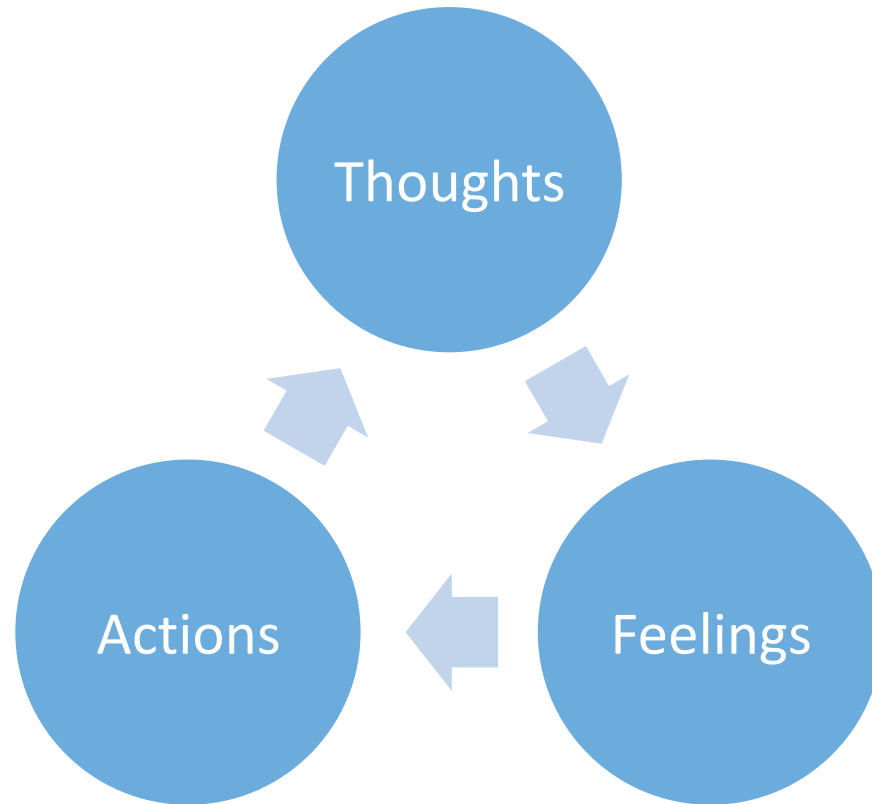




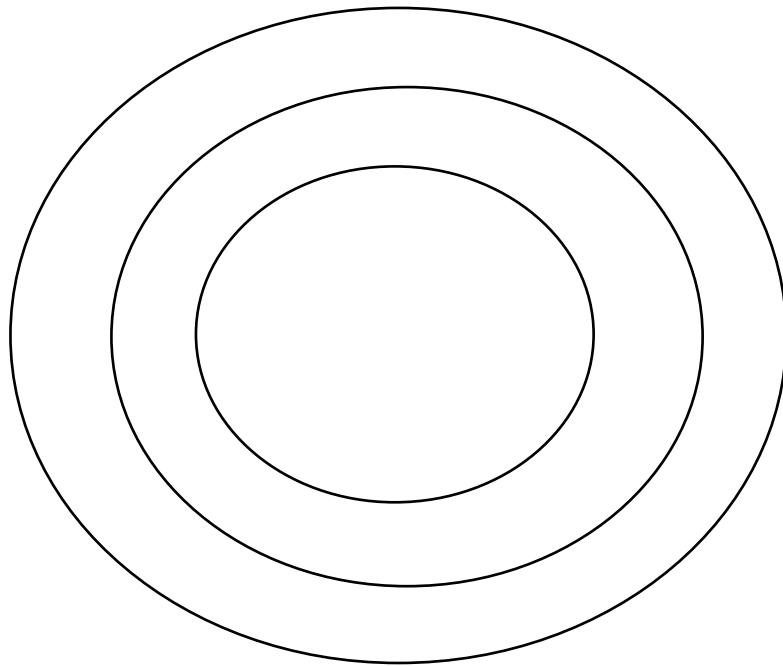
I
CAN
CHOOSE
+ or -



Cycles: Change 1 = Changes the Other 2

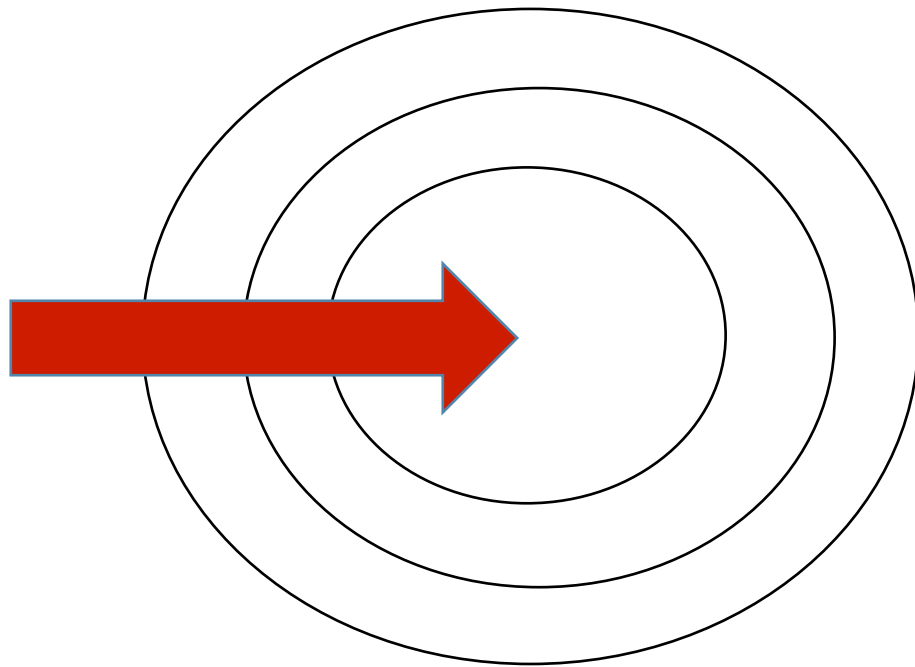


Concentric Circles of THE GREAT COMMANDMENT



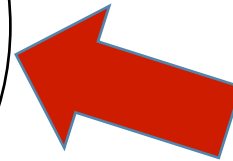
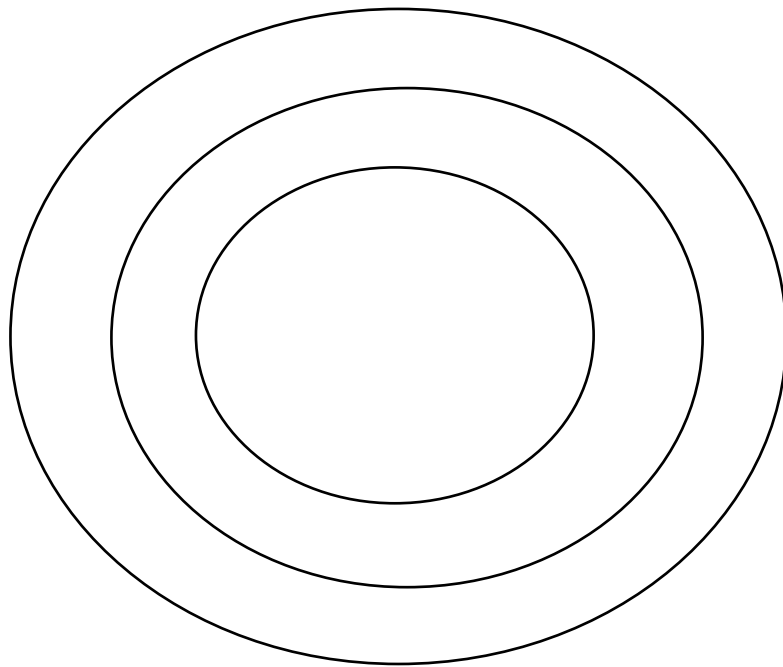
“Love the LORD
your GOD with
all your
heart,
soul,
mind, and
strength.”

Concentric Circles of THE GREAT COMMANDMENT



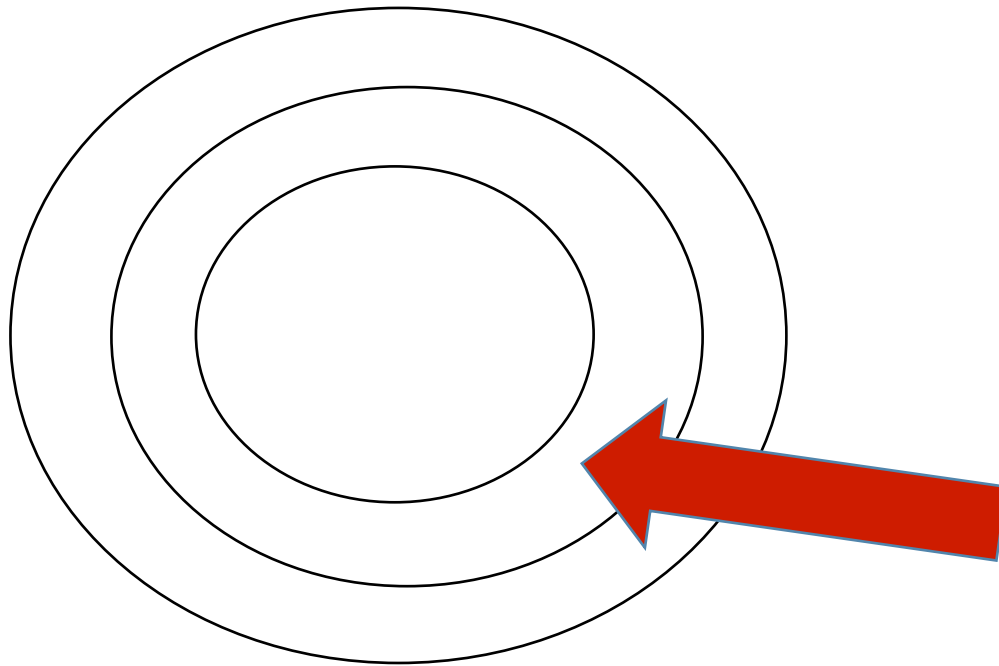
“Love the LORD
your GOD with
all your
heart,
soul,
mind, and
strength.”

Concentric Circles of THE GREAT COMMANDMENT



“Love the LORD
your GOD with
all your
heart,
soul,
mind, and
strength.”

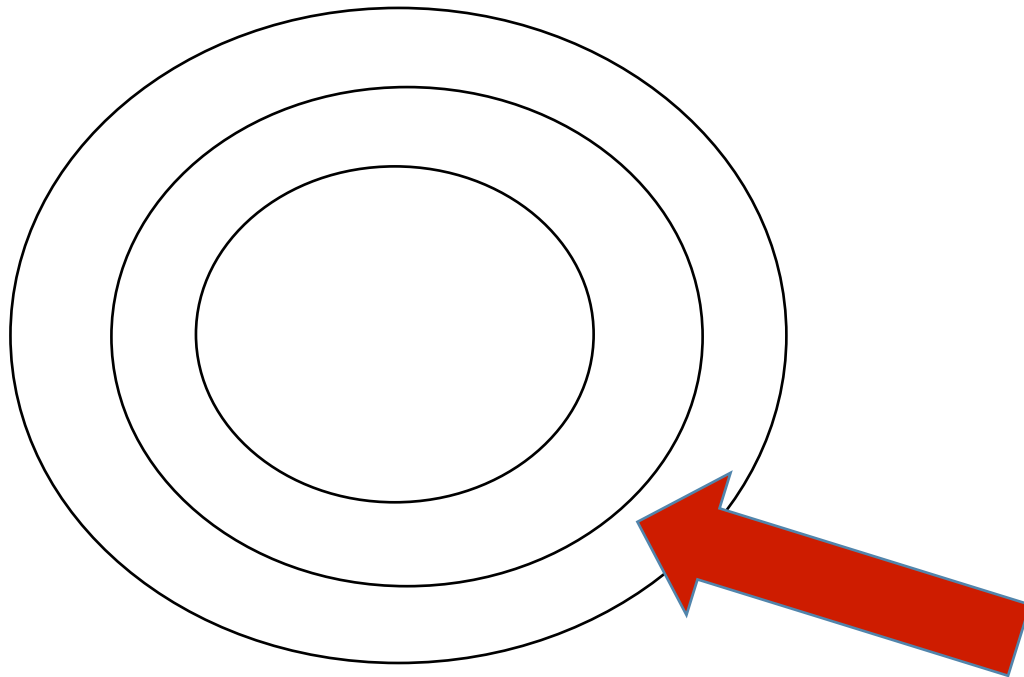
Concentric Circles of THE GREAT COMMANDMENT



“Love the LORD
your GOD with
all your
heart,
soul,
mind, and
strength.”

Concentric Circles of THE GREAT COMMANDMENT

“Love the LORD
your GOD with
all your
heart,
soul,
mind, and
strength.”



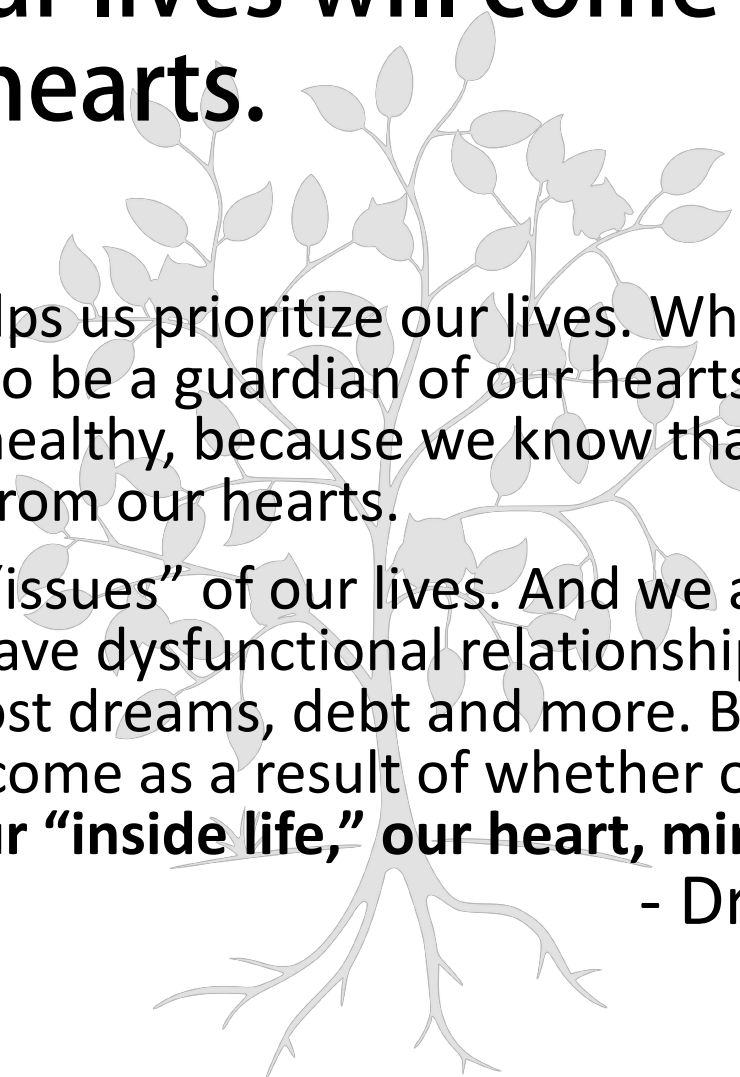
The fruitfulness of our lives will come from our hearts.

Developing our inner selves helps us prioritize our lives. When we look to our inner selves, we begin to be a guardian of our hearts, making sure that they are strong and healthy, because we know that the fruitfulness of our lives will come from our hearts.

Our hearts will determine the “issues” of our lives. And we all have a lot of “issues” in life. We may have dysfunctional relationships, floundering careers, burnout, stress, lost dreams, debt and more. But the truth is that many of those issues come as a result of whether or not we are tending to and **guarding our “inside life,” our heart, mind, soul and strength.**

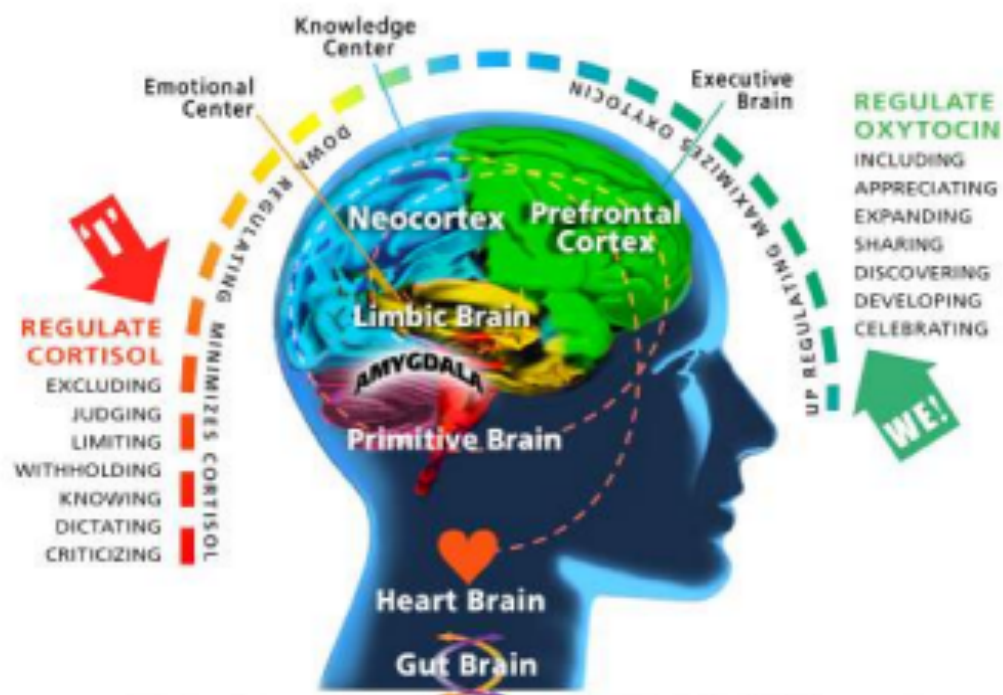
Henry Cloud

- Dr.



THE SIX BRAINS

HOW THE BRAIN 'REALLY WORKS'



© Benchmark Communications, Inc. and The CreatingWE® Institute. All rights reserved.

Body Chemicals Called

NEURO TRANSMITTERS

Healthy Connections

- Oxytocin
- Dopamine
- Serotonin

Unhealthy Connections

- Cortisol
- Testosterone
- Norepinephrin

Prefrontal Cortex

ASPIRATIONS

TRUST

Amygdala

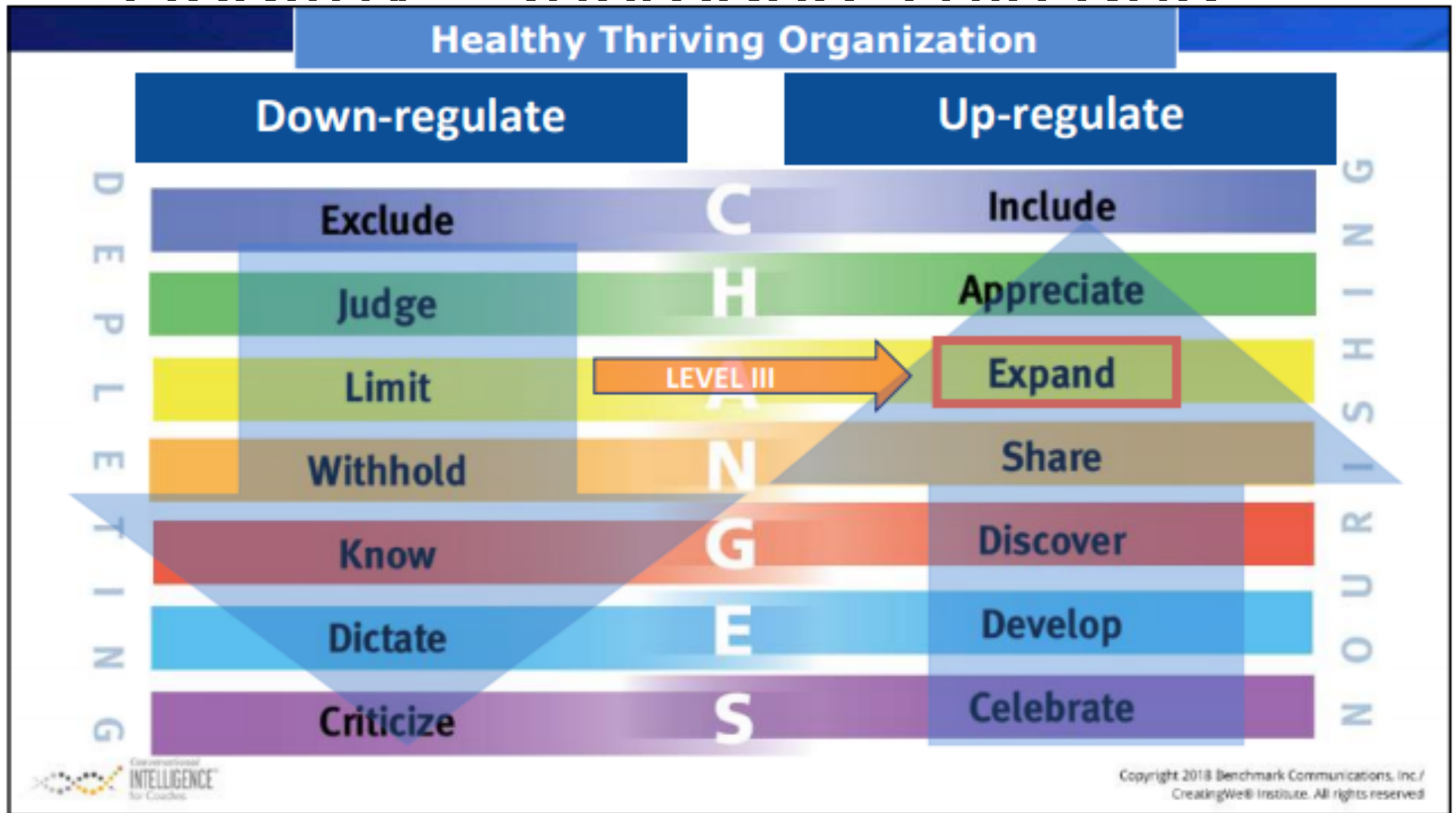
DISTRUST

Vagus Nerve

Create safe space
for conversations



Healthy – Increase This and



At the Moment of Contact
"Fear Or Trust"



"Interaction Dynamics"

"Sending & Receiving"

Q "Conversational Rituals Create the Space..."

Conversational Intelligence

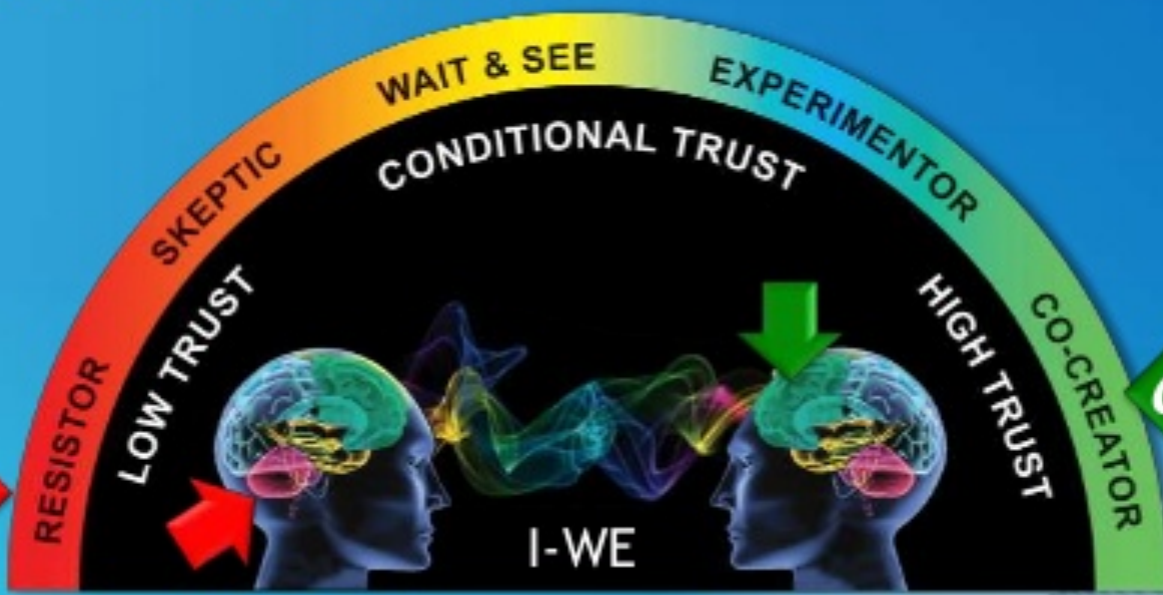
Dashboard™

Making the Invisible Visible!

PROTECT

Fight
Flight
Freeze
Appease
Distrust

Cortisol



PARTNER

Wisdom
Innovation
Strategy
Empathy

Oxytocin

Foresight
Insight
Trust

Territorial Instincts

Vital Instincts

Listen to Connect

Copyright 2015, Benchmark/
The Creating WE® Institute. All Rights Reserved.



Summary

We are building networks that can create healthy brains and healthy minds.

We can become all God created us to be for His glory and for our good!

Visit BevGarcia.com for other resources and updates.