

Getting Emotionally and Cognitively UNSTUCK

by Amy McTear Date: [May 8, 2019](#)

Sometimes we just can't seem to pull ourselves out of an emotional rut. Hopelessness, irritability, restlessness, pessimism, worry and fear can persist for so long that we start to believe it is who we are. We may try to exert our willpower, pull ourselves up by our bootstraps, but find ourselves falling back into familiar emotional patterns.



Negative emotions cause a stimulating secretion of cortisol, the stress hormone, which gives them high priority in the hippocampus, the part of the brain that regulates emotions and stores memory. Many researchers believe that the human brain has evolved to prioritize negative emotions and memories because such focus on the negative increased the survival of our early ancestors. It now seems that this bias toward negativity that helped our species survive, could be sabotaging our ability to thrive.

When negative emotions are chronic, as they are for many people today, the body continuously releases cortisol. An excess of cortisol can negatively impact our immune system, blood pressure, blood sugar, learning capacity, libido, digestion and ability to sleep, among other things. According to Rick Hanson, author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence*, the more negativity we experience, the more our brains hardwire a neural network around them, predisposing us to even more negative experiences in the future.



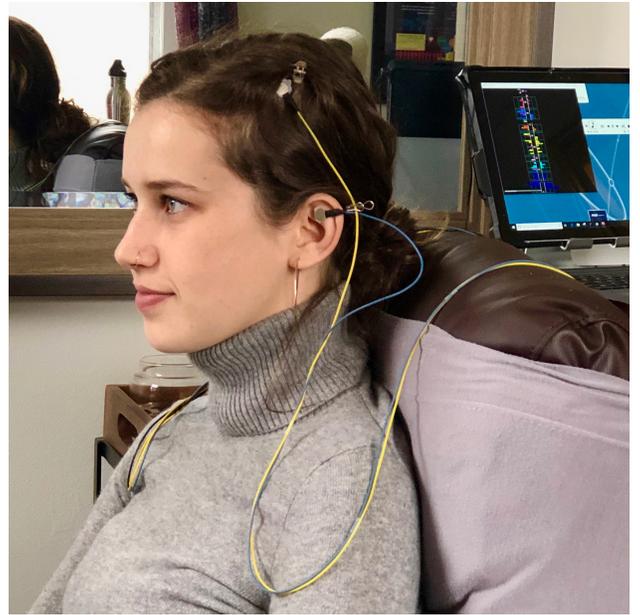
NeuroOptimal® Neurofeedback interrupts the less than optimal patterns that develop as a result of our life experiences, by helping the nervous system continuously reorient itself to the present moment. Our central nervous system (CNS) includes the brain and spinal cord. It is referred to as central because it gathers information from all over the body and coordinates activity. Dr. Valdeane Brown,

co-founder and president of NeurOptimal, an advanced neurofeedback technology, says that the technology mirrors to the CNS what it is doing as it is doing it. This allows the brain to course-correct in the moment and choose more optimal states. Like physical training is to the body, NeurOptimal is a training process for the brain. With repeated sessions, the nervous system adjusts itself to a greater state of flow, optimal functioning and ease.

Clients who train report greater emotional ease, improved mental clarity, resiliency and improved self-esteem. Their perception of their problems shift and they often comment that they feel 'like themselves again'.

They find it easier to focus, make better choices, enjoy healthier sleep and manage stress better which results in an overall more content life.

NeurOptimal is a wonderful wellness tool for people of all ages—particularly children, who suffer from stress and overwhelm— as it requires nothing of the conscious mind. During a session, clients simply relax and listen to music, watch a movie, read, do homework, play a quiet game, or close their eyes and just zone out. All the while, the non-conscious mind is getting a workout!



Amy McTear is a certified NeurOptimal Trainer, certified HeartMath® Coach, certified sound healer, life coach and founder of One True Voice.

NeurOptimal is 100 % safe for all ages, totally non-invasive, and designated a general wellness device by the FDA.

Her office is located at 153 Main St., New Paltz. For more information, call 914-388-0632 or visit

NeuMindNeurofeedback.com.