



*presents*

## **2024 Real Property Law Retreat**

Rewiring Your Brain for Mindful De-Stressing

Saturday, March 9, 2024  
9:00am - 10:00am

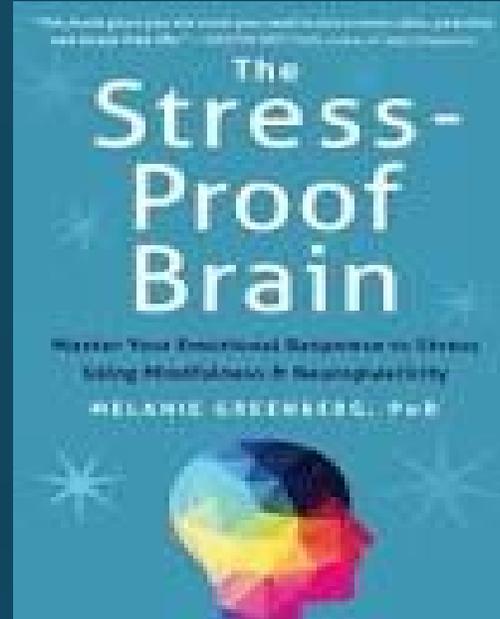
Speakers: Melanie Greenberg, Ph.D.

### **Conference Reference Materials**

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# Rewiring Your Brain for Mindful De-Stressing

**Melanie Greenberg, PhD**  
**Psychologist, Author, SpeakeR, Coach**

# Types of Stressors



Daily Hassles



Chronic Stressors



Major Life Events

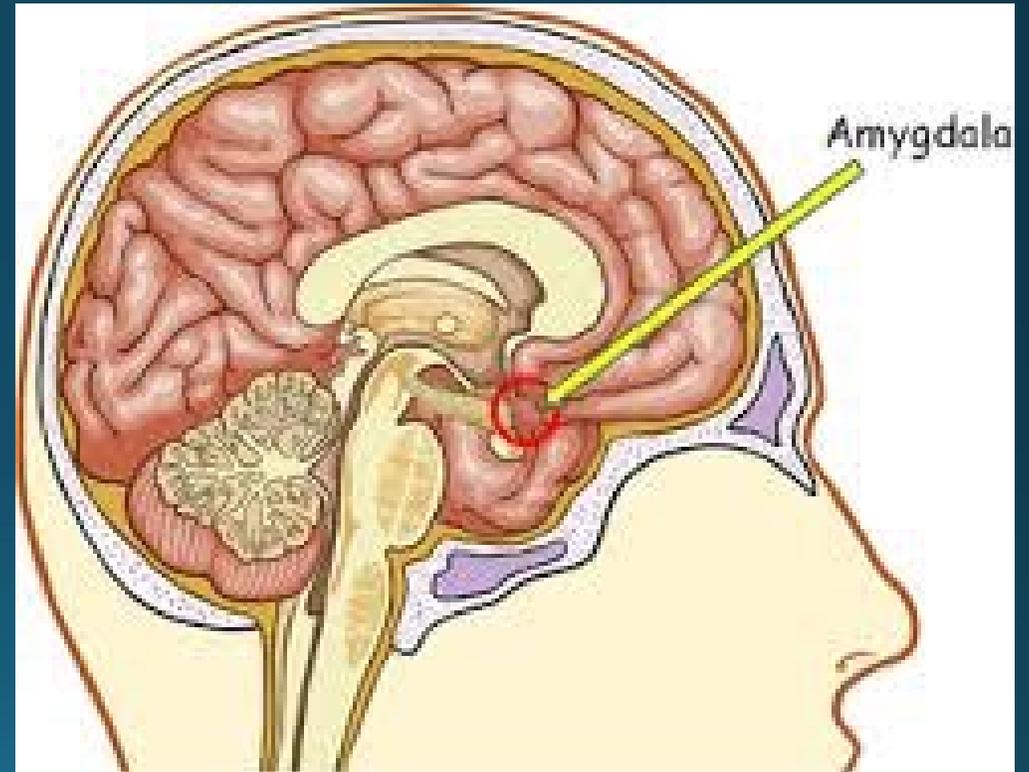


Fight, Flight, Freeze

# Your Brain's Stress Response

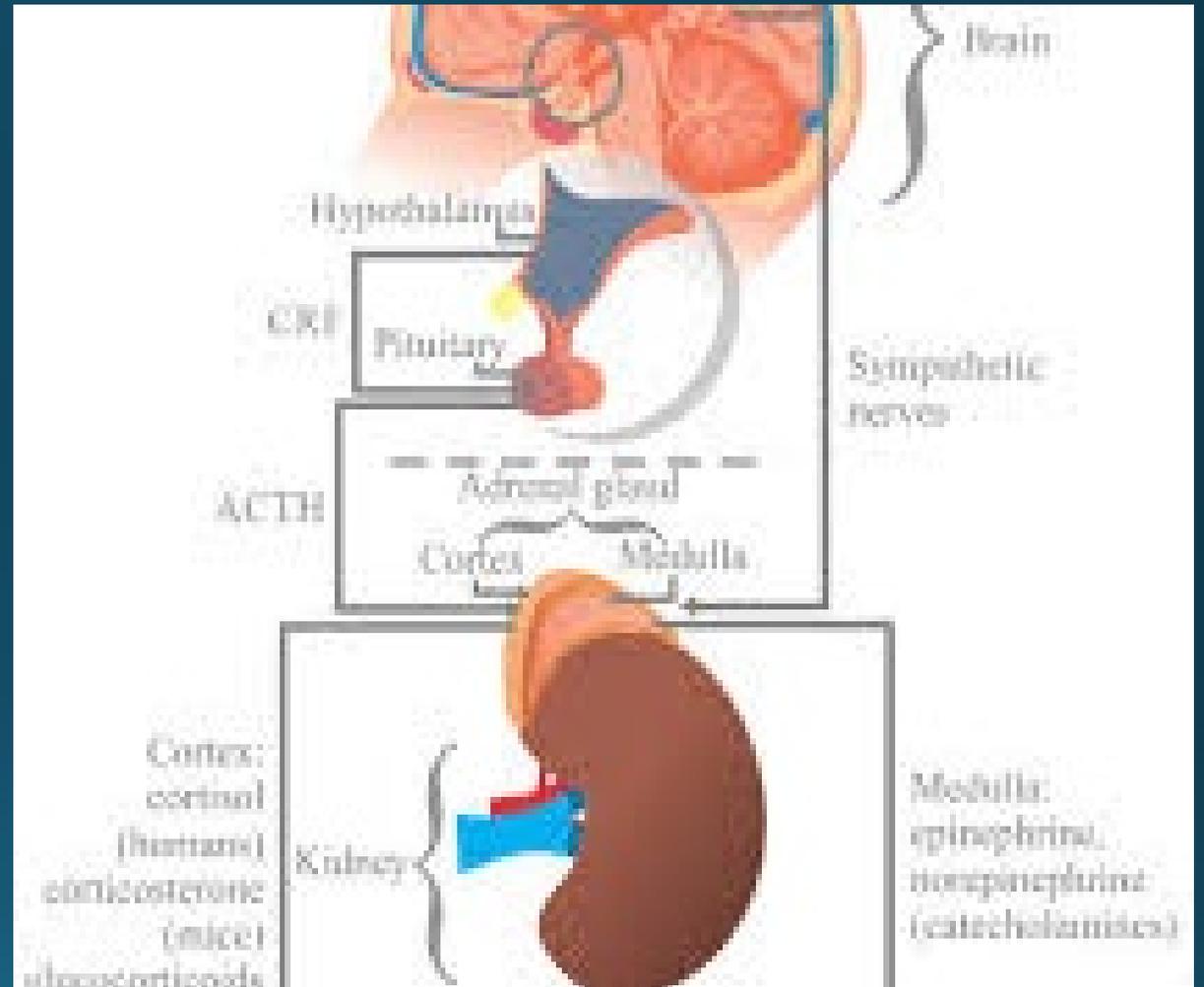
# An Amygdala “Hijack”

- Strong mind/body reaction
- Rapid onset
- “Fight, flight, freeze”
- Frontal cortex goes offline
- Primitive, wired in response



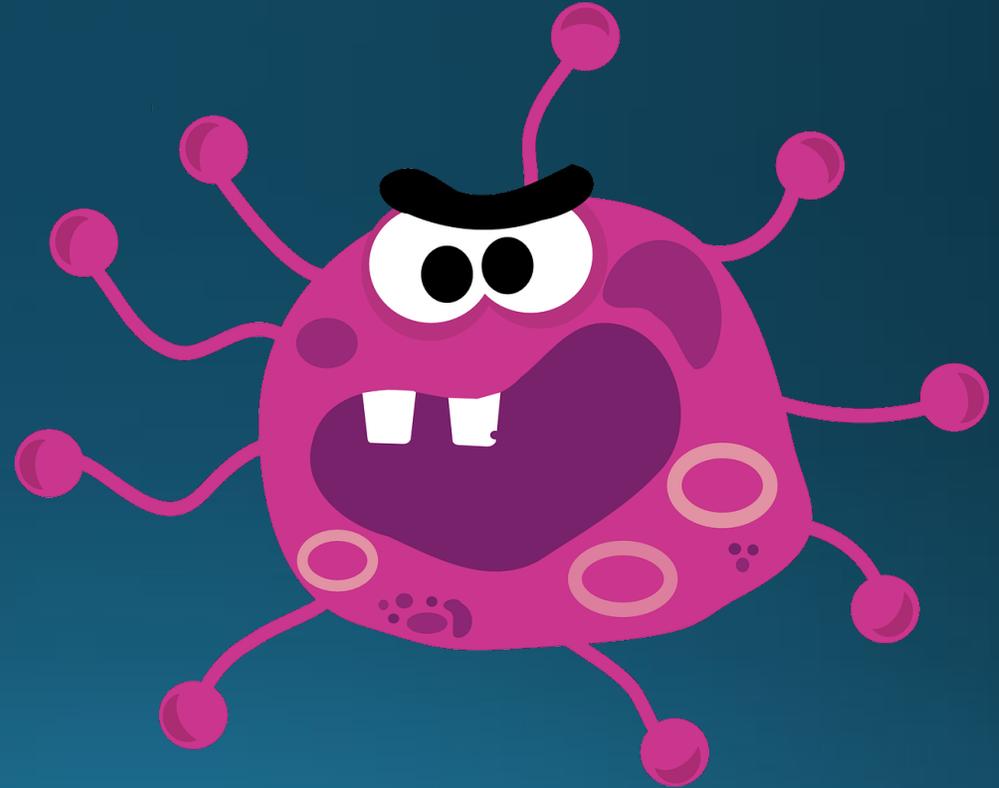
# The Stress Response

- A cascade of hormones and neurotransmitters
- Epinephrine & norepinephrine
- Cortisol
- Readies the body for battle



# Chronic Stress and Illness

- Asthma
- Diabetes
- Hypertension
- Heart Disease
- Cancer
- Thyroid Problems
- Chronic Pain and Fatigue
- Anxiety & Depression

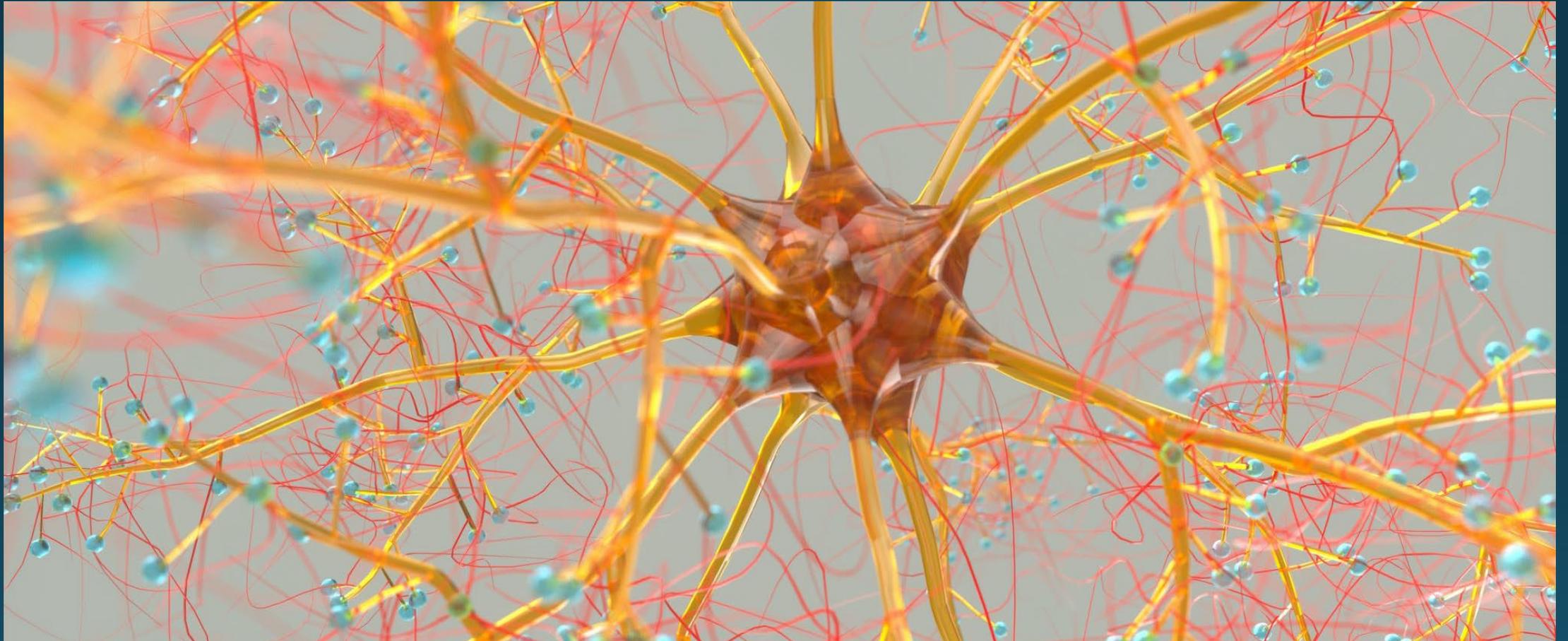


# To “Stress-Proof” Your Brain

Calm down your  
amygdala

Give your prefrontal  
cortex time to get on  
board.

# Neuroplasticity



# Benefits of Practicing Mindfulness

- Less stress
- Reduced anxiety
- Less chronic depression
- Lower blood pressure
- Lowered cortisol
- Greater compassion, empathy
- Less emotional reactivity
- Improved attention and memory
- Better performance
- More satisfying relationships
- Mindfulness-Based Cognitive Therapy can help depression

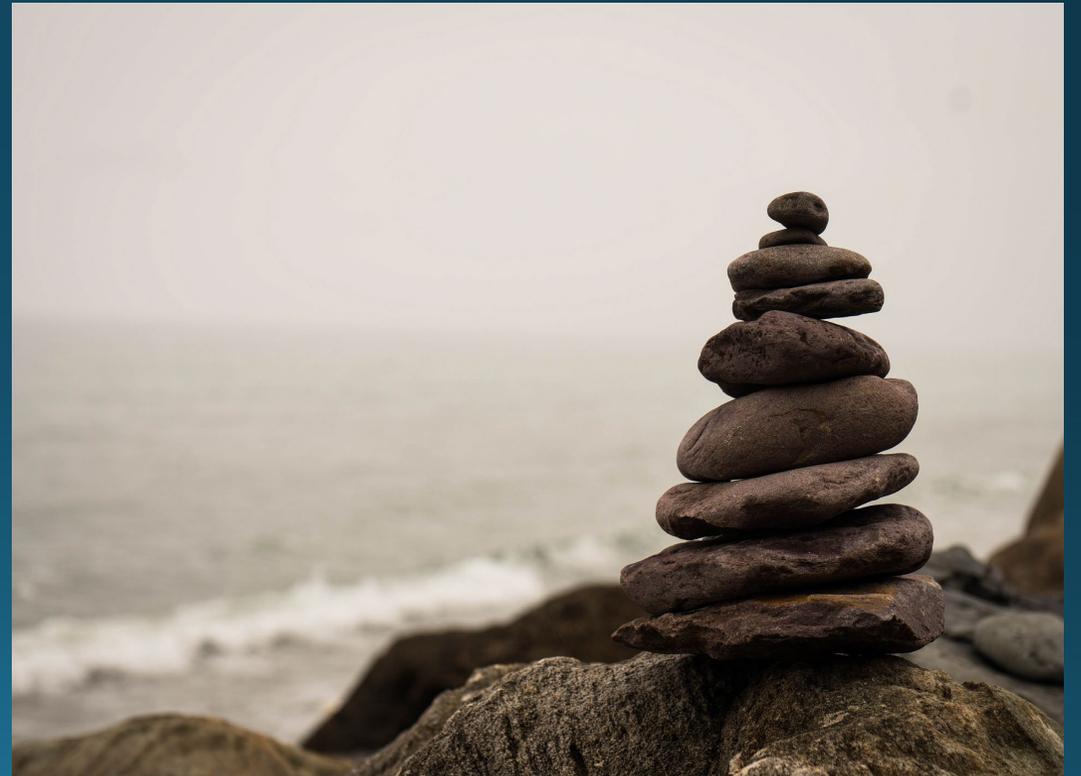
# Mindful Awareness

- Slowing things down
- **Being** instead of **doing**
- Self-awareness
- Nonjudging
- Equanimity
- **Responding** not **reacting**
- Allowing and accepting
- Inner wisdom
- Compassionate connection



# Mindfulness and Doing

- Focus
- Clarity
- Live by core values
- Healthy choices
- Manage anxiety



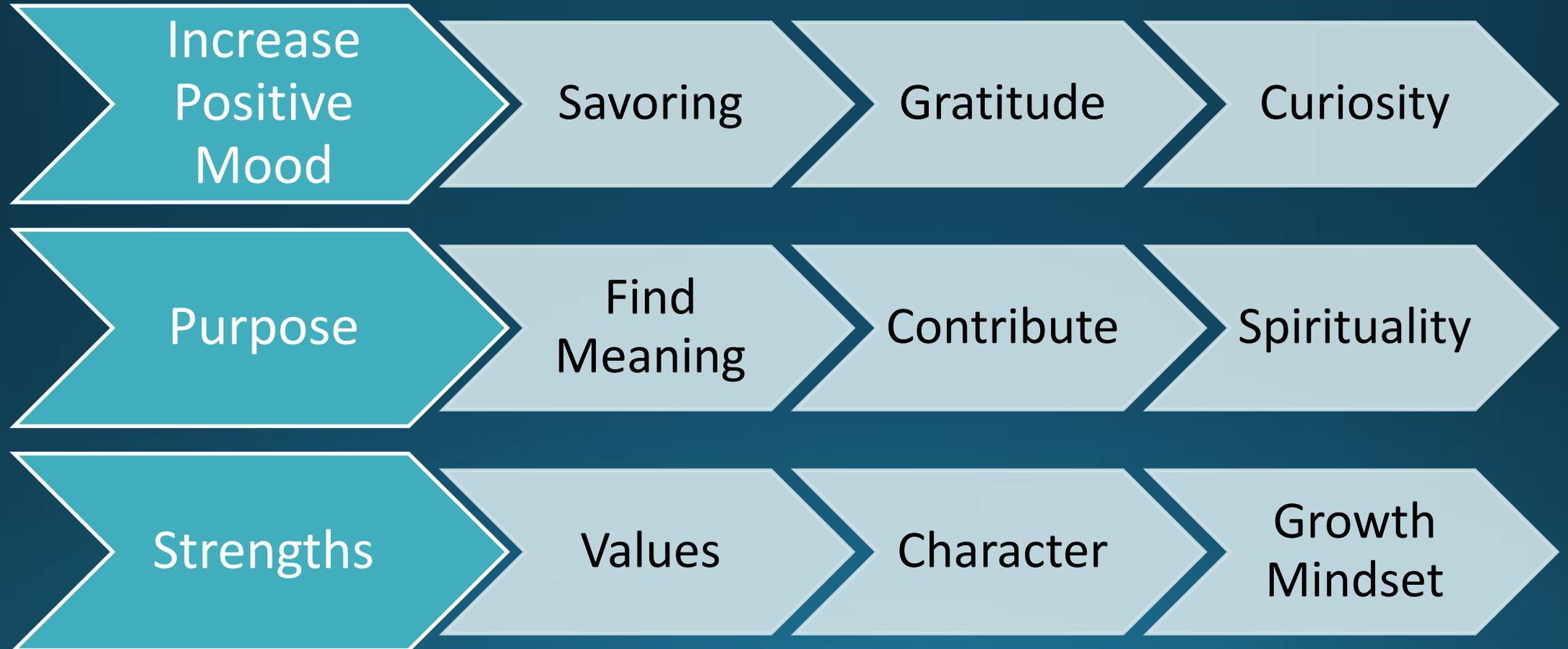
# De-Catastrophizing

- How likely is it to happen?
- If it did happen, would it really be the end of the world?
- Could you survive it?
- Can you think of something worse?
- What coping strategies could you use?
- What actions could you take?
- Who could you turn to for help?

# Stress-Management

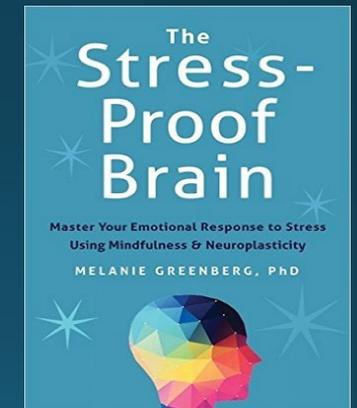
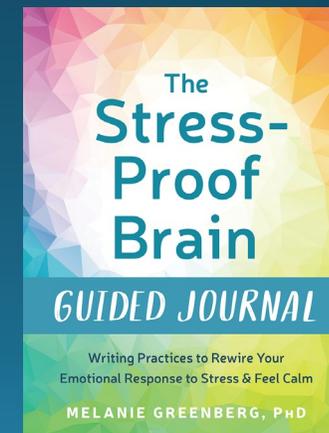


# Positive Psychology Strategies

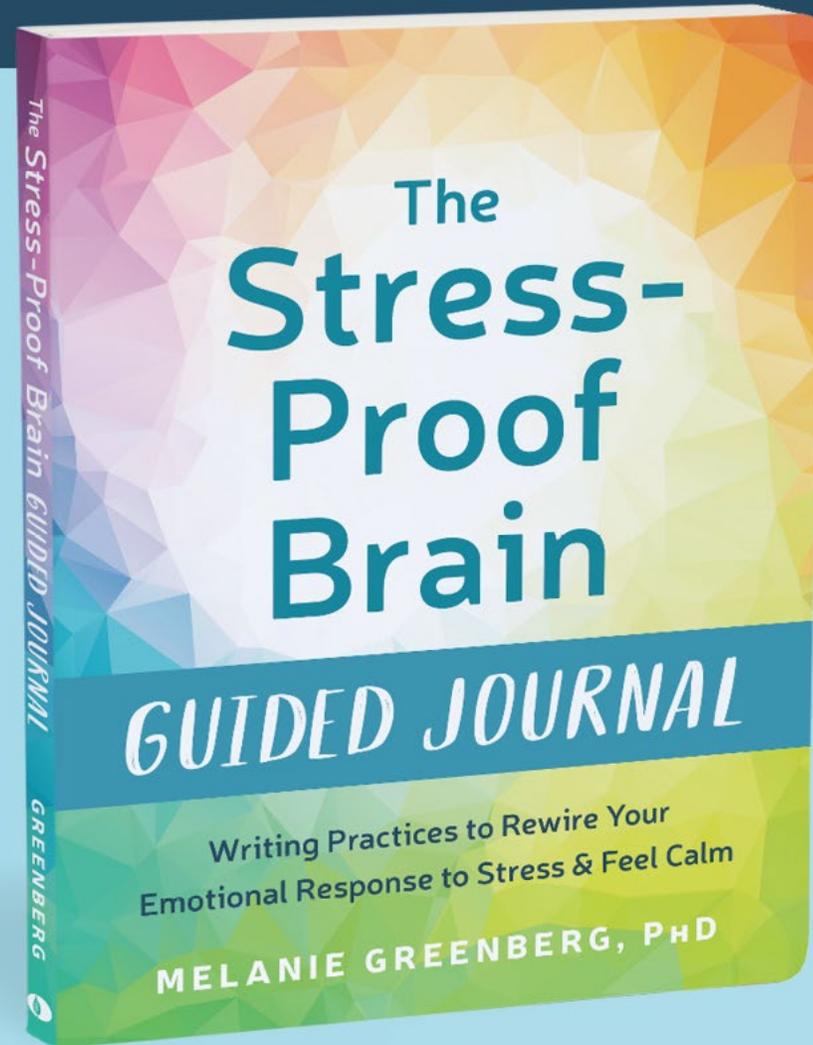


# Where to find Melanie

- Website : [drmelaniegreenberg.com](http://drmelaniegreenberg.com)
- The Mindful Self-Express blog on Psychology Today
- Clinical and coaching practice, San Diego, CA and Online
- E\_mail: [melanie@drmelaniegreenberg.com](mailto:melanie@drmelaniegreenberg.com)
- *The Stress-Proof Brain*
- *The Stress-Proof Brain Guided Journal*



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## Questions for Rewiring Your Brain for Mindful Destressing

Melanie Greenberg, PhD

1. How did you become interested in studying stress and mindfulness?
2. What are the different types of stressors we encounter?
3. Can stress be a good thing sometimes?
4. What are the long-term consequences of uncontrolled chronic stress?
5. What is the Fight/Flight/Freeze response to stress? Describe what happens in the brain and body?
5. Fear or stress work in the brain through a "high road" and a "low road." What does this mean and why is it functional? How can it go wrong?
6. What is Mindfulness and how can it help you manage stress?
7. What is Neuroplasticity and how can you rewire your brain to be stress-less?
8. What is Positive Psychology and how can it help you manage stress?
9. How else can you change your mindset to manage stress?
8. What other practices can help you manage stress?