Physical Impact of Trauma

Brain Architecture

Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. **Resolution: safe and stable nurturing relationships, walk in nature, touch, exercise**

Brain Waves

Predomination of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures.
Resolution: neurofeedback

Neural Pathways

Need to 'rewire' our brain from old thought patterns and habits of mind, conscious, and unconscious. **Resolution: neurofeedback, meditation/ mindful action, positive self-talk**

Neurotransmitters

Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged.
Reduces motivation & focus, creates fatigue.
Low seratonin causes depression.

Hormones

Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other homone glands (thyroid).
Resolution: oxytocin

Toxin Elimination

Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora).
Resolution: salt baths, sauna

Cellular Change

Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. **Resolution: social support**

Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. **Resolution: Safer environment (perception of)**

Nervous System

Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance.
Resolution: yoga, breathing, or other physical/emotional regulation

Immune System

Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc.)
Resolution: meditation/mindful action, walking in nature, diet, rest

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