

## Positive Emotions Boost the Immune System

Neurofeedback training can shift you toward the Fast-to-Recover end of the Resilience spectrum and the Positive end of the Outlook spectrum.

Brain-training does this indirectly, by affecting your ability to deal with stress. Being better able to cope with stress means you are more able to bounce back from a setback, and it can cause you to see the world through more optimistic eyes.

We all have habitual ways of responding to emotional challenges, and these habits are complicated products of genetics and experience which are stored within the brain's bio-electrical field.

Neurofeedback training alters these habits by making it more likely that one (healthy, self-regulating) neuronal pathway rather than another will be used. If the habitual response to a setback had been for neuronal signals to travel from the frontal cortex (which figures out the meaning of an experience) to the limbic system (where the amygdala attaches an intense negative emotional valence to that experience), then Neurofeedback training can create a different neuronal pathway. The same experience is still processed by the frontal cortex, but the signals do not reach the amygdala (or at least fewer of them do). Instead, they peter out, like a bad mood evaporating during a day when everything seems to go right. The result is that what had been a stressful experience or setback no longer triggers a feeling of anxiety, fear, or fatalistic capitulation.

Neurofeedback trains the brain in new forms of responding to experience and thoughts. Whereas the thought of how much you need to accomplish tomorrow used to trigger a panicky sense of being overwhelmed, Neurofeedback training sends thought through a new circuit: you still think about all you have to do, but you can step back from the sensation of overwhelm and let it go, realizing that allowing it to hijack your brain won't help.

Neurofeedback retrains these habits of mind by tapping into the plasticity of the brain's connections, creating new ones, strengthening some old ones, and streamlining your brain's efficiency toward resilience and compassion.

Positive emotions and healthy immune systems can be constructed from the inside out. Check out our website: [www.loralonsberrys.com](http://www.loralonsberrys.com) for more information relevant to your brain training, or to set up an appointment, call our office: **752 6634**.