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The Neuroscience of Self-Care

*He who knows others is wise. He who knows himself is enlightened – Lao Tzu*

**Workshop**

This workshop will unpack the neuroscience of Self-Care. This is essential information for anyone who feels that their job or home life activates their stress response maybe a little too often!!

We will talk about *why* we activate the stress response, and about what actually happens for us when we get stressed. This workshop will explain the activations that occur in our brain and our body? When we experience stress, an incredible level of activation occurs that alters the function of our physiological systems, as well as our neurological systems. This means our body changes and so does our brain.

When we go into stress, our ability to think and focus is affected. We can become tired, sick, more prone to infections. This can all be due to experiencing stress. Sleep is one thing that can be severely affected, so we will unpack more around sleep and the reasons for it.

This session will help you understand why some days can be exhausting, and offer some helpful tips on how to help manage (but also, how to accept it at times)

This workshop is packed full of fascinating information for Self-Care, but also for ensuring we can help our family members and colleagues stay well.

**The Trainer:** The training will be carried out by Kathryn Berkett of ENGAGE. Kathryn has her Masters in Educational Psychology, and has certified as a Neurosequential Model of Therapeutics practitioner with Dr Perry. Kathryn has extensive experience in this area. She has worked and trained in this area for over twenty years, delivering to a variety of organisations including Primary and Secondary Teachers; the Police; Oranga Tamariki; Prisons; Kindergartens; Parents; Recreation Groups; Mental Health Professionals; IRD; Politicians; and Corporates in New Zealand, Australia and the UK.

**Further Information**

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[www.engagetraining.co.nz](http://www.engagetraining.co.nz) This website has references, further information around presentations, and free animated videos around engaging the stress response.