



# Harnessing the Power of your Primal Mind

The neuroscience of getting more from yourself without  
burning out.

**fearless!**  
women's summit ottawa



# Building Resilience

**Tara Miller**

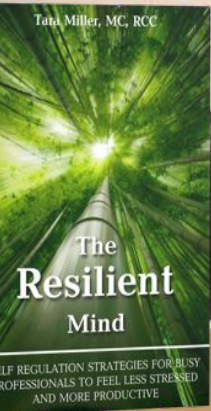
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**DEFIANT**  
DEVELOPING NEXT  
LEVEL GRIT FOR  
LIFELONG  
RESILIENCE

**TARA MILLER**

National Library of Medicine  
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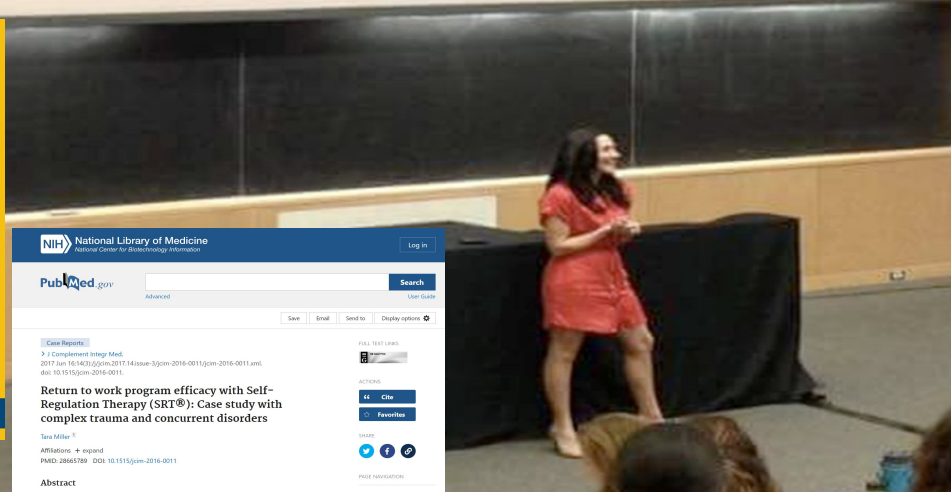
PubMed.gov

Case Reports

Return to work program efficacy with Self-Regulation Therapy (SRT®): Case study with complex trauma and concurrent disorders

Tara Miller  
Affiliations expand  
PMID: 28665769 DOI: 10.1155/jpm-2016-0011

Abstract



I teach leaders how to master their nervous systems so that they can be:

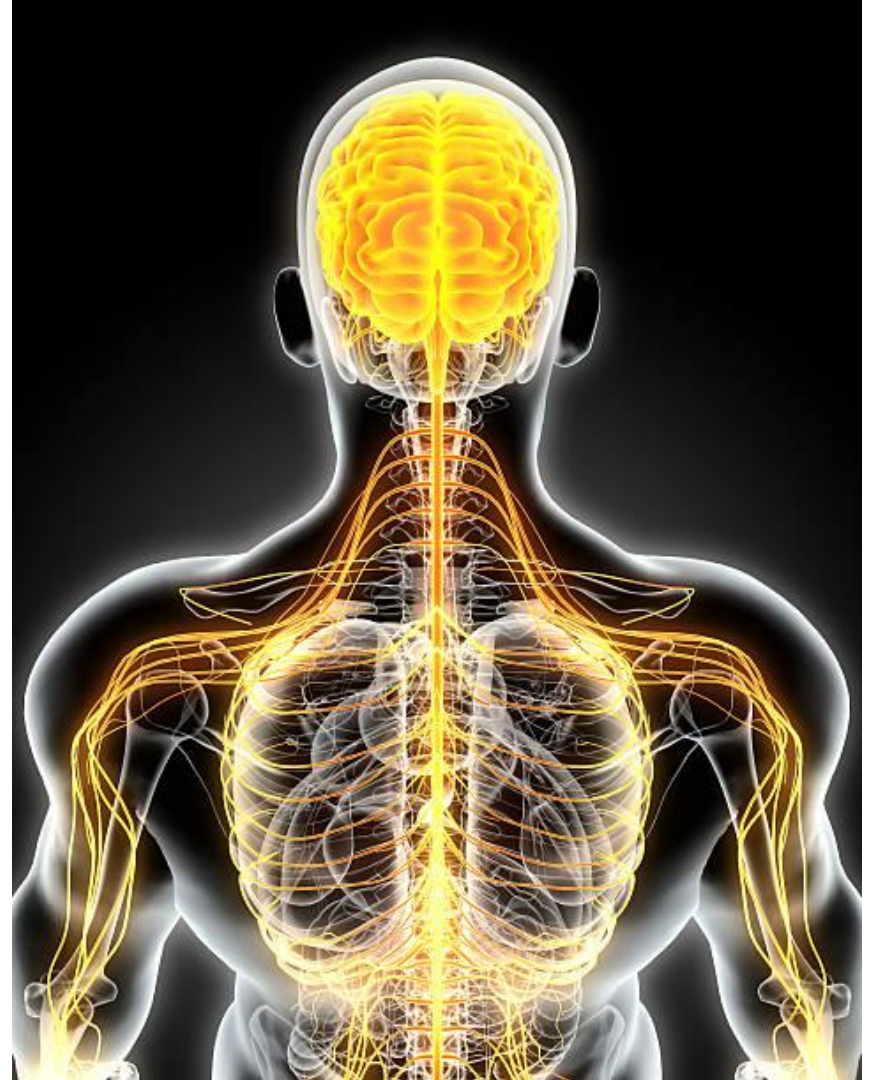
- More in control
- Less reactive
- More strategic
- More efficient
- More focused
- More impactful
- Healthier
- Better team builders
- Better communicators



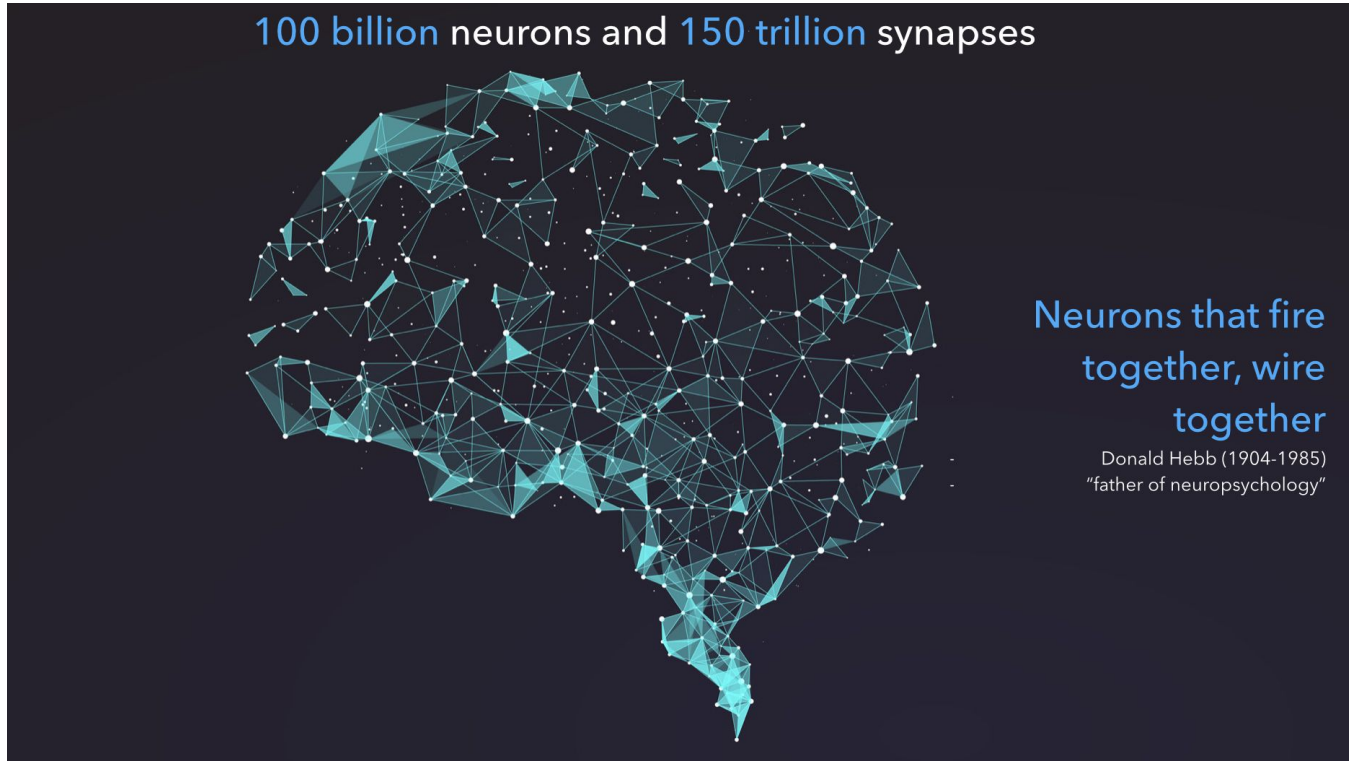
How this is different...

I'm working with not just the thinking mind, but with the biology of how the mind works with the brain in a continuous feedback loop.

(Neurobiological).



I'm using the "language" of the nervous system to create experiences in this moment, that engage the full brain and contribute to and direct growth.  
(Neuroplasticity)



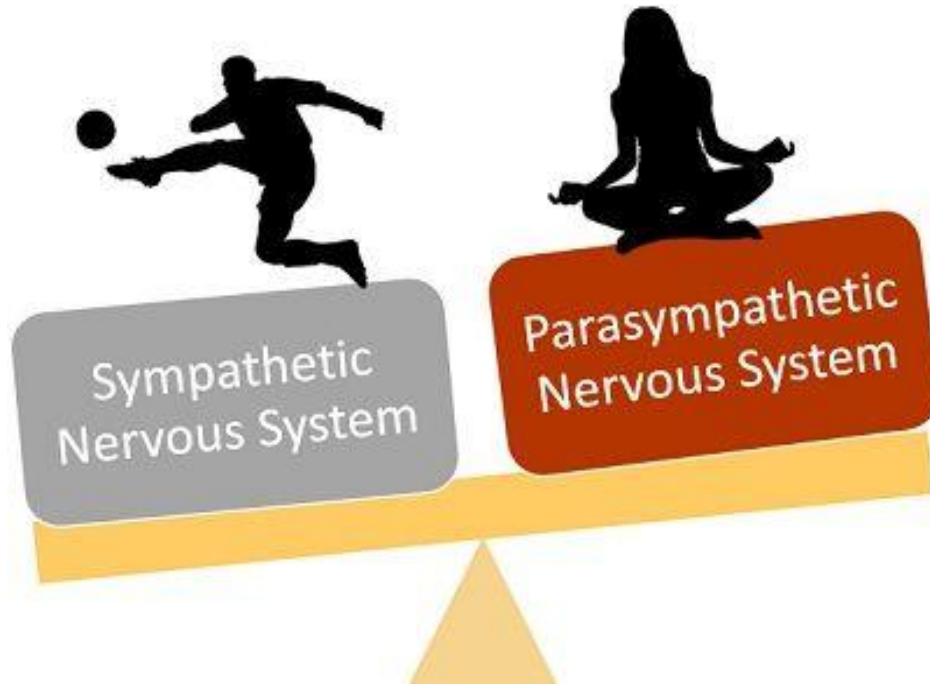
I'm addressing the fact that we are animals first, with instincts built in to direct our thoughts and emotions around the concept of survival.

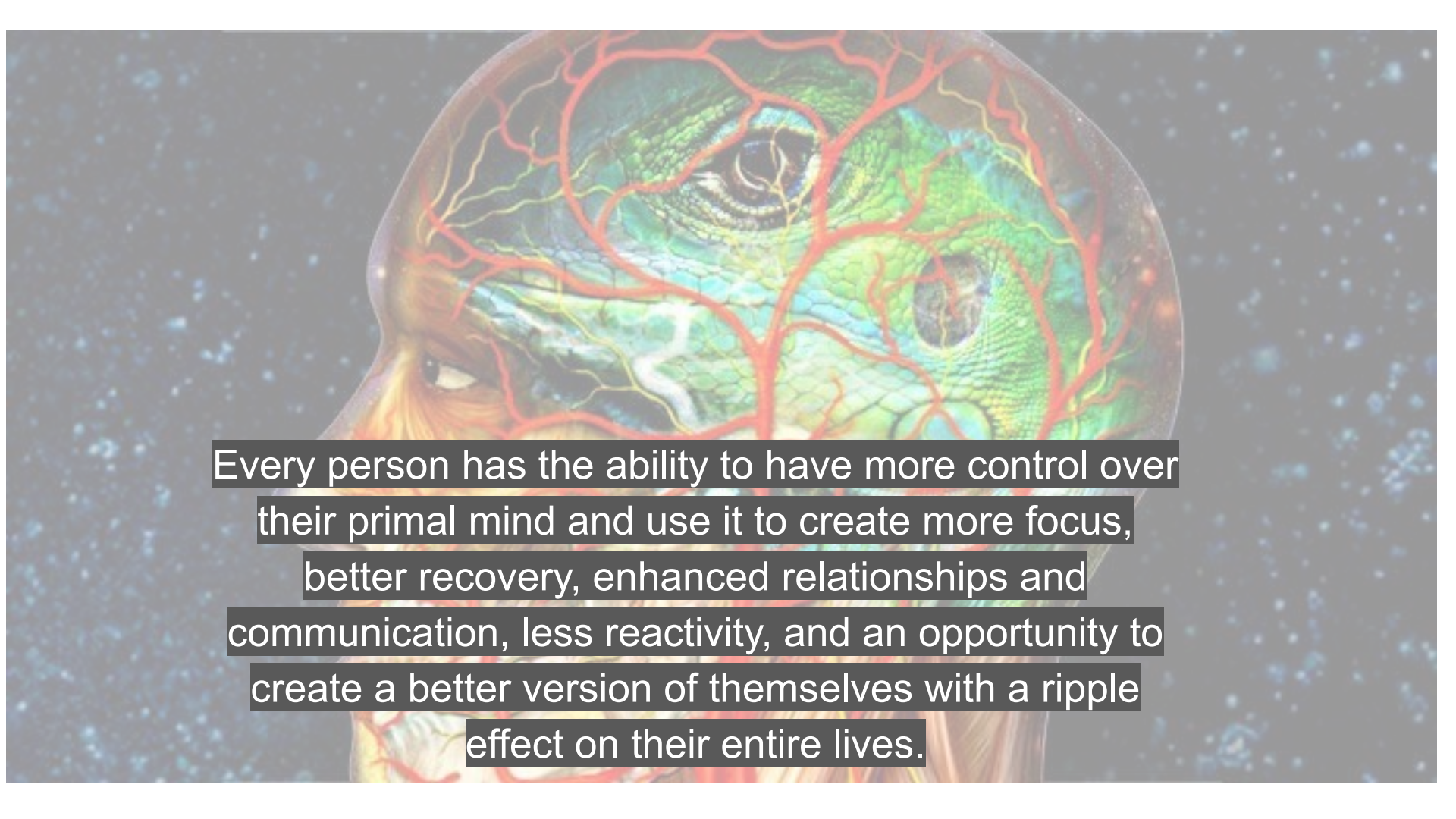


## **FIGHT OR FLIGHT RESPONSE**

All too common in the modern workplace

I'm using the neuroscience of unevolved survival centers of the brain to help calibrate the whole person into states of optimal activation (sympathetic arousal for performance) or recovery (parasympathetic rest & digest)






Every person has the ability to have more control over their primal mind and use it to create more focus, better recovery, enhanced relationships and communication, less reactivity, and an opportunity to create a better version of themselves with a ripple effect on their entire lives.



# The Neuroscience part...



Are we running our lives  
with conscious mind,  
or are we running our lives  
with the subconscious programs?  
Well, science has revealed  
that **only 5% of the day**  
are we operating our nervous system  
using the conscious mind's  
creative wishes and desires.  
**95% of the day**, our life is coming  
straight out of the programs  
in our **subconscious.**

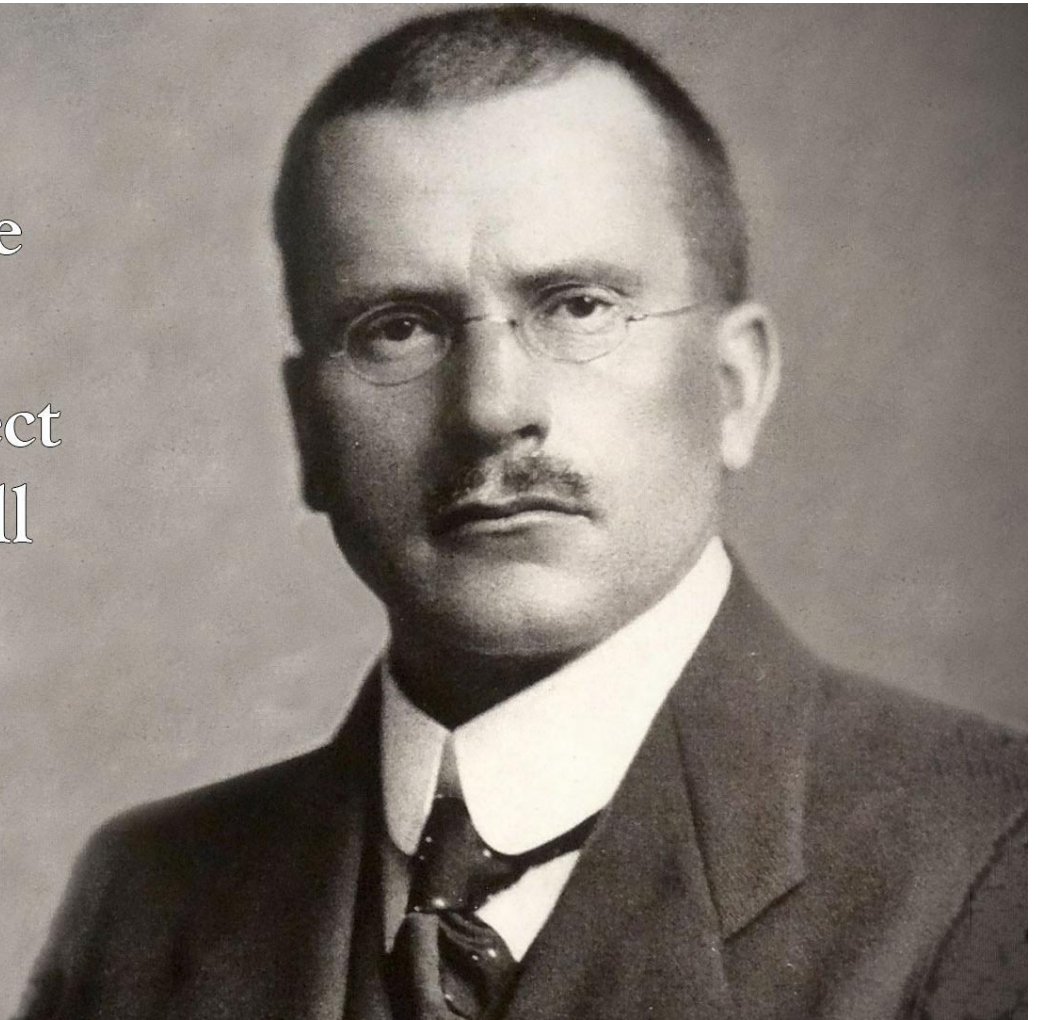


The moment you change your  
perception is the moment you  
rewrite the chemistry of your body.

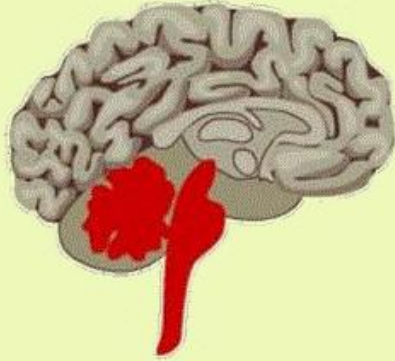
Bruce H. Lipton

“Until you make the  
unconscious  
conscious, it will direct  
your life and you will  
call it fate.”

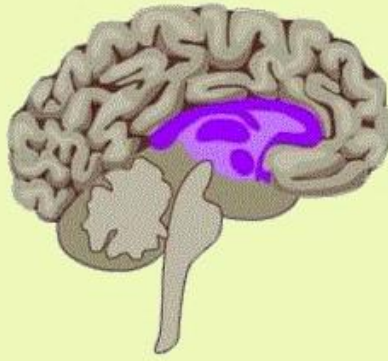
C.G. Jung



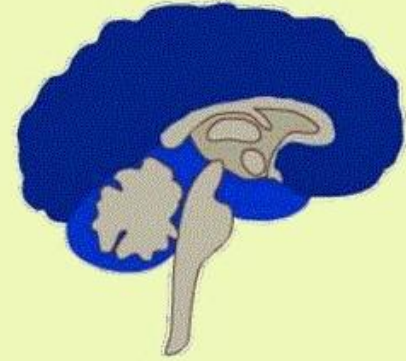
# The Three-Parted Brain



**Lizard Brain**  
(Brain stem and  
cerebellum)  
Autopilot  
Fight & Flight



**Mammal Brain**  
(Limbic System)  
Emotions  
Memories  
Habits  
Attachments



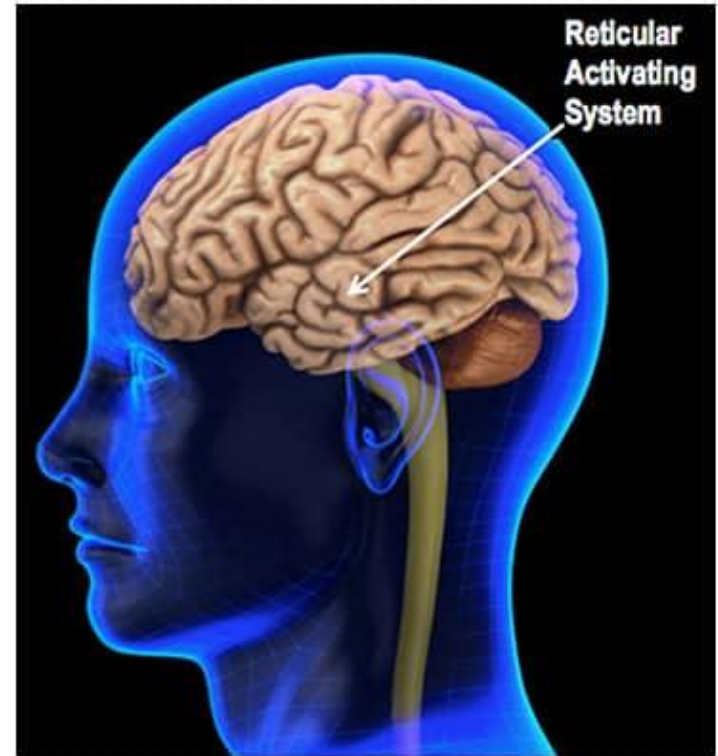
**Human Brain**  
(Neo-Cortex)  
Language, abstract  
thought, imagination,  
consciousness, reasoning,  
rationalising

(From Paul D. MacLean's model of the "Triune Brain")

What we focus on adds programming to our operating system.

## THE RAS

- Controls sleeping, waking, and attention
- A sophisticated filter
- Screens out the junk
- Acts like an Executive Assistant
- *Allows you to focus on what you VALUE*
- *Allows you to perceive a THREAT*
- *Supports you when you set GOALS*



Your nervous system is your operating system.  
Every other program you run on top of it is influenced by how well it is functioning and optimized.



Optimizing your operating system helps you avoid symptom chasing: thoughts, emotions, and behaviors and trying to control them without actually changing the root cause.

The more out of control a person feels on the inside the more they try to control their external environment and other people.



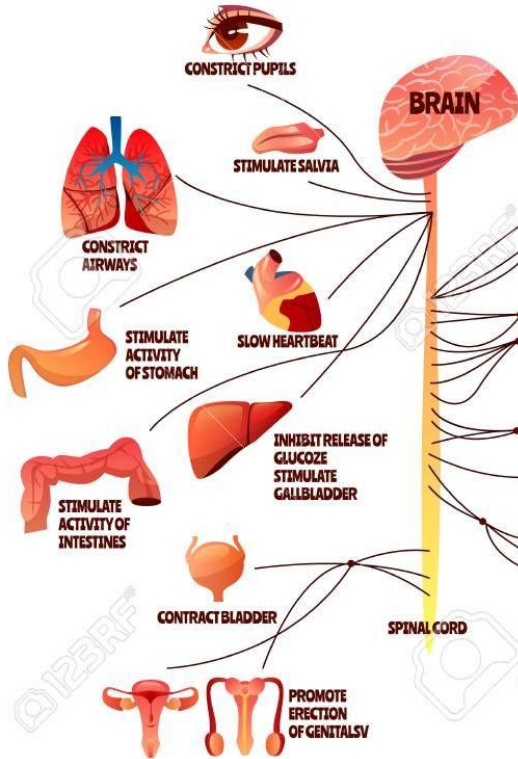




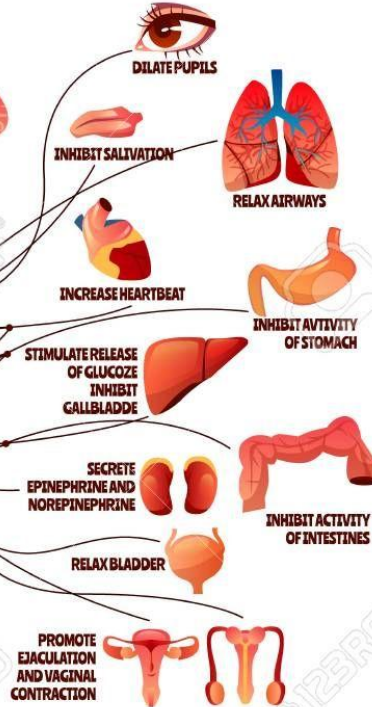
# The Nervous System

# HUMAN NERVOUS SYSTEM

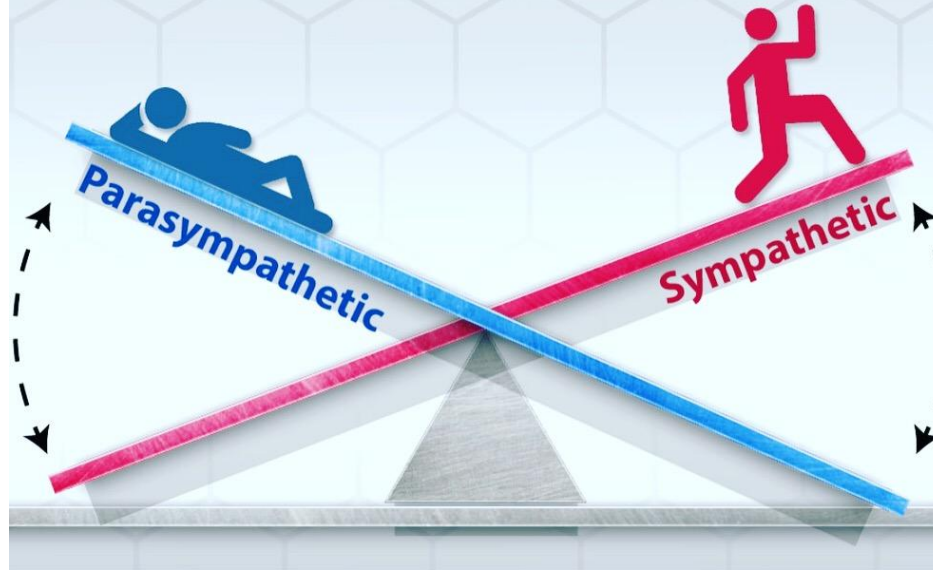
## PARASYMPATHETIC NERVES



## SYMPATHETIC NERVES



Homeostasis is a dynamic balance between the autonomic branches.



**Rest-and-digest:**  
Parasympathetic activity dominates.

**Fight-or-flight:**  
Sympathetic activity dominates



A healthy nervous system has a **calm baseline** it returns to as a reset, where we operate optimally in our **cognition, emotional regulation, physical performance and health.**

We can tolerate the lows and acknowledge them as **temporary** and delight in the highs and acknowledge them, as **temporary** also.

We respond **proportionately** to events and recover.

We can experience the **entire range** of human emotion - tolerate it - and return to baseline.

# Rules of Engagement



- mind and body are not separate and operate in a continuous feedback loop (that we can learn to interrupt)
- Survival first.
- It is not governed by **time**
  - or **reality**
- It responds to **actual threat**... as well as **perceived threat**
- It is **contagious**
- It becomes **addicted** to the state it spends the most time in!



# Activation

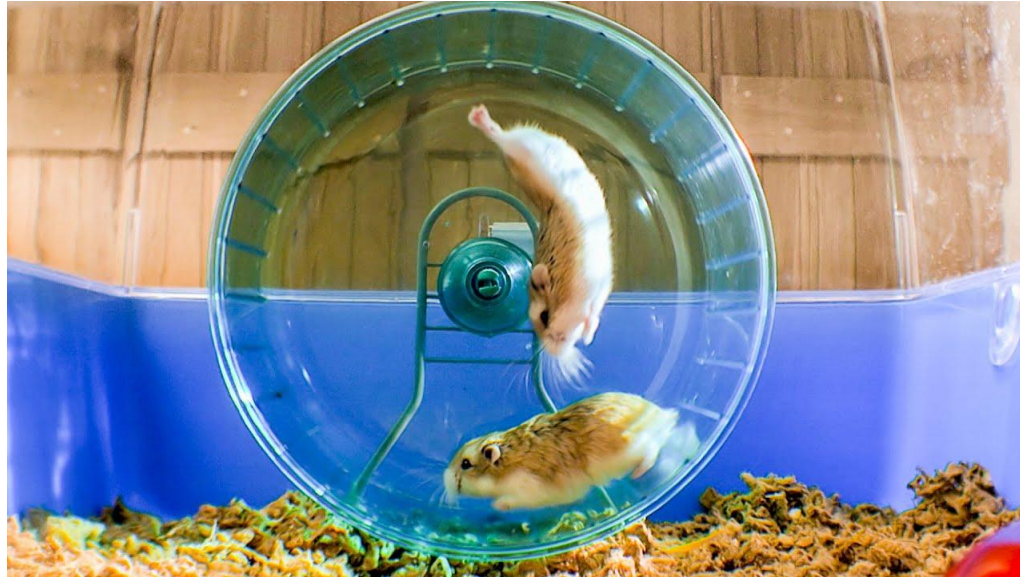
**Action for survival or  
performance**



- Activation is anything that brings us out of baseline
- A response to threat or stress - a readiness to take action
- **How you know... increase in respiration, heart rate, changes in vision, hearing, muscle tension, stomach upset, heat, sweating...**

Demands on our lives now keep us stuck in **non-survival based fight or flight** and decrease our resiliency, compromising all we're working towards in the moment, and over time.

We white label this “anxiety” which is really fight or flight processes in the body and mind with no evolutionary outcome.





A close-up photograph of a zebra's head and neck, showing its characteristic black and white stripes. The zebra is looking slightly to the left of the camera. The background is a soft, out-of-focus golden-brown, suggesting a savanna or grassland environment. The lighting is warm, likely from the sun being low in the sky.

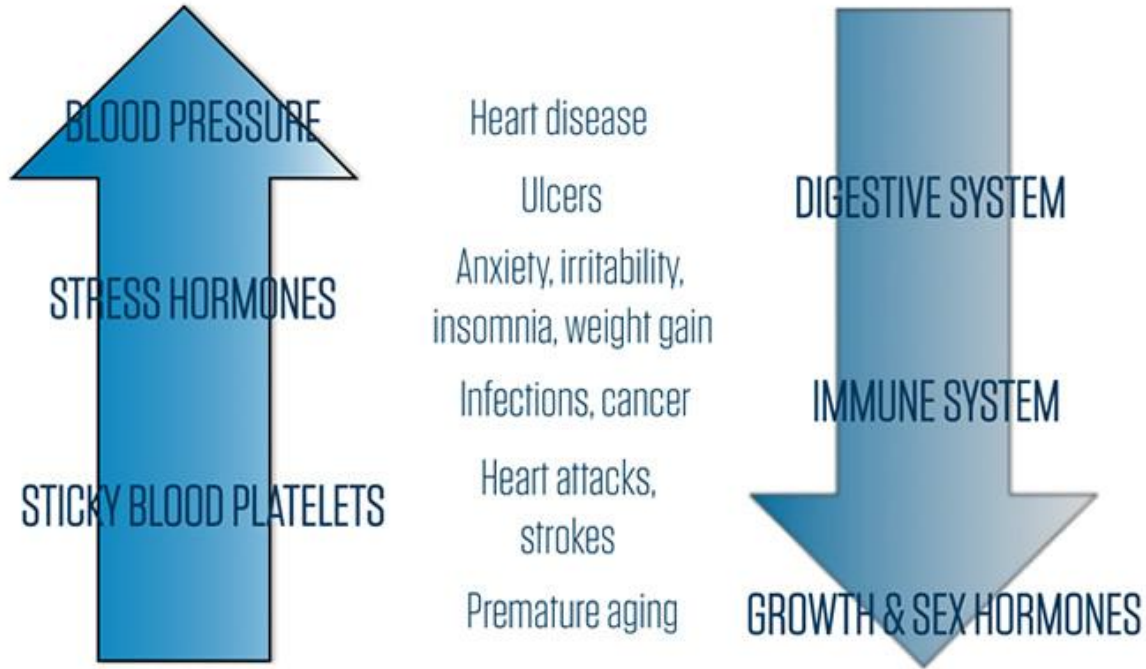
Rest and Digest  
→ Safety

# Regulation

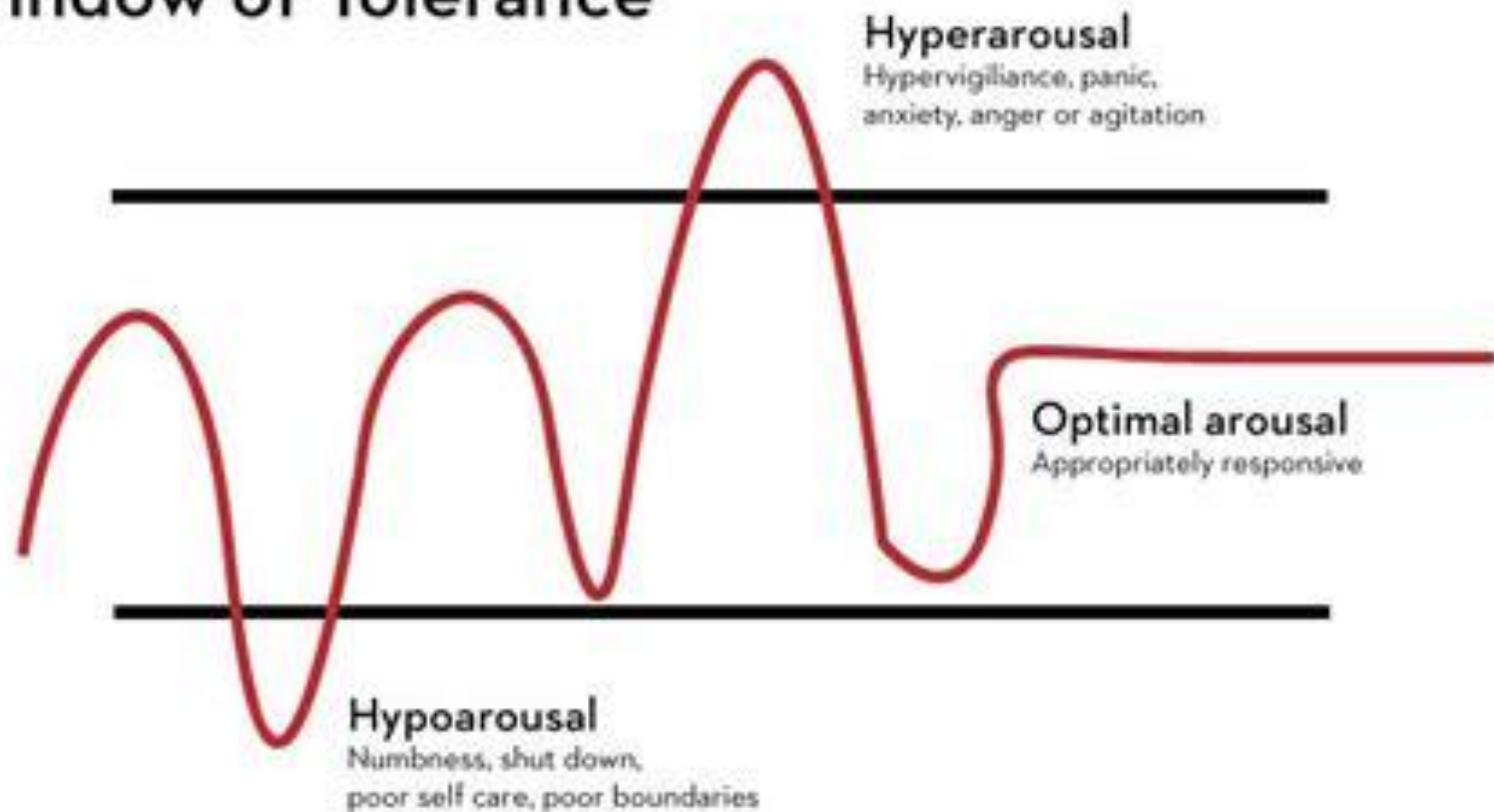
- Initiates to bring the nervous system back to baseline once it senses we are safe (and we can help it)
- Supports rest, digestion, recovery, healing
- **How you know... slower heart rate, breathing normalizes, digestion returns, relaxation.**
- If the process of returning to rest and recovery is interrupted or incomplete, as in chronic stress, we become depleted on an emotional, mental, and physical level.



# THE IMPACT OF CHRONIC FIGHT OR FLIGHT



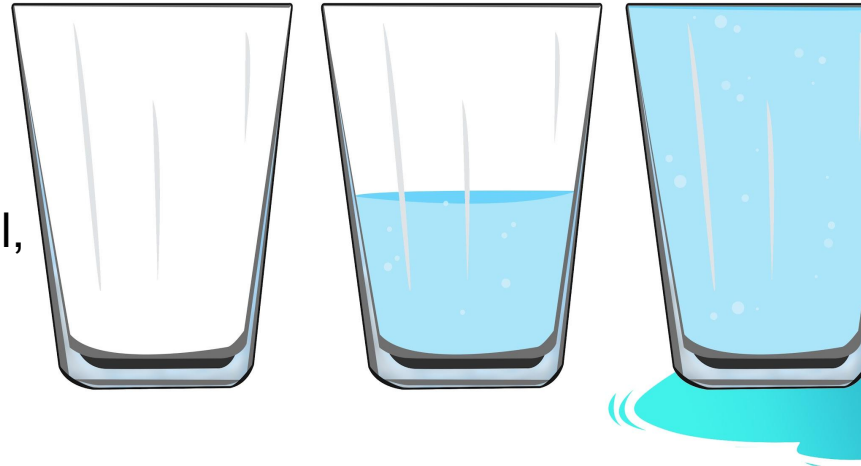
# Window of Tolerance



## A Dysregulated nervous system...


The inability to self regulate - an overflowing container...symptoms may include:

- insomnia, asthma, allergies, migraines, chronic pain, fatigue, GI issues TMJ, endocrine and hormone imbalance, frequent illness
- inability to feel calm, inability to feel joy, **lack of humor**, low energy, **lack of focus**, irritability
- impact on quality of life including withdrawal, **Shrinking**, unable to try new things, loss of creativity



# Burnout: A Potential Danger for Success





We are designed to be  
able to experience  
overwhelm, to respond,  
and to recover.

# Find and know your baseline

This is your calm, confident, grounded, centered, alert, and open.

This is where you are the most resourced, the most resilient, and have the best opportunity for communication, creativity, health, empathy, awareness, and choice.





# Track sensation

Be a witness to your physical sensations

- Breath
- Heart rate
- Feeling grounded in the body
- Relaxed in the belly
- Released tension
- The calmest or most relaxed part of your body

The brain responds to where you tell it to focus.



# Pattern Interrupt your Neo-Cortex regularly

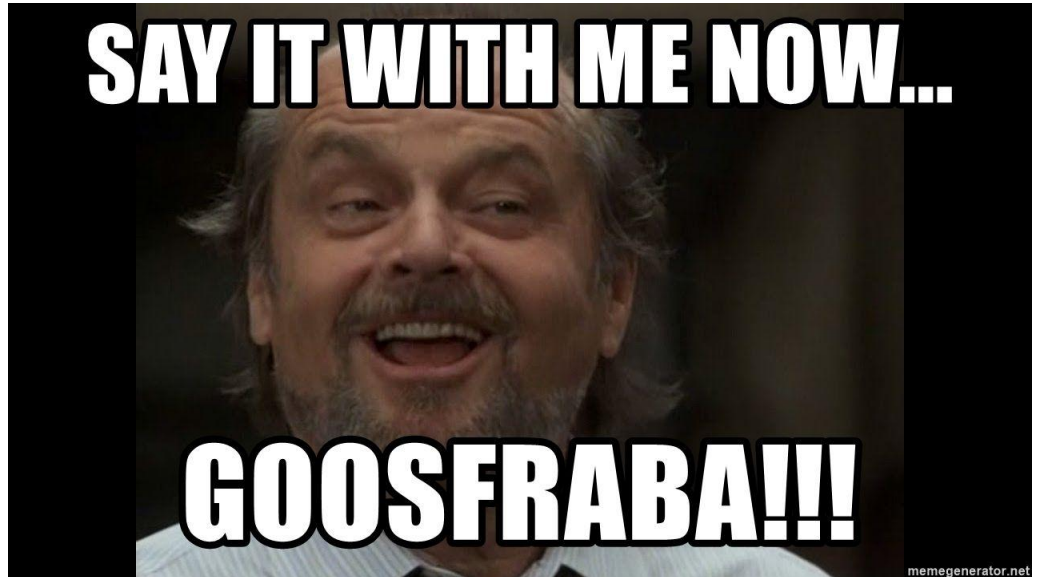
- Don't believe everything you think
- Be flexible with your perceptions - adapt
- Be strategic with what history you bring forward into your mind and your conversation... what you WANT to light up and wire into your brain... not 'this is just how I am'.



# Keep your Limbic system chill

Don't act on every feeling.

Your emotions are reactive to both the top and bottom parts of the brain, they're highly subjective, easily manipulated and manipulative, and need sifting before we can self-validate them.



# Add new programming to your operating system

Remember that 95% of what your behavior, thoughts, and emotions are in this moment are old programming.

Bring the experience of this time and place and this new knowledge into awareness to gain another percentage.





## Tips for Time

Use the **past** (memory) only for searching for resources - positive memories, victories, confident moments

Use the **present** for gratitude and to integrate your baseline state.

Use the **future** (imagination) to write the story of your wins and self motivate.

You get the most from THIS MOMENT when you encourage the best state for the experience.

You aren't changing reality - you're changing your **perception** of it to support your nervous system.

## Calibrating your nervous system

What state are you in right now?

What state do you need to be in?

What state are other people in?

When you set your baseline and start to move your own state up and down, you naturally start increasing awareness of other people and their state and can calibrate for best outcomes at work and at home.



# When you need more...

## *The Alter Ego*

If you can't find the state, if you don't yet have the skills... mirror the state of someone or something else that does.

How would they do it, what energy would they come with, how would they reach the goal?

This allows you to borrow a state until it becomes part of your skillset.



# When you're in really deep shit...

The Fast Forward...

When this is all over, how do I want to talk about how I got through this time that will make me proud of myself?

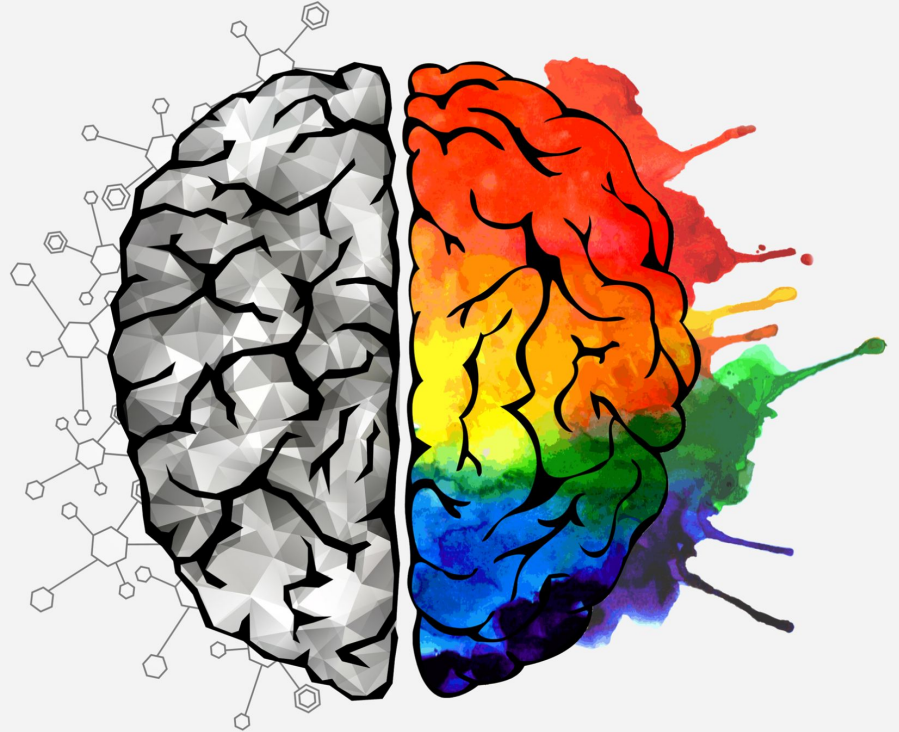
Create an optimal ending that the brain can look forward to.





# We change our brain with...

1. Experience  
(Actual or Imaginary)
2. Tracking your biology
3. Repetition (Purposeful practice)



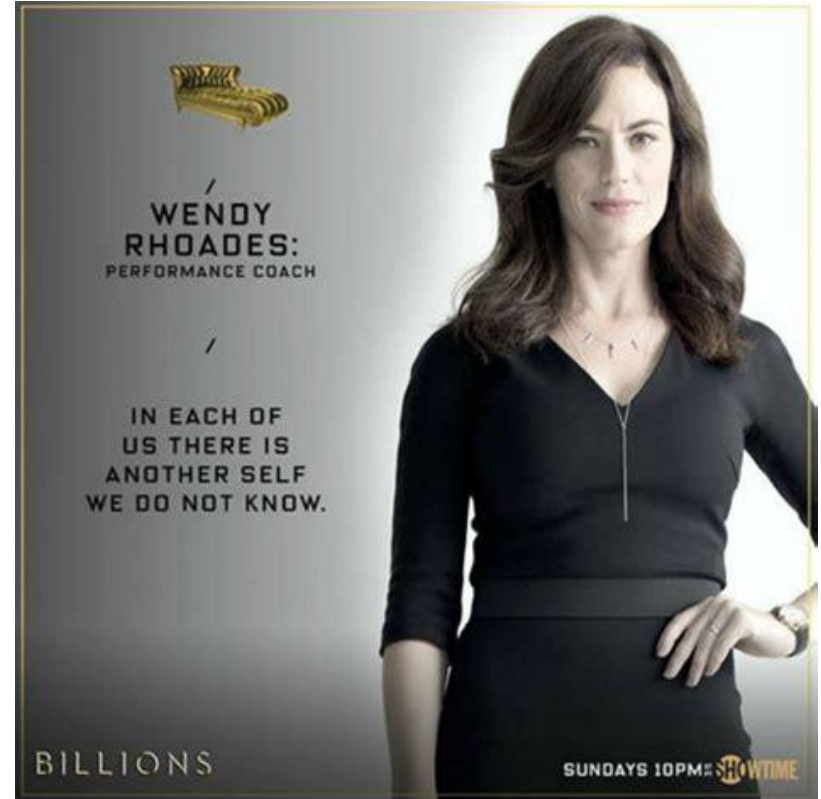
# Supportive Practices

- Lifestyle non-negotiables (an inflamed body is an inflamed brain)
- Humor and play
- Imagination (Instant self medication)
- Celebration (history of victories, giving the brain something to look forward to)
- Being a beginner (new uncomfortable things)
- Community - find regulated people to be around



You only get one brain- so far - in this lifetime... and you know now that it's changeable and controllable.

Do the training to get the most out of the one you have to get the most of your life and relationships and business.



“Working with Tara to regulate my nervous system prior to high stakes meetings, deals, presentations and pitches resulted in our company’s best revenue to date.

We get **top line revenue by 23%** and this was directly a result of my performance peaking in front of clients, partners, investors, and especially my own internal team.  
**We are a 5MM+ company now because of this.**

If you’re not working on your nervous system and biology to get a competitive edge in business, then you’re going to get beat by somebody else who is, no matter how smart or talented you think you are.

Your performance will only elevate to the level your nervous system allows, and Tara is the top professional in the world for regulating and leveling up the nervous system of leaders in business.”

Isaiah Hankel, PhD  
Founder, CEO, of Cheeky Scientist Enterprises

“I'm delighted to share my testimonial about the impact Tara had on our leadership team. Under her expert guidance, **we experienced a transformative journey that propelled us toward greater success and harmony.**

Tara's keen insights and discerning approach enabled us to **identify team members who had untapped potential and areas for improvement.** Through her guidance, we were able to nurture their development, fostering a culture of continuous growth, improvement, and capacities within our team. Her ability to provide constructive feedback was instrumental in challenging individuals to unlock their potential and focus on alignment.

Furthermore, Tara astutely recognized those team members who were most receptive to coaching, allowing them to be more effective. By focusing our coaching efforts on those who could benefit the most, we **maximized the impact of our initiatives and witnessed substantial growth within our team.**

One of her standout achievements was to skillfully identify and address the sources of tension that existed among different team members, creating an atmosphere of collaboration, trust, and mutual respect. This improved our team's ability to work together.

Overall, Tara's expertise and dedication to our team's success were impressive. She not only helped us identify and develop individual talents but also fostered an environment of trust that continues to help our team. I totally recommend Tara as a coach to help teams develop and work together.

Andy Beery, Founder and CEO, Acculevel



**Brain Coach**  
Elite Performance Coaching

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<http://braincoach.co>

# The myth buster of resilience...

Our conscious mind is the last to get the information so when we talk about our stress or focus on our emotions, we're missing the root cause.

Our nervous system health and resiliency is built from our primal brain / reptilian brain through our nervous system.

