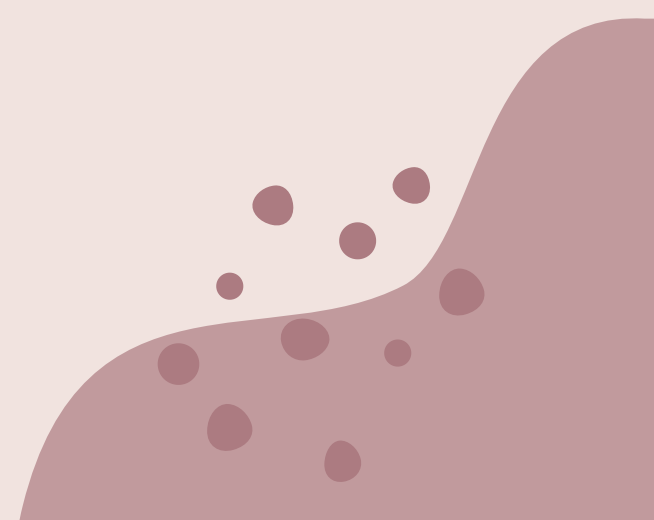





MASTERCLASS


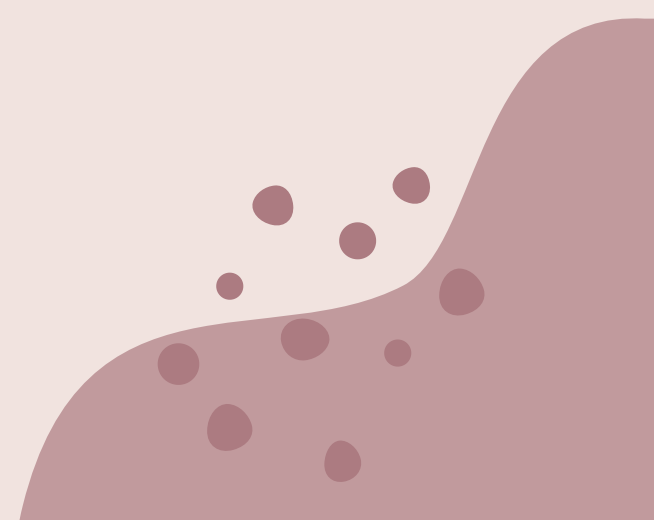
Stress & your nervous system in motherhood

Understand the foundations of your
nervous system and how stress
impacts you in motherhood



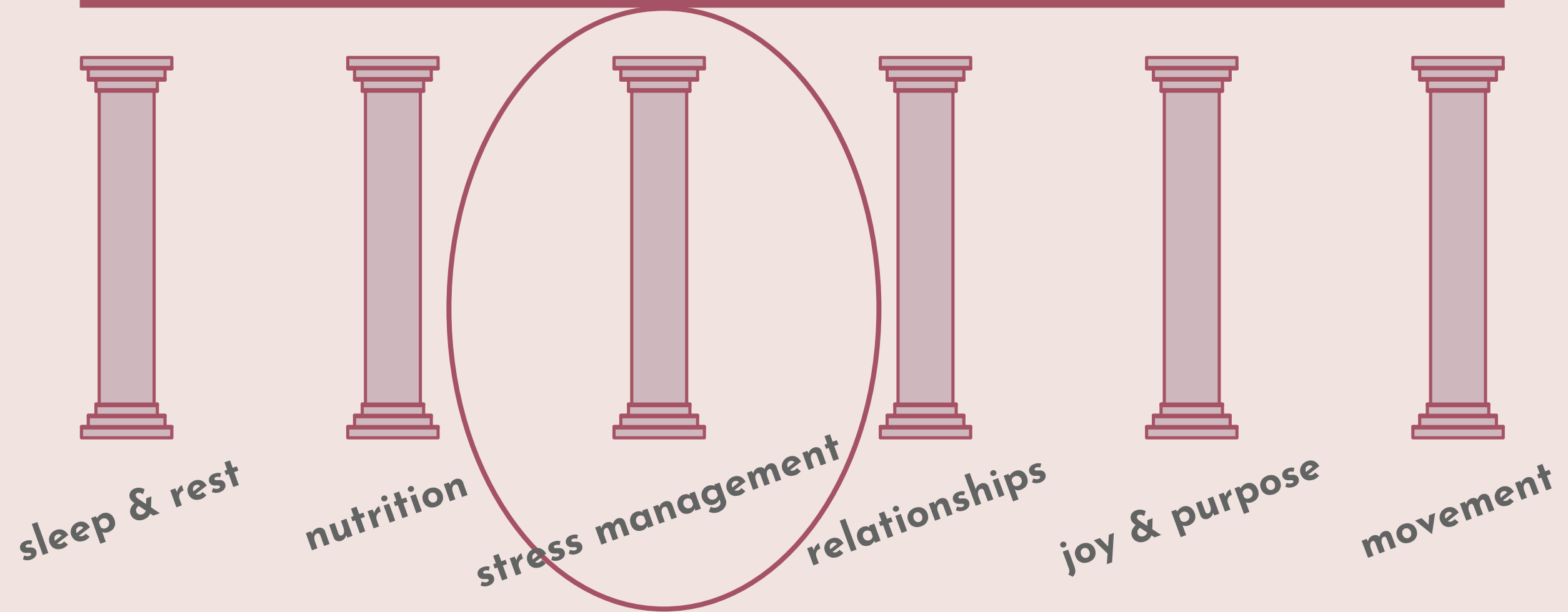


What we're going to cover

- ✓ Nervous system 101
 - ✓ The stress response system 101
 - ✓ Stress in motherhood
 - ✓ How stress impacts our energy & wellbeing as mothers
 - ✓ Resources & reflections
- 
- 

Nervous system & the pillars of maternal health

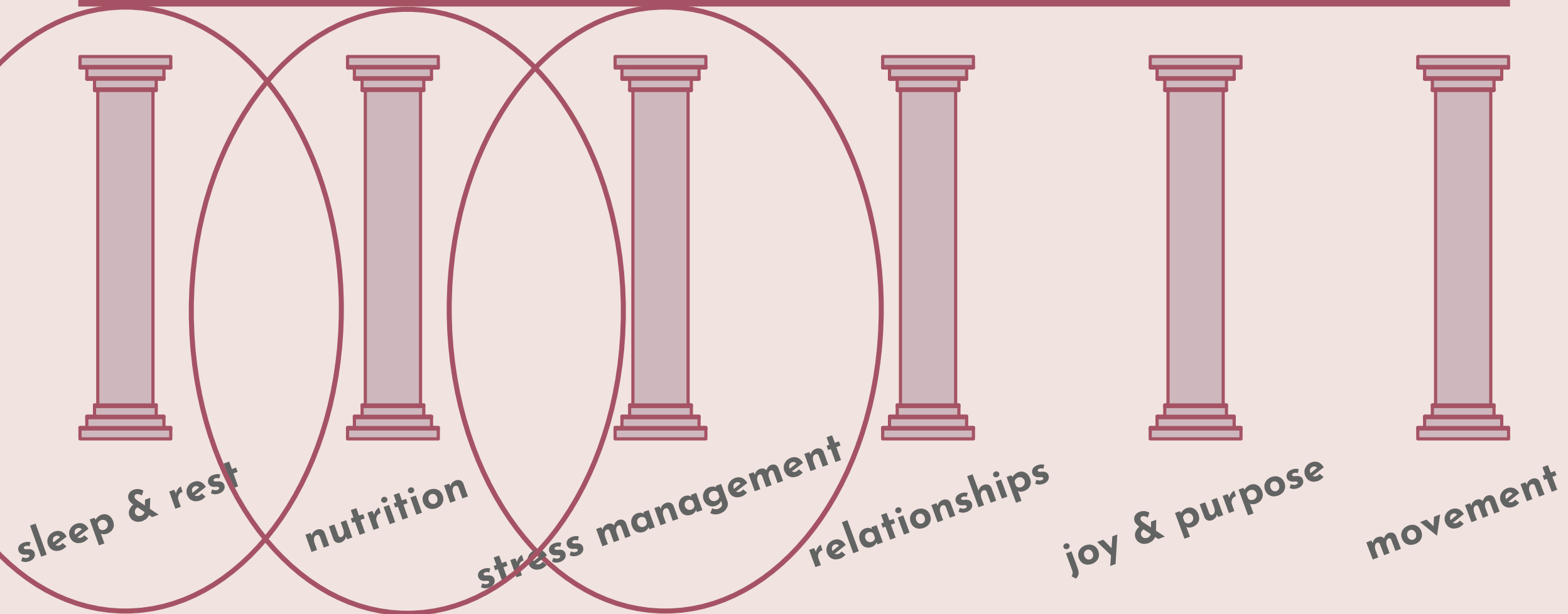
YOUR HEALTH & WELLBEING



Nervous system & the pillars of maternal health

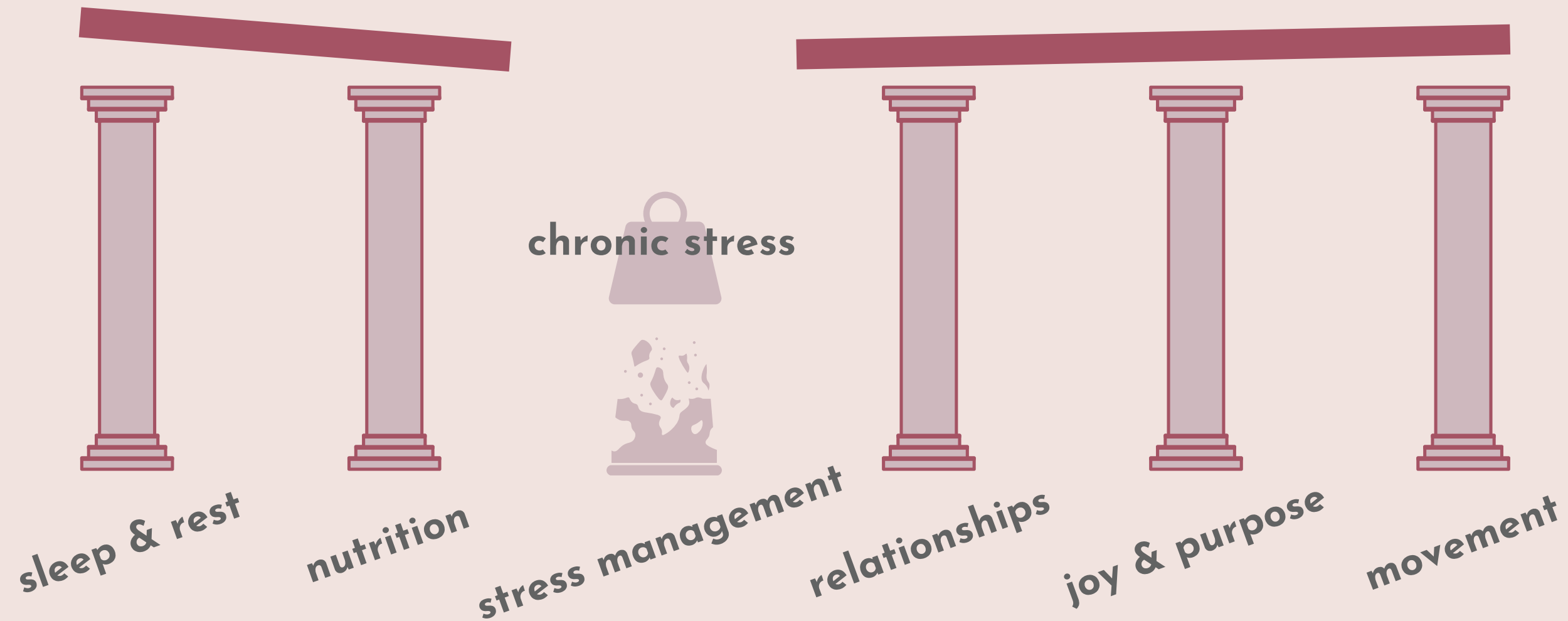
YOUR HEALTH & WELLBEING

but also here & here too

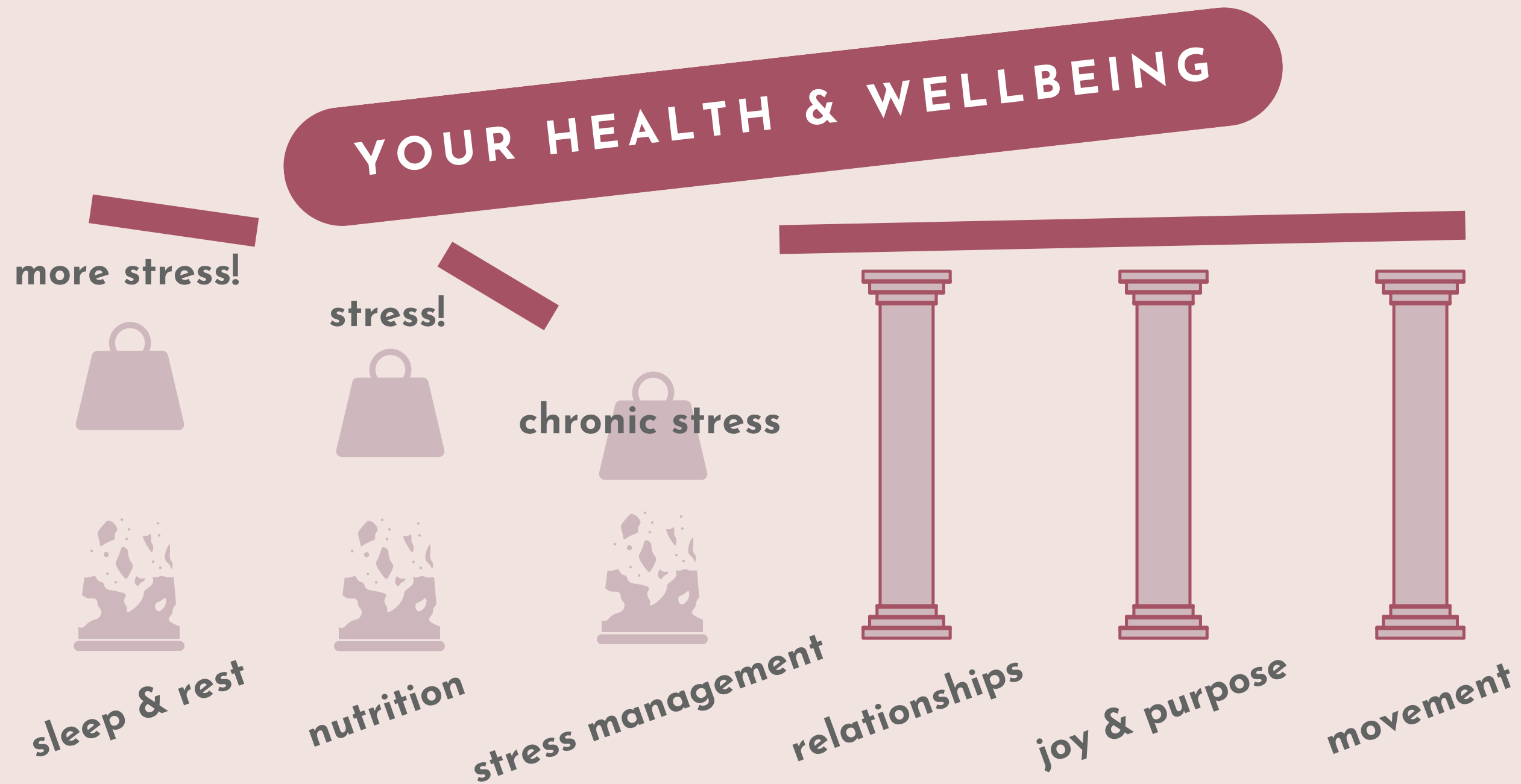


Nervous system & the pillars of maternal health

YOUR HEALTH & WELLBEING



Nervous system & the pillars of maternal health



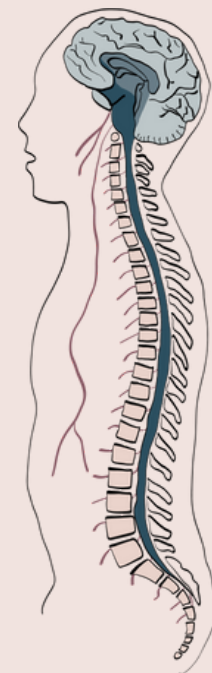
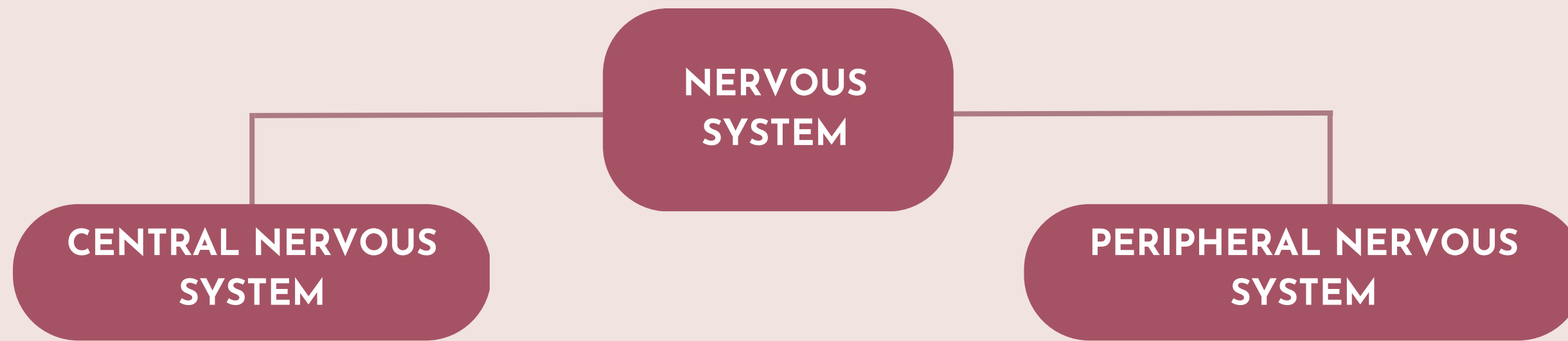
Nervous system 101



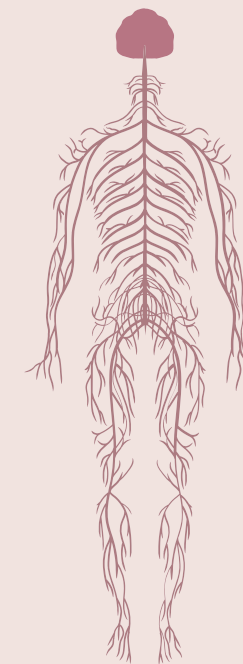
Function:

Carry messages around the body
Transmit signals to and from different
parts of the body to co-ordinate bodily
functions

Nervous system 101

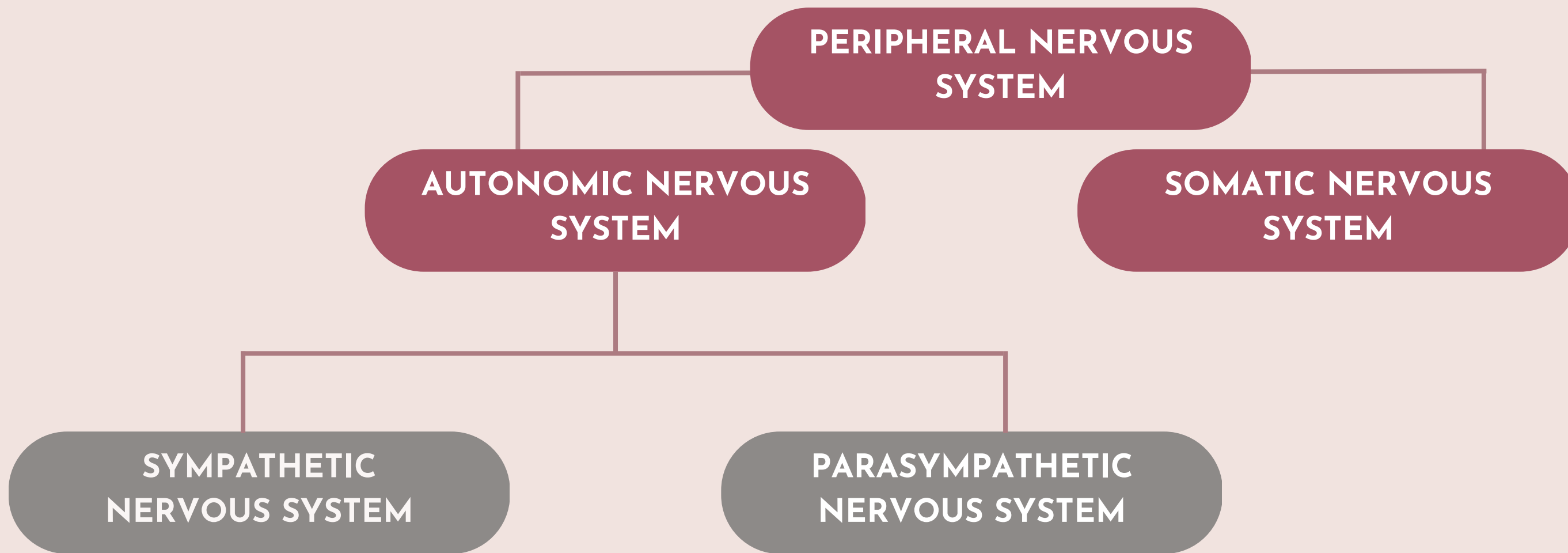


Brain & spinal cord



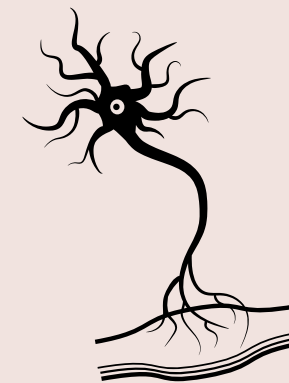
Connects CNS to the rest of the body

Nervous system 101



Fight or flight

Rest & digest
(vagus nerve)



Nervous system 101

SYMPATHETIC NERVOUS SYSTEM

Fight or flight

- Respond to stress & danger
- Stress response activated
- Safety & survival is the goal
- Switches off many vital processes
- Fight, flight, freeze, fawn



PARASYMPATHETIC NERVOUS SYSTEM

Rest & digest

- Vagus nerve
- Calm, grounded state
- Where rest occurs
- Essential bodily functions - digestion, immunity, reproduction, cognition, memory, sleep, rest



Nervous system 101

**SYMPATHETIC
NERVOUS SYSTEM**

Fight or flight



"Sympathetic dominant"
Chronic stress
NS dysregulation

**PARASYMPATHETIC
NERVOUS SYSTEM**

Rest & digest



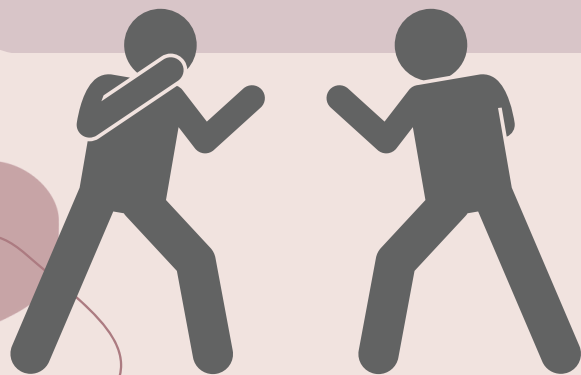
Ideally in PSNS most of
the time

**MUTUALLY EXCLUSIVE:
ONLY ONE CAN BE
ACTIVE AT A TIME**

Can manifest as...

Fight

Defense mode
Fighting
Anger
Aggression
Irritable
Can't relax



Flight

Escape
Avoidance
Procrastinate
Distractions
Poor concentration



Freeze

Immobilised
Unresponsive
Overwhelmed
Indecisive
Numb
Detached



Fawn

People pleasing
Appeasing
Placate conflict
Peacemaker
Loose or no boundaries





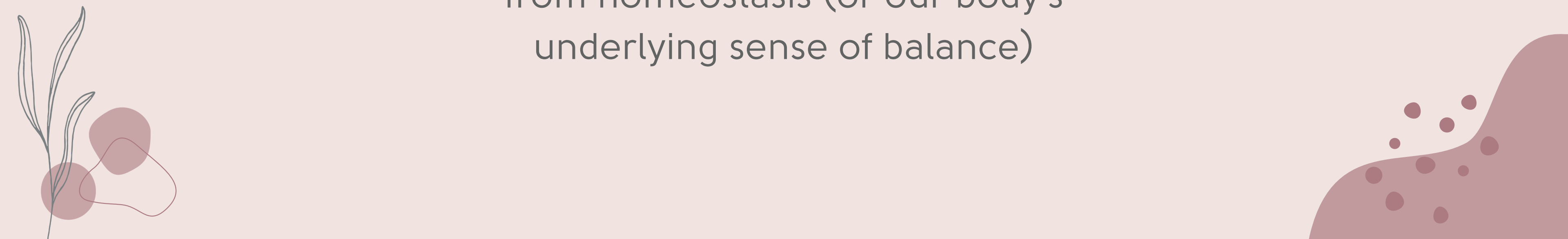
The stress response system

What is stress?!

Anything that activates the stress
response in the body

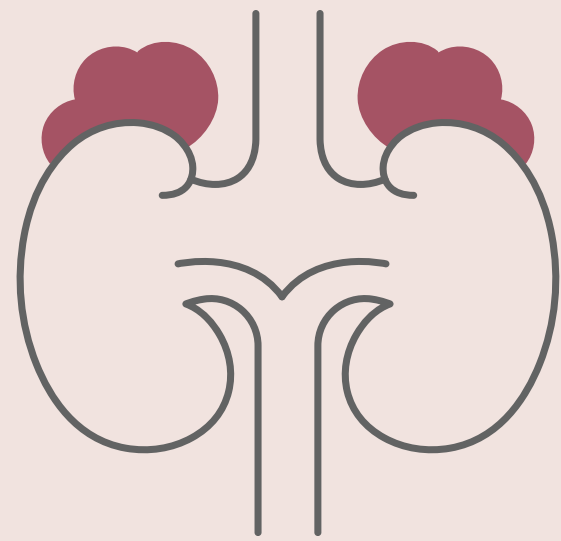
or

Anything that causes a divergence
from homeostasis (or our body's
underlying sense of balance)



The stress response system

Adrenal glands



Cortisol
Adrenaline

HPA-axis



Nervous system



Adrenaline
Noreadrenaline

Acute stress

Acute
stressor



Stress
response



Physiological
changes



Stressor
resolves



Return to
homeostasis

Stress
hormones
released

Nervous system
function & other
system function

Chronic stress

Ongoing
stressor/s



Stress
response



Physiological
changes



No
resolution



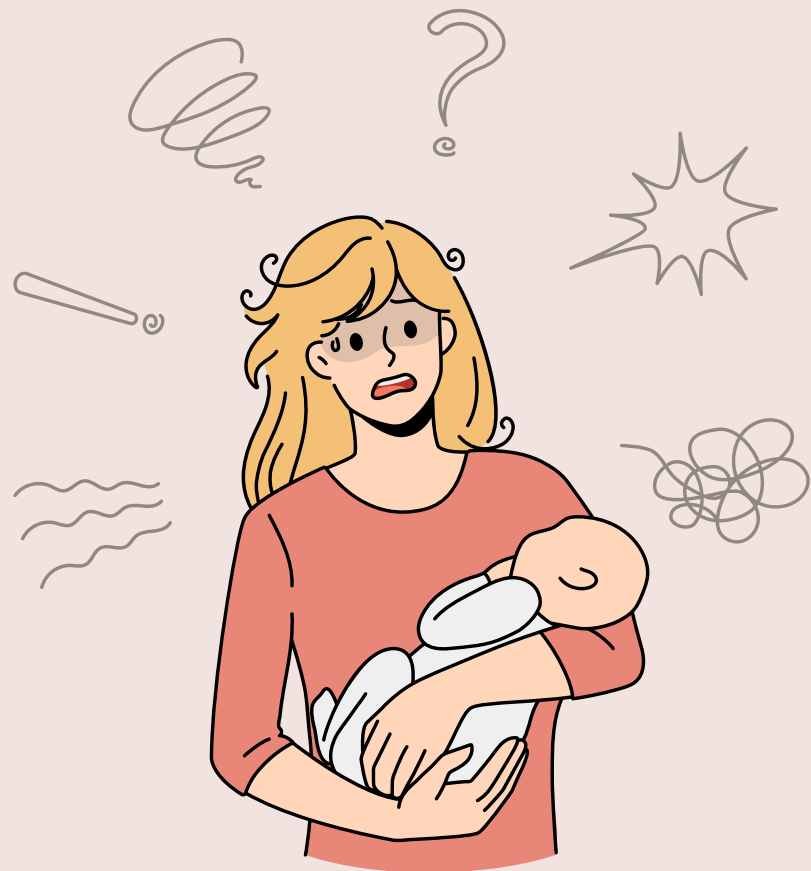
Long term
impacts of
chronic stress

Stress hormones
remain elevated
Nervous system stuck
in fight-or-flight

Stress in motherhood

Is motherhood is an inherently stressful time?

Stress comes in many shapes and sizes



The many faces of stress in motherhood

Psychological

Physical



Environmental

Nutritional

The many faces of stress in motherhood

Physical

- Posture - feeding, carrying, sleeping
- Sleep deprivation
- Less time for rest
- Circadian disruption
- Hormone changes
- Lack of exercise (or even over-exercising)



Nutritional

- Deficiencies
- Blood sugar imbalance
- Breastfeeding
- Decreased time for nourishment
- Food reactions

The many faces of stress in motherhood

Psychological

- Sleep deprivation
- Relationship changes
- Matrescence
- Inner work
- The mental load
- Mum guilt
- Finances
- High needs children



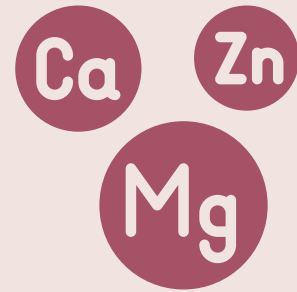
Environmental

- Chemical exposure
- Light exposure
- Air quality
- Household products
- Baby care products
- Cleaning
- Sleeping environment

Impacts of ongoing stress



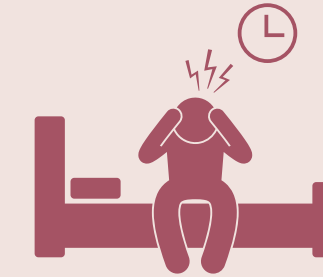
Fatigue & exhaustion



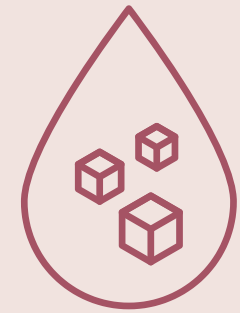
Nutrient depletion



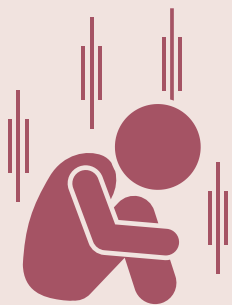
Drives cravings



Poor quality sleep



Blood sugar imbalance



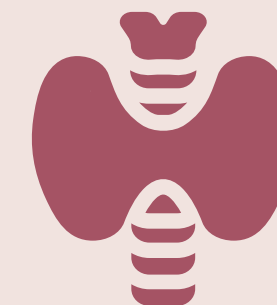
Mood changes



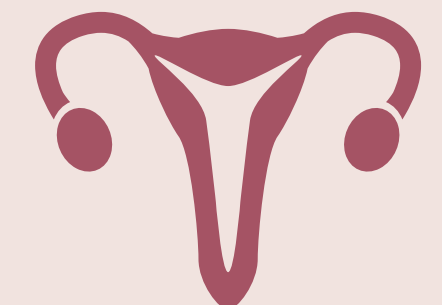
Lowered immunity



Impaired digestion



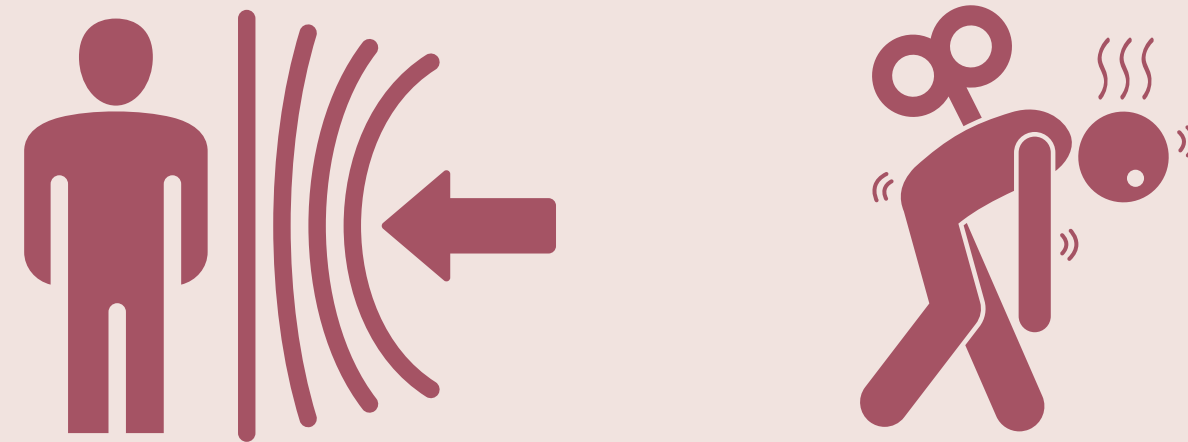
Thyroid hormones



Menstrual cycle changes

Impacts of ongoing stress

BIG PICTURE:



**Loss of resilience to future stress
Or maybe burnout**

Take a breath!

All this talk about stress
is stressing me out!



MASTERCLASS:

Nourish Your
Nervous System

MINI GUIDE:

Build a resilient
mind

Is stress ever positive?

YES!

For example:

Exercise

Cold water exposure

Heat exposure (sauna)

Some phytochemicals in food

Fasting

Exposure therapy

Mental discomfort

Meditation

Hormesis = low doses of stress can increase physical and mental resilience

Is stress ever positive?

YES!
but...

But overloading an already stressed system with extra, unnecessary stress is not always a good strategy

'hormesis'



chronic stress

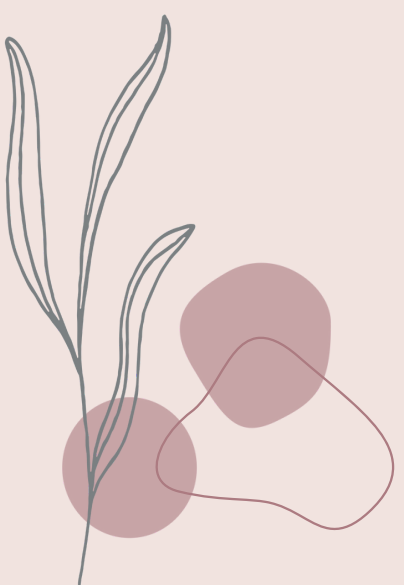
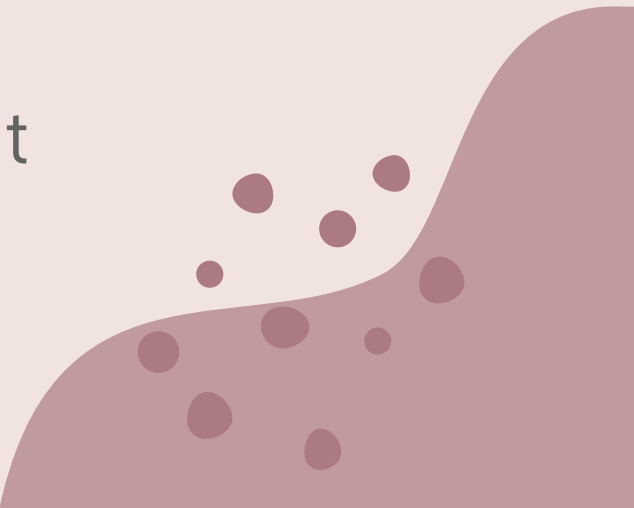


**your stress response
& nervous system**



Reflections

Find these questions plus space for your answers and reflections in the workbook for this masterclass

- ✓ Reflect on the ways you respond when your stress response and sympathetic nervous system are activated - do you resonate with fight, flight, freeze, or fawn? (it may be a combination, which is normal)
 - ✓ Keep this reflection in mind when faced with future stresses and see if you can notice yourself responding in the moment or shortly after the stress
 - ✓ Consider the many faces of stress in motherhood; which stresses are present for you? Are there any others you would add? Keep these in mind for the companion masterclass Nourish Your Nervous System when thinking about which stresses are within or outside of your control.
- 
- 



Resources

Books

- The Postnatal Depletion Cure by Dr Oscar Serralach
- When The Body Says No: the hidden cost of stress by Dr Gabor Mate
- A Life Less Stressed by Dr Ron Ehrlich
- Rushing Woman's Syndrome by Dr Libby Weaver

Other

- Mommy Brain Revisited podcast by Dr Jodi Pawluski
- 



Questions & reflections

share them over in the group

 **Mother Nourish**

