

REWIRING YOUR MIND – STARTING NEW HABITS

PART TWO: USE YOUR BRAIN WELL!



Coalition of Alcohol and Drug Educators

Dalgarno
INSTITUTE



USE
YOUR
BRAIN

GABA

This neurotransmitter acts as an **inhibitor** in the developed brain approx. 25 yo and beyond. Again, this is another one of those MIND, not just BRAIN things. Going back to our RECIPE model, we see that values, beliefs and their reinforcers of relationships, behaviours, models and instruction all add to the development of the pre-puberty brain.

GABA

Now, this helps develop that executive function, and seemingly how we make decisions and how the GABA neurotransmitters can help us stop doing dumb, short-sighted things and make better long-term decisions. It's part of your ***Brain Brake***, which is reeealllly important as your adolescent brain wants to accelerate learning in all its ***healthy exploratory forms*** – understanding, wisdom, and healthy experience – not just '***experimentation***'!

GABA

Of course, if these aren't well developed before you hit puberty, and the second stage of brain development which is now more learning via action, then your 'actions' – good, bad or ugly – start shaping your *mind*, and its decisions, and in turn those decisions are shaping your mind! Wisdom Needed!

Two Minute Neuroscience – Pre-Frontal Cortex: https://www.youtube.com/watch?v=i47_jiCsBMs

GABA AND THE LOOP!

Of course, ‘disinhibitory’ elements, stop the *brain brakes* from working well and you can be more prone to not just do dumb acts, but brain damaging ones... Alcohol and other drugs will do just that at this stage of development.

Two Minute Neuroscience – Pre-Frontal Cortex:
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GABA

Again we want to bring your attention to the statement '*positive emotions*', is not the same as the idea of sensation or even 'feelings'.

Emotions are the result of more complex interactions with your Limbic System, Pre-frontal cortex and all the other environmental factors, that release a biochemical response, not the other way around

GABA AND THE 'TRICKY COPIES' THAT DON'T LAST!

Ah, but interestingly, the chemical release of neurotransmitters created by the brain around all the environmentally induced *hope* factors they contribute, *cannot be replicated* by overlaying the same brain with artificially created and introduced neurotransmitter copies, just doesn't work the same – There's that 'mind/brain' issue again.

GABA

The real bummer is that it may give a similar sensation, but it doesn't last, and simultaneously it ***only deactivates the brains ability to do it properly.*** Rewiring cannot successfully be done chemically – well not at this point in scientific history.





HOW NOT _{to} SAY YES TO
GABA MESSING
ALCOHOL UP



<https://www.youtube.com/watch?v=zSKsSrXXj7E>

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CONVERSATION STARTER



Discuss what are some of the things in your broader social environment (peer setting, friends, social media etc.) make you feel ...

- a) secure and insecure and why?
- b) If you feel here safe and you have a confidential space, share as a team the things that make you want to Fight or Flee (Run) and the things that make you Freeze up?
- c) What tactics are helpful and what are not in dealing with this?



TAKE-A-WAYS: SCRIPT BUILDER POINTS



- ✓ As a group, list the things that have a negative impact on you and put next to them one thing you can do to change that? Also share with the group and add to your RS Journal the things that help you not react fearfully.
- ✓ A clinically prescribed chemical intervention is a crisis might act as a circuit breaker to the sense overwhelming emotions/feelings/sensations, but your doctor will tell you they are not the long-term solution.
- ✓ Most definitely self-medicating with illicit substances and alcohol will only sabotage your capacity to get better and in fact, as we've said before, diminish both your health and well-being



HOW NOT TO SAY YES TO
GABA MESSING
UP

WEED!



<https://www.turningpoint.org.au/education/talking-point>

REWIRING YOUR MIND – STARTING NEW HABITS. PART TWO.

Strengthening Your BUNGEE Rope – Filling Your Wheelbarrow with good stuff!

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