

Butterfly hug



Neuropsychology, anxiety management and
emotion regulation with mind maps

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Writer/creator



I am a nurse student, who
is passionate about psychology- I want
to share my knowledge and
realizations hoping they could help
someone. ♥

"Butterfly hug" is a small guide for self compassion, anxiety
management- and emotion regulation.

In my next release "Butterfly effect" I will process
neuropsychology and clinical psychology on more deeper level.

With ♥: Elina

Human and neuropsychology

Human is psychophysical being- mind and body are straightly connected to each other. Brains are conductor of that finetuned entirety and very complex system itself- there is approximately 86 milliard neurons, which process and transmit information from senses through impulses. Neurons can associate in numeral different ways into neural net which causes each humans brains to be unique.

Neurotransmitters are unions which regulates impulses between neurons. In this book we will deal with neurotransmitters such as endorphine, oxytocine, serotonin, cortisol and adrenaline.

Nervous system is splitted in autonomic and somatic nervous system.

Autonomic nervous systems actions are involuntary and it is splitted in sympathetic and parasympathetic system.
Somatic nervous system is voluntary.

When you start to understand neuropsychology and regulate your own neurotransmitters actions you can reach your full potential.

Neurochemistry

Sympathetic
nervous system-
activation

Autonomic nervous
system-
involuntary actions

Somatic
nervous system-
voluntary actions

Oxytocin-
feeling of love
and trust
+ stress relief

Serotonine-
feeling happiness-
it affects mood +
quality of sleep

Parasympathetic
nervous system-
relaxation+
winding down

Vagus nerve-
activates
parasympathetic
nervous system

Cortisol-
stress

Adrenaline-
fight or flight
mode

Endorphine-
pleasure +
pain relief



Dopamine-
motivation,
communication
+ happiness



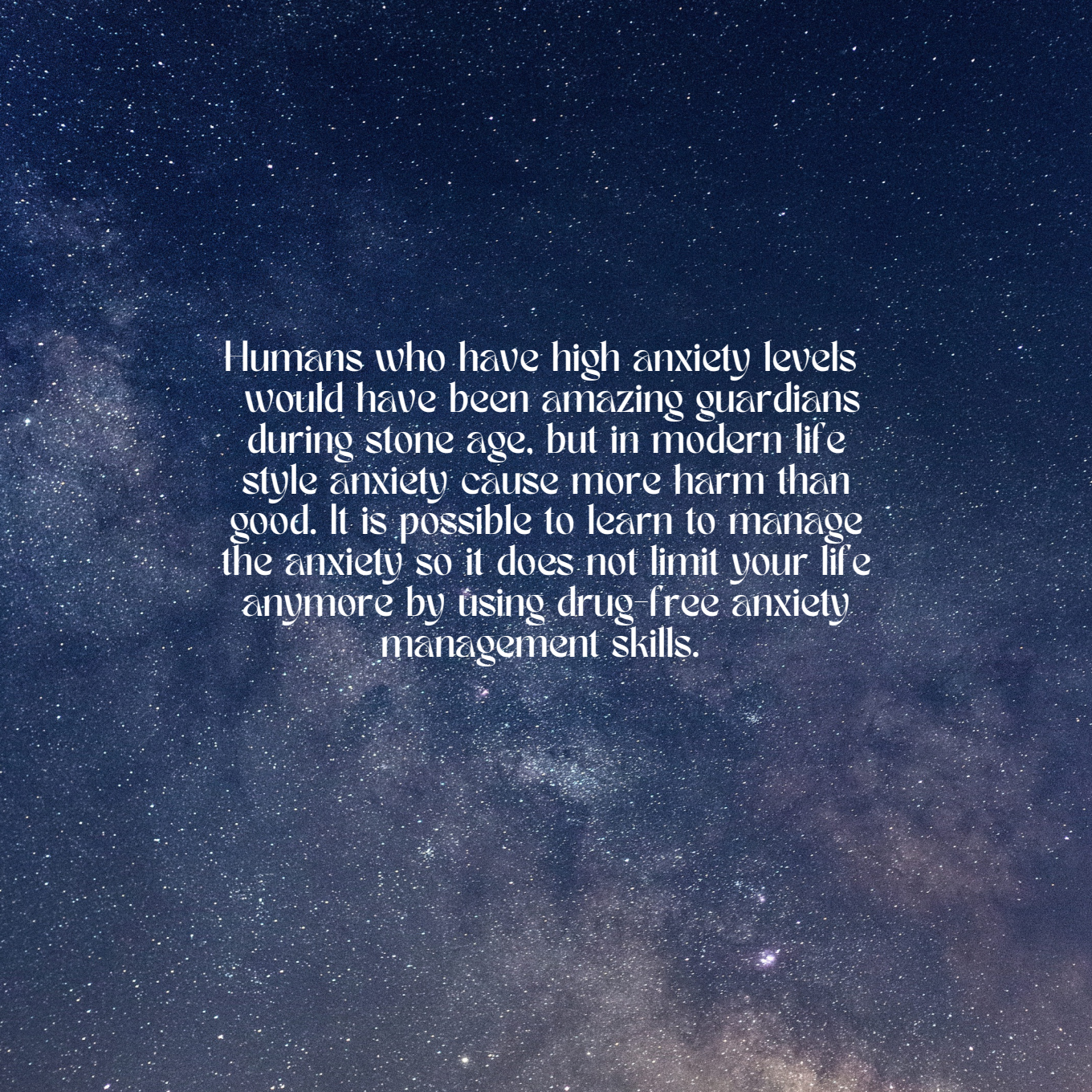
Ships don't sink because of the water
around them; ships sink because of the
water that gets in them. Don't let what's
happening around you get inside you
and weigh you down.

-Anonymous

Anxiety

Anxiety is natural and primitive reaction to stress- it has been important part of human kind survival. When humans were still on the level of hunter-gatherer, there were dangers in the surroundings constantly- anxiousness helped humans to notice the danger and survive.

These days there is not constant danger anymore, but the feeling of anxiousness is still there. Anxiety come out as psychological and somatic symptoms- psychological sypmtoms include restlessness, problems in consenstration and circulous thinking. Somatic symptoms include accelerated breathing and pulse, sweating and nausea.



Humans who have high anxiety levels would have been amazing guardians during stone age, but in modern life style anxiety cause more harm than good. It is possible to learn to manage the anxiety so it does not limit your life anymore by using drug-free anxiety management skills.

Anxiety-management in concrete way

🌸 Breathing exercises- breath calmly in and out- activates parasympathetic nervous system

🌸 Cold shower/ice cubes
cold water on the face

🌸 Walking + spending time in the nature

🌸 Scents like lavender- there is naturally linalool in lavender which activates parasympathetic nervous system

🌸 Touch such as butterfly hug- put your arms across your chest and pat yourself calmly

🌸 Objectivity towards your thoughts

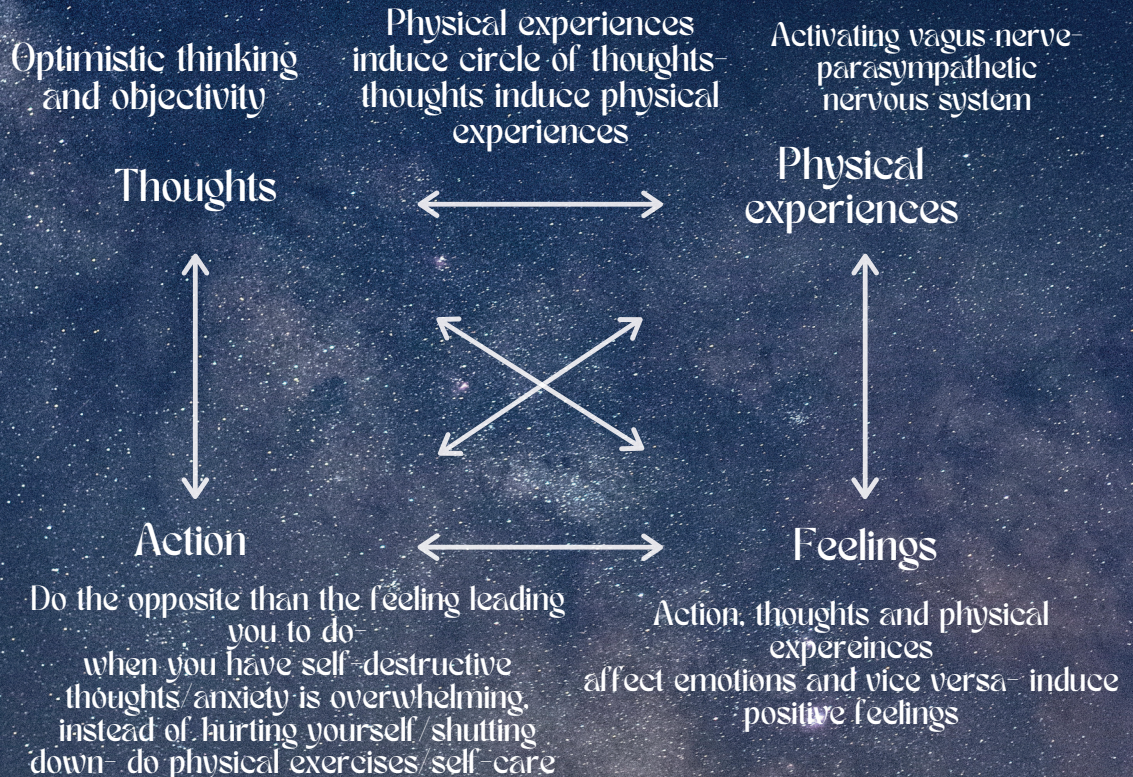
🌸 Focus on what you can affect

🌸 Which optimistic thought could decline the negative one



Anxiety management

Anxiety can be regulated by affecting on following elements:



Ways to activate vagus nerve

The vagus nerve (lat. nervus vagus) is the tenth cranial nerve on the neck coming near to the surface + the main parasympathetic nerve

Meditation +
gratitude

Humming +
singing

Nature +
forest baths

Spending time
with loved ones

Using senses- smells, cold
water on skin and touch

Conscious
breathing



Exercising

Reducing
caffeine
intake

Laughter

Gargling
water

Fasting,
healthy diet +
probiotics

