

## **Hypervigilance - how to work with discomfort**

### **January 12, 2023**

In this seminar Melinda goes over:

What is hypervigilance - being in an overly alert state, constantly scanning for potential threats. Can be external or internal. This presentation will focus on the internal body sensations.

- The brain begins to activate this symptom regularly, causing the symptom to flare even when there is no trigger.

How to know if you are hypervigilant

Evaluation tools (can be found in the Recovery Mindset section of the program - Self Assessment section)

- PRISM exercise
- Mindset Questionnaire
- Pain Catastrophizing Scale

Pain Catastrophizing Scale - high levels of distress that can be out of proportion to the actual sensation of discomfort.

- Rumination
- Magnification
- Helplessness

What to do if I am hypervigilant

- Ask yourself: Is the symptom life-threatening?
  - If yes - seek out help.
  - If no - could you consider letting the symptom be as it is momentarily and shift your awareness to a neutral part of your body.
  - You can practice the exercise [here - Hypervigilance Practice](#)

What to try

- Mindfulness
- Decentering

**Key Takeaway:** build new neural pathways AWAY from pain pathways are activated based on where you place your attention