

The Amygdala - When Emotion Takes Over

Trauma Takes Time to Heal

Allowing yourself the time is the most substantial part of your healing.

Read Diana's personal message below

TRAUMA TALK
BLOG

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MAKING MEANING OUT OF TRAUMA

REAL PEOPLE. REAL STORIES. with DIANA KENDROS

May's Blog Post is about the Amygdala -- which is an almond shaped structure located in the limbic system within the brain.

This area in the brain is key to how Trauma and strong emotions like fear, anxiety, aggression and pleasure are processed. The amygdala also plays an important role in the storage and retrieval of emotional memories.

How does the brain protect itself from traumatic experiences?

How does your brain cope with trauma? If the brain registers an overwhelming trauma, then it can essentially block that memory in a process called dissociation—or detachment from reality. This can be understood as the brain attempting to protect itself.

Message from Diana - Sharing insights about her own trauma

From a personal perspective, I can share that this is one of the ways in which I processed my childhood trauma, which has taken me decades to come to terms with.

Once I finally decided to look inward (and stayed there) instead of having my attention outward, I discovered and really listened to all of the things I had been telling myself about the story of my trauma, and as a result, I now have a good understanding of the conclusions I came to.

These conclusions made sense at the time because I was in a "fight or flight" stance—but now that I feel I am healing my trauma instead of pushing it away, I have a very different perspective. I have come to very different conclusions.

I no longer believe my trauma was my fault. What has become the greater truth for me

I never thought anyone could accept or like me for who I was. So, subconsciously I put up veneers in order to hide and protect what I thought was me.

Buried deep in my brain was *Trauma's Silent Narrative* repeating the falsehoods that held me back from moving forward.

This realization became clear from all the internal work I did that helped me in every possible way to grasp the truth – that what happened to me could be acknowledged, understood, and healed.

I found a place within myself that opened up -- where I could discern the truth from the trauma and embrace the hope that comes from knowing that trauma can be part of our story but that it does not define us. We can become whole again.

during this past year of discovery, is that I was simply afraid to be me - to be my true self.

We can accept and love ourselves for who we really are - and who we have always been.

We hope this blog post offers insight and a deeper understanding about how our brains process trauma. As always, thanks for reading, Diana and Jan

Impact of Childhood Trauma



Child **TRENDS**

Portions of the article we chose for this blog post is below and click on link for the full article: [READ HERE](#)

The Trauma-Brain Response

What is an amygdala hijack?

Different functions are performed by different parts of your brain. To understand amygdala hijack, you need to know about two of these parts.

The amygdala is a collection of cells near the base of the brain. There are two, one in each hemisphere or side of the brain. This is where emotions are given meaning, remembered, and attached to associations and responses to them (emotional memories).

Fight or flight

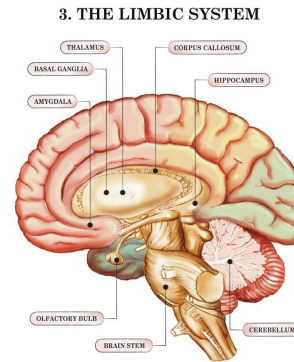
Early humans were exposed to the constant threat of being killed or injured by wild animals



or other tribes. To improve the chances of survival, the fight- or-flight response evolved. It's an automatic response to physical danger that allows you to react quickly without thinking. This response is triggered by emotions like fear, anxiety, aggression, and anger.

When you feel threatened and afraid, the amygdala automatically activates the fight-or-flight response by sending out signals to release stress hormones that prepare your body to fight or run away.

The amygdala is considered to be part of the brain's limbic system. It's key to how you process strong emotions like fear and pleasure.



OUR TRAUMA TALK BLOG SUPPORTS YOU



Our Trauma Talk Blog offers relevant and practical advice, tools, and articles from experts that can help all of us find a new balance -- a place inside that restores well-being, that is nourishing, calm, and compassionate in these trying times and beyond.

Trauma is Real.

But it can be Integrated.

It can be Transformed.

It can become part of our New Beginning.



Hello and thanks for being here!
I have dedicated my life and my work to understanding trauma, to supporting those who have struggled with its often debilitating effects and to helping everyone – including myself find a way



Let me introduce my good friend, Jan, our dedicated business partner, podcast interview host, writer and editor.
We have been friends for 25 years. We have worked together professionally in business.

to make peace with our past, to move forward by making meaning out of even our most traumatic experiences.

And we have worked together as volunteers, in our role as nationally certified mental health educators.

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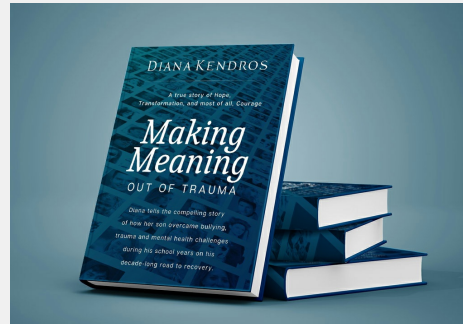
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Diana's eBook - FREE!
Making Meaning Out of Trauma

Sign up to receive our Trauma Talk Podcast Series, you will receive Diana's eBook as her gift!

Yes! I want Diana's eBook



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Please stay safe and healthy!
Diana and Jan

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