The Steampot/ Pinball Method of Stress Release

Steampot Stress ^ or v 🡪 “blow a fuse” “pop a gasket”

The “fuse” or “gasket” refers ot the apoptosis of neurons and then the following chain of events (cause/ effect) take place – new Brain combination based on whatever neuron popped.

1. Stress goes UP UP UP
2. Neuron is put into play on the pinball machine
   1. All of the obstacles are actually other neighboring neurons – each one is hit and changes the brain combination.

If you are stressed/ in pain/ weary etc. STOP and relax. Move on to something different that doesn’t use that same combination, give that “combination” a chance to self-heal and maybe build up an immunity or resistance to the same imposing threat ( the key stressor).

It’s ok to stop and moave on to something else –

But you have to re-visit – stop respecting it and you will lose it.

Remember – “respect the money” Paneet Kumar, High Point, NC