

HIJACKING THE BRAIN HOW DRUG AND ALCOHOL ADDICTION HIJACKS OUR BRAINS THE SCI

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What is the brain hijack theory? It refers to situations wherein the amygdala hijacks control of a person's ability to respond rationally to a threat. This then leads to the person reacting in an intense, emotional way that may be out of proportion to the situation. Without the ability to use their frontal lobes, a person is unable to think clearly.

Can drugs and alcohol hijack your brain? Drugs or alcohol can hijack the pleasure/reward circuits in your brain and hook you into wanting more and more. Addiction can also send your emotional danger-sensing circuits into overdrive, making you feel anxious and stressed when you're not using the drugs or alcohol.

Which pathway is hijacked by addiction? Drugs of abuse hijack a mesolimbic pathway that processes homeostatic need.

What is the organization that is helpful to many people trying to recover from alcoholism? Alcoholics Anonymous® (also known as "AA") and other 12-step programs provide peer support for people quitting or cutting back on their drinking. Combined with treatment led by health care providers, mutual-support groups can offer a valuable added layer of support.

What triggers emotional hijacking? Emotional hijacking refers to a state where our emotions take over, leading to impulsive and often regrettable reactions. The hijack begins with an event that acts as a "trigger." This trigger could be a coworker publicly criticizing your work, a disagreement with a colleague, or even a personal failure.

What are three signs of amygdala hijack? An amygdala hijack exhibits three signs: strong emotional reaction, sudden onset, and post-episode realization if the reaction was inappropriate.

What controls addiction in the brain? Addiction is a complex disease impacting the function of the brain. The part of the brain that causes addiction is called the mesolimbic dopamine pathway. It is sometimes called the reward circuit of the brain.

What is addiction triggered by in the brain? Addictions center around alterations in the brain's mesolimbic dopamine pathway, also known as the reward circuit, which begins in the ventral tegmental area (VTA) above the brain stem. Cell bodies of dopamine neurons arise in the VTA, and their axons extend to the nucleus accumbens.

Does alcohol abuse permanently damage the brain? Alcohol abuse can increase your risk for some cancers as well as severe, and potentially permanent, brain damage. It can lead to Wernicke-Korsakoff syndrome (WKS), which is marked by amnesia, extreme confusion and eyesight issues. WKS is a brain disorder caused by a thiamine deficiency or lack of vitamin B-1.

What drugs release dopamine in the brain? Research has shown that the drugs most commonly abused by humans (including opiates, alcohol, nicotine, amphetamines, and cocaine) create a neurochemical reaction that significantly increases the amount of dopamine that is released by neurons in the brain's reward center.

Why am I always chasing dopamine? Dopamine itself is not addictive, but the feeling we get when we experience a flood of dopamine lights up the reward centres of the brain and compels us to want it more. The strong memory of the pleasure we felt as a result of a dopamine release is what we are focusing on and what we continue to seek.

How do drugs affect the brain? Drugs interfere with the way neurons send, receive, and process signals via neurotransmitters. Some drugs, such as marijuana and heroin, can activate neurons because their chemical structure mimics that of a natural neurotransmitter in the body. This allows the drugs to attach onto and

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activate the neurons.

What is end stage alcoholism? End-stage alcoholism is the final stage of alcohol addiction and is associated with life-threatening health problems and often isolation. After a long period of continuous heavy drinking, alcohol has contributed to the damage and deterioration of vital organs such as the liver, heart, kidneys, pancreas, and brain.

What drug is commonly used to treat alcoholics? Acamprosate, disulfiram, and naltrexone are the most common drugs used to treat alcohol use disorder (AUD). They do not provide a cure for the disorder but are most effective in people who participate in a MAUD program. Acamprosate - for people in recovery, who are no longer drinking alcohol and want to avoid drinking.

Which behavior is most likely to indicate alcohol abuse?

What are the three default behaviors of an emotional hijack? This amygdala hijack leads to the Fight, Flight, Freeze or Appease response.

What is EQ hijacking? Emotional hijacking is the experience of your emotions elevating to a point where you are no longer thinking rationally, hence 'hijacking' your decision-making skills.

What are the three types of hijacking?

How to shut off the amygdala? You can do this by slowing down, taking deep breaths, and refocusing your thoughts. These steps allow your brain's frontal lobes to take over for the irrational amygdala. When this happens, you have control over your responses, and you won't be left feeling regret or embarrassment at your behavior.

What vitamins are good for the amygdala? B vitamins help to produce calming neurotransmitters like dopamine, serotonin, and GABA. These in turn calm down the emotional centres like the amygdala, and stop it becoming overactive.

What calms the amygdala? Keep your amygdala as healthy as possible by doing the following: Practicing stress-reduction techniques such as meditation, deep breathing, and exercising. Work through symptoms of PTSD, severe anxiety, or panic with a trained professional.

What is amygdala hijack in simple words? Amygdala hijacking refers to a sudden and intense emotional reaction and is often followed by a realization that the reaction was inappropriate. This 'hijacking' occurs when the brain senses a threat, whereby the amygdala takes control and prepares the body for fight, flight, or freeze.

What is the brain dump theory? Brain Dump is basically an act of writing down one's thoughts on a piece of paper to make space for new ideas and encourage creative thinking. It helps to clean up the mind and organize thoughts. Brain Dump is considered one of the most powerful mental health tools by its proponents to improve mental health.

What is the theory behind brain breaks? Research shows that brain breaks can serve that purpose and help refresh the mind. For many students, movement is an ideal brain break. That's because exercise increases blood flow to the brain, which helps with focus and attention. In fact, research has shown that students learn more quickly after they've exercised.

What is a hijack theory of emotion? What Is Emotional Hijacking? Emotional hijacking is the experience of your emotions elevating to a point where you are no longer thinking rationally, hence 'hijacking' your decision-making skills.

The Wilding of America by Charles Bowden: SparkNotes

Introduction

Charles Bowden's "The Wilding of America" is a non-fiction book that explores the increasing presence of wildlife in urban areas. The author argues that this trend, often referred to as "the wilding of America," has profound implications for our relationship with nature and our understanding of ourselves.

Key Questions and Answers

1. What is the main thesis of "The Wilding of America"?

Bowden contends that wildlife is returning to urban areas in unprecedented numbers due to factors such as habitat loss, changes in land use, and the decline of the human population. This phenomenon is shaping our natural and cultural landscapes

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and forcing us to re-examine our preconceptions about the boundaries between the wild and the urban.

2. How does the author support his argument?

Bowden provides numerous examples of wildlife thriving in urban environments, ranging from coyotes in Los Angeles to mountain lions in Boulder, Colorado. He also draws upon scientific research and historical accounts to demonstrate the long-standing relationship between humans and wildlife.

3. What are the implications of the wilding of America?

Bowden argues that this trend has both positive and negative consequences. On the one hand, it offers opportunities for urban residents to connect with nature and experience the beauty and wonder of the wild. On the other hand, it can also pose safety risks and raise concerns about property damage.

4. What does Bowden suggest we should do in response to the wilding of America?

The author encourages us to embrace the wilding of America as an opportunity to learn more about ourselves and our place in the natural world. He suggests that we develop coexistence strategies with wildlife, create urban refuges for animals, and promote conservation efforts that support the health of both human and wildlife populations.

Conclusion

Charles Bowden's "The Wilding of America" is a thought-provoking and timely exploration of the increasing presence of wildlife in urban areas. The book challenges our traditional notions of the divide between the wild and the urban and invites us to consider the profound implications of this trend for our future.

Tomorrow, When the War Began: Journal Entry

1. What is Tomorrow, When the War Began?

Tomorrow, When the War Began is a popular young adult novel by John Marsden, published in 1993. The story follows a group of teenage friends who are left alone in

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their isolated country town after their parents are kidnapped during an invasion. The novel explores themes of survival, resilience, and the horrors of war.

2. Who are the main characters in Tomorrow, When the War Began?

The main characters in Tomorrow, When the War Began are Eli, Corrie, Homer, Robyn, Fi, Kevin, and Chris. Each character has their own unique personality and strengths, and they must work together to survive and fight back against the invaders.

3. What are the main challenges the characters face in Tomorrow, When the War Began?

The characters in Tomorrow, When the War Began face many challenges, including:

- Hunger and starvation
- Lack of medical supplies
- The threat of violence from the invaders
- The emotional toll of war

4. What are the themes explored in Tomorrow, When the War Began?

Tomorrow, When the War Began explores a number of themes, including:

- The horrors of war
- The importance of friendship and community
- The resilience of the human spirit
- The power of hope

5. Why is Tomorrow, When the War Began so popular?

Tomorrow, When the War Began is a popular novel because it is a gripping and suspenseful story that explores important themes. The novel is also relatable to young people, as it follows a group of teenagers who are faced with the challenges of war and survival.

What is the Tao Te Ching book about? The Tao Te Ching describes the Tao as the source and ideal of all existence: it is unseen, but not transcendent, immensely powerful yet supremely humble, being the root of all things. People have desires and free will (and thus are able to alter their own nature).

What is a significant idea from the Tao Te Ching? It implies spontaneity, noninterference, letting things take their natural course: "Do nothing and everything is done." Chaos ceases, quarrels end, and self-righteous feuding disappears because the Dao is allowed to flow unchallenged and unchallenging.

What is the paradox in Tao Te Ching? One of the paradoxical claims of the Tao Te Ching is that what appears hard and strong is, in the long run, not as good as the soft and weak in overcoming difficulties and achieving long-lasting results.

What is the lesson of Lao Tzu? The Importance of Simplicity Lao Tzu advocated for simplicity and living in harmony with the natural world. In business, this can be interpreted as focusing on core competencies, eliminating unnecessary complexities, and striving for clarity in goals and strategies.

Is the Tao Te Ching like a Bible? In many ways the teachings of the Bible mirror the teachings of Taoism. Yet there are important differences between these two approaches to life. The reason I felt the need to move on from a Taoist approach to life is that I found the philosophy of the Tao incomplete.

Is Tao Te Ching hard to read? You can read the Tao Te Ching in a few hours, but it takes a lifetime to understand. It takes living life to understand it.

What does Tao Te Ching mean in English? Tao Te Ching translates very roughly as "the way of integrity". In its 81 verses it delivers a treatise on how to live in the world with goodness and integrity: an important kind of wisdom in a world where many people believe such a thing to be impossible.

Is the Tao te Ching older than the Bible? For this reason, it is difficult to say if the Dao De Jing is older than The Bible. It is estimated that The Bible was written between 1200 BC and 150 BC. The Dao De Jing, on the other hand, was likely written somewhere between 400 BC and 600 BC.

What is the moral of Tao Te Ching? It can be summarized that Taoist principles are inaction or non-action, simplicity, and living in harmony with nature then everything accomplished the desired result. Tao Te Ching delivered a treatise on how to live in the world with goodness and integrity.

What does Tao Te Ching say about wealth? Lao Tzu quote about wealth from Tao Te Ching: "The Master has no possessions. The more he does for others, the happier he is. The more he gives to others, the wealthier he is."

What does Tao Te Ching say about truth? The truth is not always beautiful, nor beautiful words the truth. A man with outward courage dares to die; a man with inner courage dares to live.

What does the Tao Te Ching say about life? Tao Te Ching Theme #3: NO SELF—Don't live life, let life live you. You will be truly yourself and perfectly fulfilled. This leaves nothing to fear, not even death. The Master views the parts with compassion, because he understands the whole.

What are the three teachings of Lao Tzu? In Chinese philosophy, the three teachings (Chinese: 三教; pinyin: sān jiào; Vietnamese: tam giáo, Ch? Hán: 三教) are Confucianism, Taoism, and Buddhism. The learning and the understanding of the three teachings are traditionally considered to be a harmonious aggregate within Chinese culture.

What did Lao Tzu look like? Laozi was said to have emerged as a grown man with a full grey beard and long earlobes, both symbols of wisdom and long life. Other myths state that he was reborn 13 times after his first life during the days of Fuxi.

What does the name Lao Tzu mean? The name by which he is known is not a personal name but an honorific title meaning 'Old Man' or 'Old Master' and the debate continues as to whether an individual by that name ever existed or whether Lao-Tzu is an amalgam of many different philosophers.

What is Tao Te Ching short summary? "Tao Te Ching" explores the concept of Tao, the way of nature, and its profound impact on human existence. Through concise verses, it offers insights on living a balanced and harmonious life, emphasizing the importance of simplicity, humility, and the interconnectedness of all things.

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What is the message of Tao Te Ching? Fully accept whatever the current moment brings. Give yourself fully to reality. Admit your own faults and mistakes, because ultimately, they might be your greatest source of strength. Always compete in a spirit of play to stay in harmony with the Tao.

What does Tao Te Ching teach you? The Tao Te Ching is the foundational text of Taoism. The spiritual text was written as a poem and has been translated and interpreted by many over the years. The book discusses the nature of the Tao, objectivity and balance, non-action, and harmonious living.

What are the points of Tao Te Ching?

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