



Switching Off At Night

Using neuroscience to
unplug, calm down and
have a great sleep

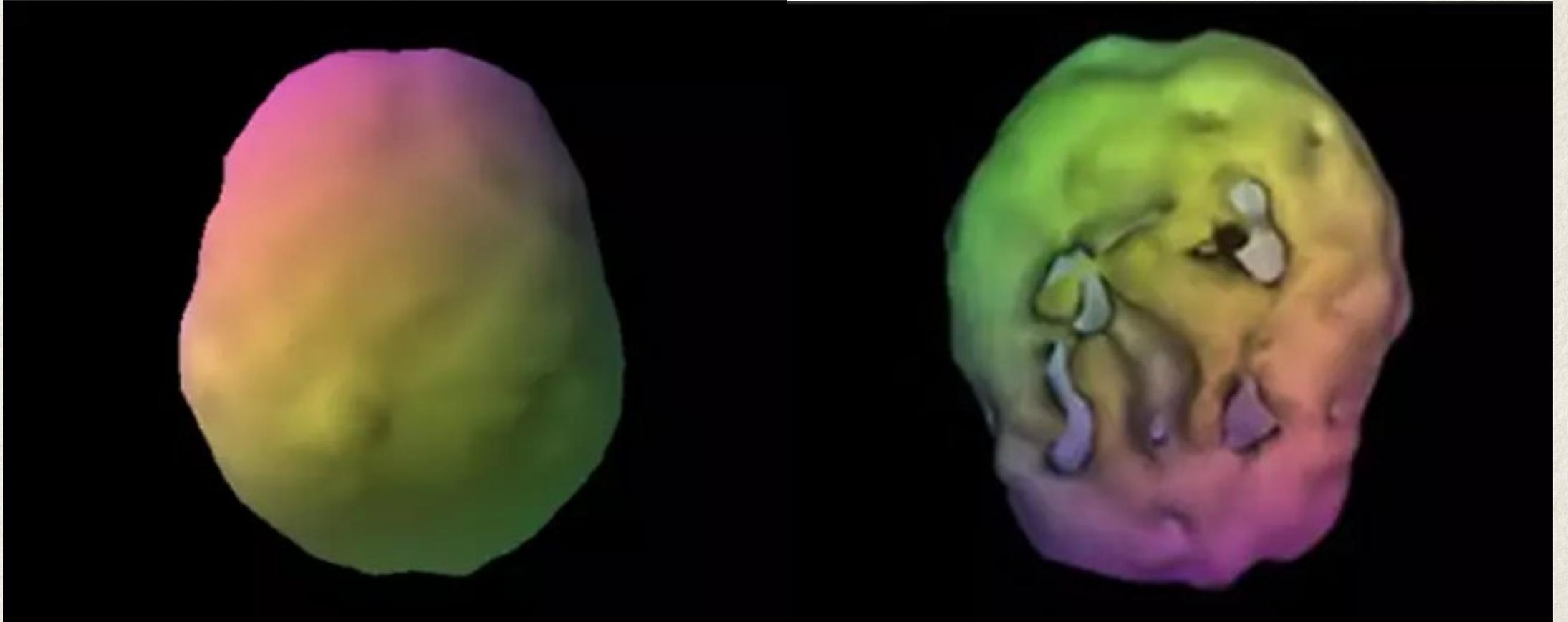
Presented by Karyn Chalk, 2023
www.changingways.co.nz



Our journey today...

- Why sleep is important
- Introduction of red zone and green zone
- Using Havening Techniques® to calm your brain after a busy day
- Utilising Positive Neuro-plasticity to build inner strengths and ease overwhelm
- 3 step sleep strategy to help switch off at night





Healthy brain

Dr Daniel Amen, The end of mental illness.

Sleep deprived brain

If you get the health
of your brain right,
everything else
will fall into place.



Dr Daniel Amen

3 Core needs of the brain

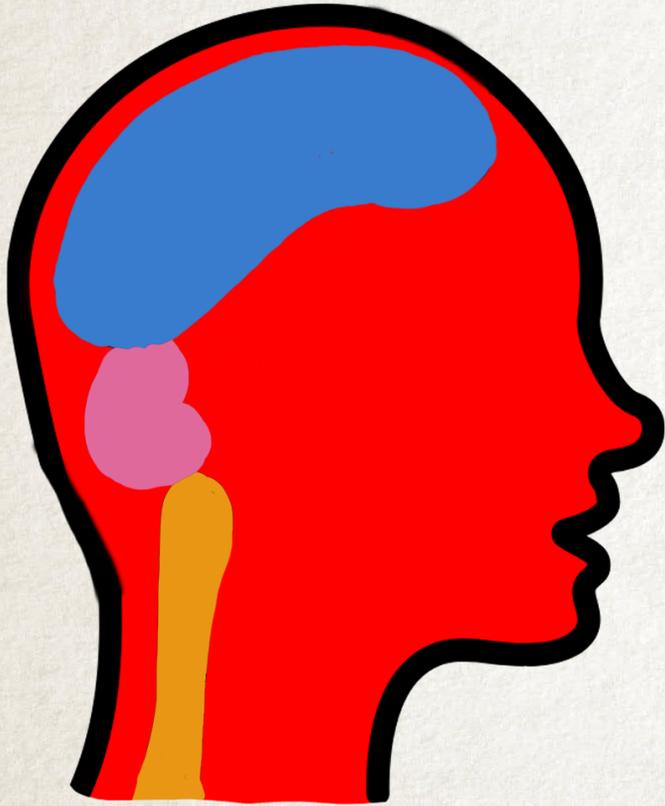


We need to feel safe. Physical and emotional safety is an inbuilt survival mechanism inside of us.

We need to feel satisfied. Feeling like we can achieve some goals, having food to eat, experiencing some pleasure.

We need to feel connected. To belong in a herd. Some caring flowing in, some caring flowing out.

Red Zone: Leaving Home



Stress hormones have been activated

- Heart beating faster
- Thoughts speed up
- Feel stressed and rattled
- Vulnerable
- Alarm bells ring more easily and loudly

= Very hard to sleep

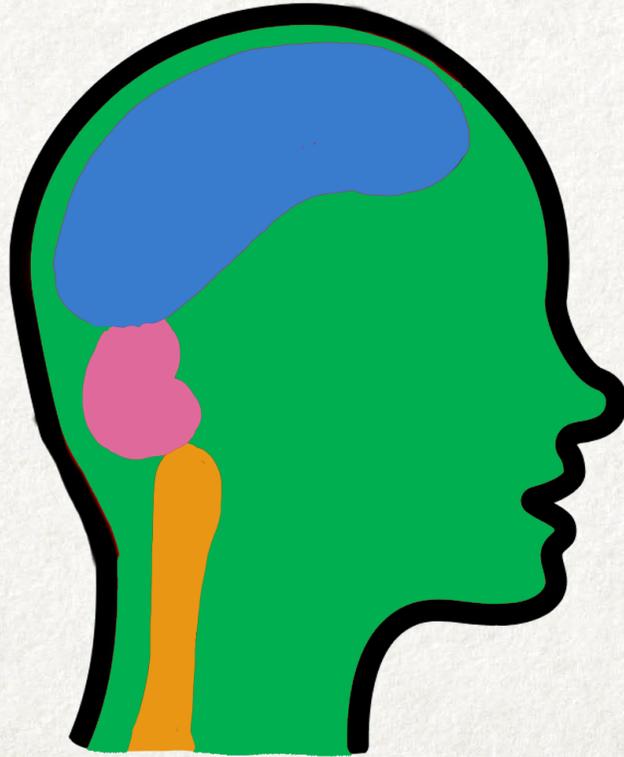
Green Zone – Home base

Mind defaults to

Basically safe

Basically satisfied

Basically connected



Body defaults to

Refuel

Repair

Recover

Mother Natures Survival Plan

Minimise
episodes of
Red Zone

Build inner
strengths

Recover from
them quickly

**"Havening, the transitive verb of the word
'Haven', means 'to put in a safe place'."**

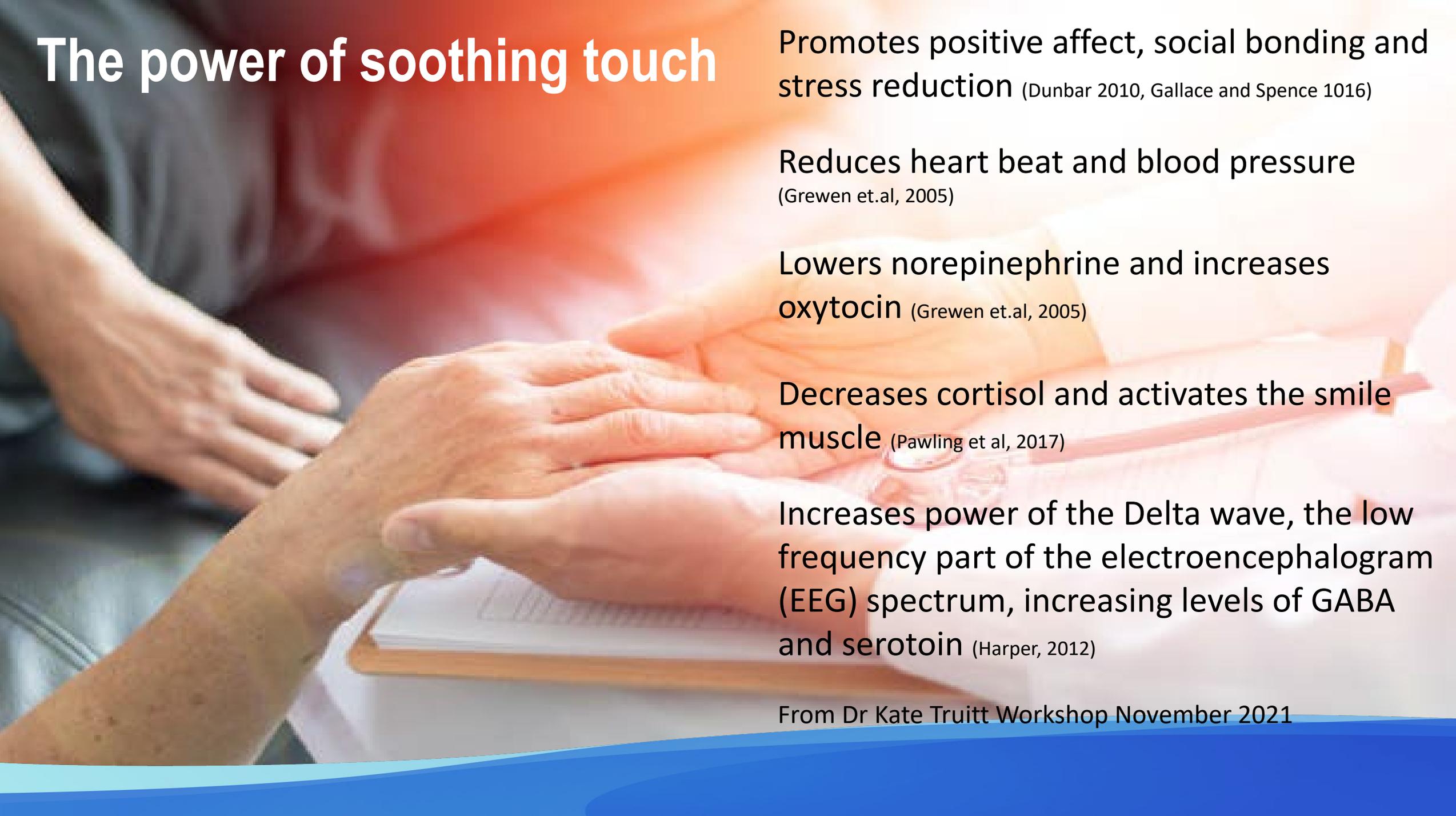
Dr. Ronald Ruden, MD, PhD, Co-Founder of Havening Techniques





Innate healing processes: What soothes?

The power of soothing touch



Promotes positive affect, social bonding and stress reduction (Dunbar 2010, Gallace and Spence 1016)

Reduces heart beat and blood pressure (Grewen et.al, 2005)

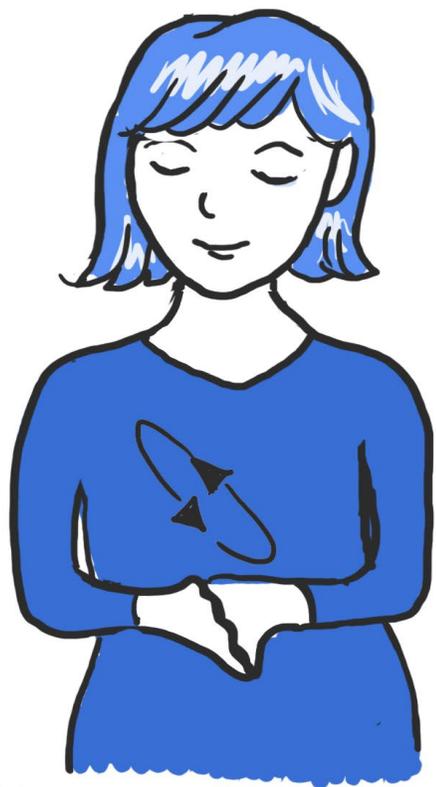
Lowers norepinephrine and increases oxytocin (Grewen et.al, 2005)

Decreases cortisol and activates the smile muscle (Pawling et al, 2017)

Increases power of the Delta wave, the low frequency part of the electroencephalogram (EEG) spectrum, increasing levels of GABA and serotonin (Harper, 2012)

From Dr Kate Truitt Workshop November 2021

Self Havening ® touches



Using Havening Techniques® to calm down before bed

Adapted from S.N.A.P Protocol Dr Kate Truitt

Notice unsettled emotions or thoughts.
Rate the intensity: 0 is Calm and 10 is high stress

Self Havening ® touches



Do some distractions

Breathing with long breath out
Counting activity such as 30 to 0, 0 to 50 in 3's.
Humming
Imagine doing a movement 10x such as taking steps,
bouncing a ball, cutting carrots,
A – Z activity such as animals, plants, food

Once the intensity is at a 2 or below...

Redirect your brain with a question. What if I amsleepy, calm, content.

Mother Natures Survival Plan



Minimise
episodes of
Red Zone

Recover from
them quickly

Build inner
strengths



Building a happier brain

Rick Hanson, *Hardwiring Happiness*

H

Have a beneficial experience

E

Enrich the experience

A

Absorb the experience

L

Link the experience to help heal from past hurts.
(Optional step)



Positive Neuroplasticity

Using daily experiences to fill up the buckets of safety, satisfaction and connection.

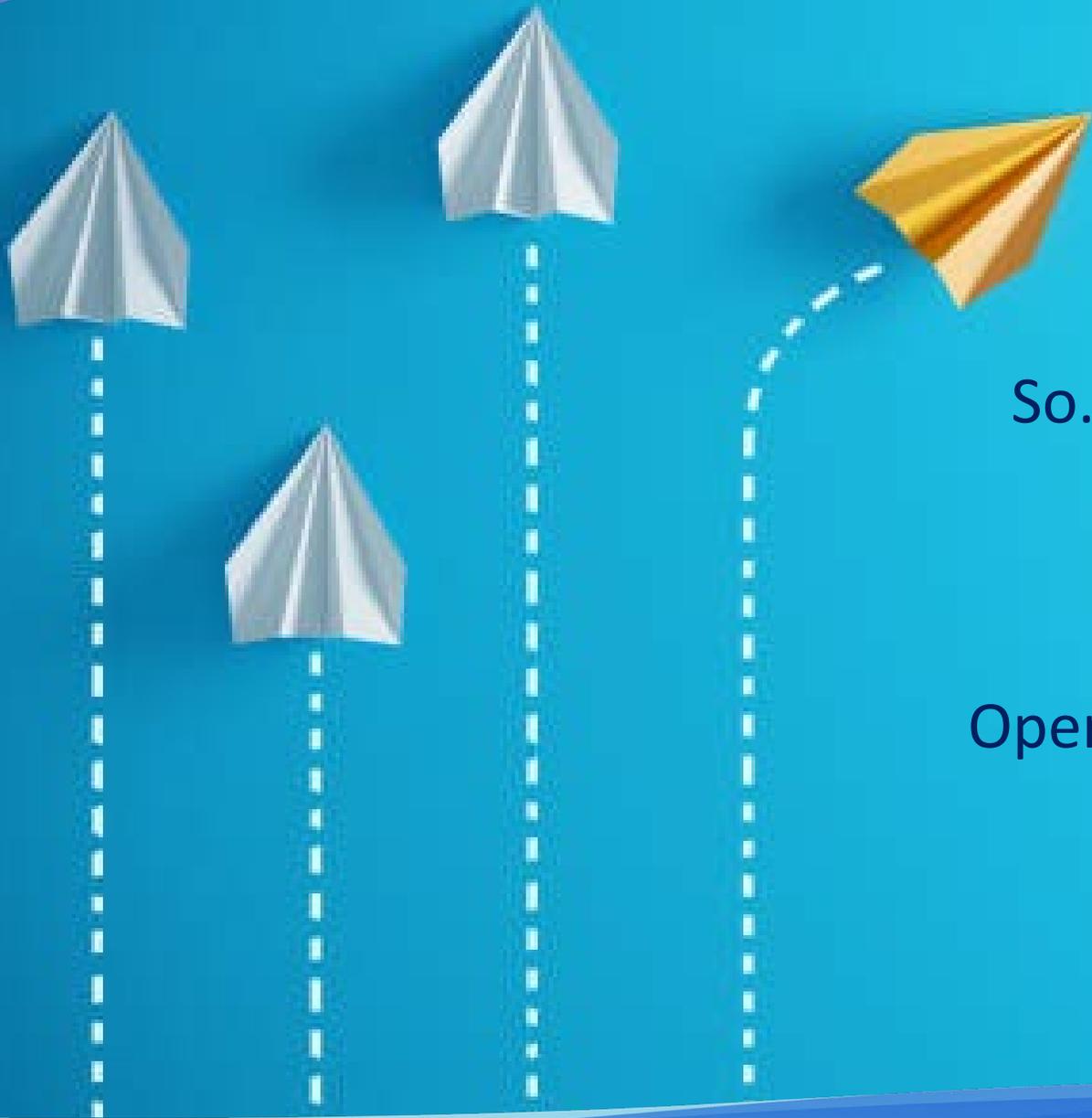


A close-up photograph of four hands, two from the top and two from the bottom, gently cupping a bright red heart. The hands are positioned symmetrically, with fingers slightly curled around the heart. The background is a soft, out-of-focus yellow and white bokeh.

Being OK right now in this moment

Notice protective things
around you right now

Enrich, absorb and gently flow this into
the overwhelm to heal and soothe



Just before bed,
your mind is very receptive.

So....No matter what went wrong today

Find something that went right

Open to it and let those good feelings flow
in.

Dr Rick Hanson



3 Step model to switch off at night

- 1) **Calm down and de-stress** using Havening Touch and some distractions such as humming, counting games, alphabet games and affirmations.
- 2) **I'm OK in this moment.** Reassure your brain there are no tigers around. Notice and breathe in safe and protective things right now– air to breathe, warm blanket, strong walls, etc.
- 3) **Seek out the pleasant** each day to intentionally build new neural pathways. At bedtime notice, enrich and absorb 3 things that went well, or you are grateful for.

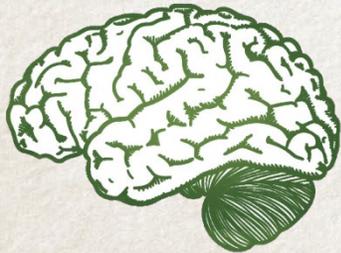
The more you practice

- The more resilience you will build
- Your vulnerabilities will get healed
- The easier it will be to switch off at night



Positive Neuroplasticity Training

Turning everyday
experiences into
lasting inner
strengths



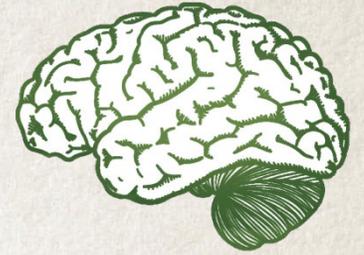
Designed by Dr Rick Hanson.

6 Weeks, Wednesday mornings.
9.30am – 12.30pm.

14th Feb – 20th March 2024

Includes workbook, recorded
sessions and practices to follow.

Positive Neuroplasticity Training



1. Essence of Positive Neuroplasticity

2. Having, enriching and absorbing

Learn how to fill up your safety, satisfaction and connection tanks to build a happier and healthier life.

3. Linking positive and negative material

4. Strengths for Safety

Help yourself and clients design an individualised wellbeing plan that improves mental and physical health.

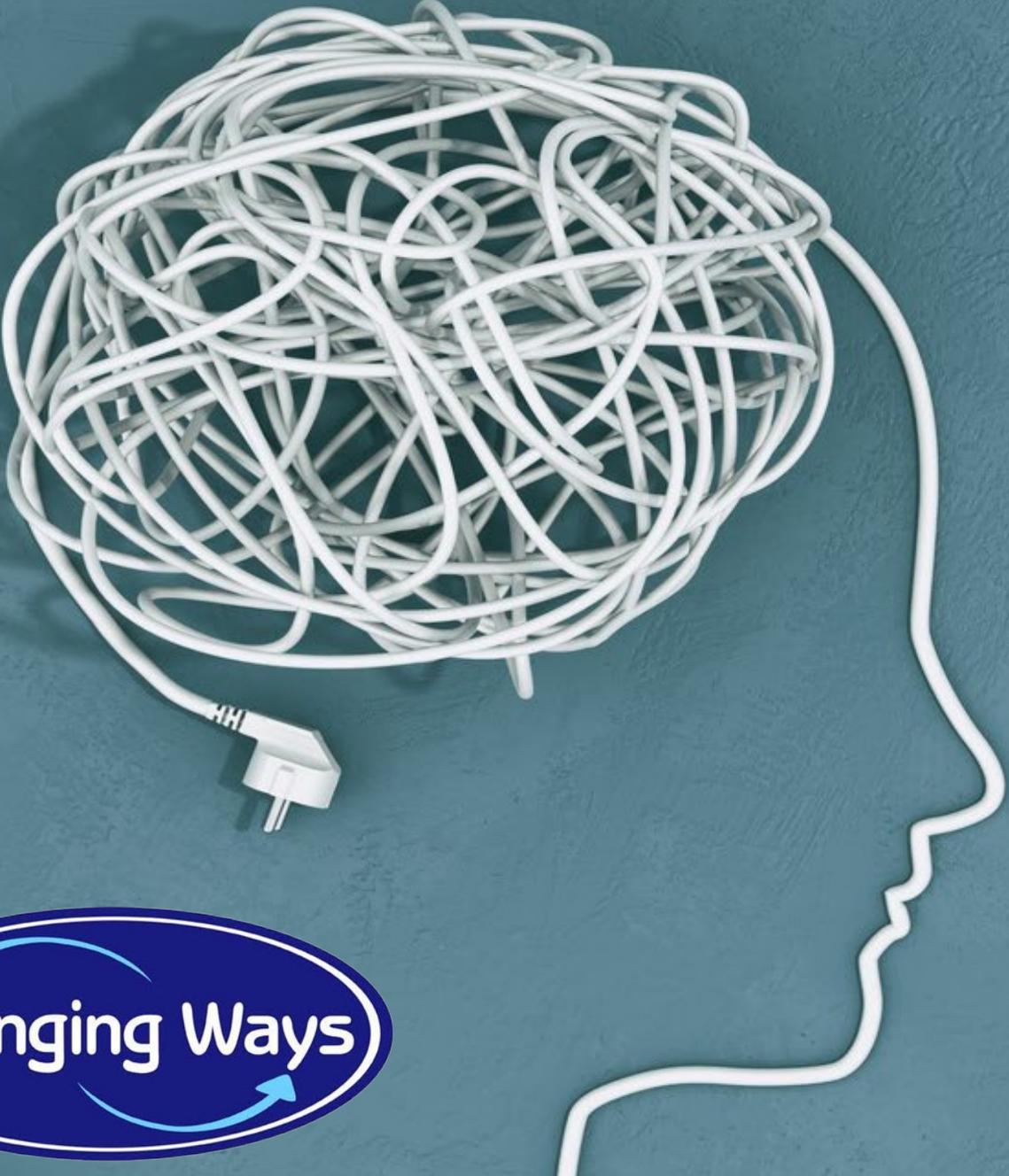
5. Strengths for Satisfaction

6. Strengths for Connection

Heal from past hurts and build new neural highways.

Free resources

<https://changingways.co.nz/free-info-for-you/free-switching-off-at-night-video-series>



Changing Ways