

Nervous System Sensitivity Part 1 **August 6, 2020**

In this seminar, Melinda continues the conversation from the Headaches Part 2 session after Dr. Marshall and Dr. Hrkal's presentations.

Part 2 of this presentation can be found in Melinda's folder - Nervous System Sensitivity Part 2 - August 13, 2020

Melinda goes over:

- How stress plays a role in the nervous system
- Understanding your nervous system
- What causes the nervous system to become overactivated
- Neuroception of Safety
 - Building a foundation of safety
 - Research overview
 - How to make sense of this

Remember: You didn't do anything wrong! What's happening to you isn't your fault.

Part 2 of this presentation is on August 13, 2020