

- **Chapter 8: Looking into Anxiety and Fear:**

The Basal Ganglia

1. List and describe 2 of the 7 functions of the basal ganglia.

I. **Integrates feelings**

- Shifts and studies fine motor movements

Affects whether one has the ability to respond to a situation or not. Control, Overactivity equates.

To poor adaptivity to stressors. Overactive Basal ganglia are often associated with anxiety and under-active basal ganglia can cause with motivation and energy.

Under-activity is often seen in individuals with attention deficit disorder (ADD), stress sometimes moves these individuals to action. Individuals with ADD often respond to stressful situation without fear.

- o Finger agnosia effect (Adults and Children ADD) in the area of handwriting.

II. Suppresses unwanted motor behaviors

III. **Helps to set the body's anxiety level**

- Applies the appropriate levels of anxiety for over health and productivity. Appropriate levels of anxiety prevents reckless behaviors, like driving over the legal limit and cheating on a spouse.

IV. Involved in forming habits

V. Modulates motivation and drive

VI. Mediates pleasure/ ecstasy

VII. What are the characteristics of overactive basal ganglia? Under-active?

2. List and describe 2 of the 12 the problems with the basal ganglia.

I. Anxiety nervousness

II. Physical sensations of anxiety

III. Tendency to predict the worst

IV. **Conflict avoidance**

- An uncomfortable feeling of anxiety that tends to cause the individual experiencing problems with basal ganglia to avoid any situation that might make them uncomfortable especially when dealing with conflict.
- The example mentions characteristics of people pleasing and being overly nice to prevent confrontation, however, unhappy, to the point that one explodes from years of suppressing ones own feelings and needs.

V. Risk aversion

VI. Tourette's syndrome/ tics

VII. Muscle tension, soreness

VIII. Tremors

IX. Tremors

X. Fine motor problems

XI. **Low/ excessive motivation**

- A deficiency of dopamine in individuals with ADD tend to result in low motivation while High dopamine or basal ganglia may increase or even excessive motivation. High and deficient levels of dopamine can result in number problems like decreased motivation and restlessness.

XII. Sensitivity to rejection

XIII. Social anxiety

3. Describe the importance of balancing dopamine and serotonin.

- The balance between the two helps them function effectively.
- Dopamine is involved with motor movements, motivation, attention span and setting the body's idle speed, while serotonin is more involves with mood control, shifting attention, and cognitive flexibility.
- When something happens in the brain to raise dopamine levels, serotonin becomes less effective.

4. What did you learn about yourself from taking the basal ganglia Checklist?

I have learned that the basal ganglia controls both physical and mental aspects. My check was exceptionally low; out of a total of 56 I scored 16 which can be problematic. While I do not have tics, I often pick my skin which can be a basal ganglia issue. I also, often lack motivation.

Chapter 9: Stop Feeling Nervous Now

1. List and describe the 4 steps to break an anxiety attack.

- a. Breathe. Slow down your breathing. The slowing of rapid, shallow, and erratic breathing while having a panic attack boosts the oxygen to the brain helping to restore control of one's feelings.
- b. Do not leave. Stay there, wait it out to assess the situation.
- c. Write down your thoughts. Because after you read what you thought, you can evaluate your thoughts, objectively.
- d. Take calming supplements or medication. This being the last step, if one is experiencing a deficiency prescription can be the nutritional intervention that helps.

2. List the supplements recommended to nurture the basal ganglia.

- Green tea
- Amino acid GABA
- Ashwagandha
- Relora
- Valerian root
- B6 25 to 100 mg – B complex
 - Scents from essential oils
 - Chamomile
 - lavender

3. List the 4-step process to kill ANTs. (Automatic Negative Thoughts)

- ❖ Ask, Is it true? (Is the stressful or negative thought true?)
- ❖ Can I absolutely know that it is true?
- ❖ How do I react when I believe that thought?
- ❖ Who would I be without the thought? Or, how would I feel if I did not have the thought?

4. What is 1 thing you will change to nurture your basal ganglia?

- I am looking forward to the essential oils, I would like to find a good supplement because my recent blood work shows that I am very deficient in a few areas.