

The Tuesday 3-14-23 discussion included and more:

- The heart rate variability in teenagers is new information for us
- Discussion of issues that may create anxiety, headaches and stomach aches
- Discussion of our approach with teenagers
 - Meet them where they are at
 - Start talking about their day to get to know them
 - How physically aware of their own sensations are they
 - Notice the amount of pressure they put on themselves
 - Gain trust with them
- When do we discuss about their physiology and hormonal health?
 - When referred by a physician
 - The affect on SI joints due to laxity of ligament during a girl's cycle
 - As part of an intake interview
- Importance of creating a sense of openness, honesty, curiosity, safety, and building. Trust to talk about anything.
- Variety of options in phrasing questions and conversation with the teenager
- The importance of having unconditional love for oneself before you offer it to a client
- Discussion of different approaches on flexibility versus areas of spasm
 - The importance of the respiratory diaphragm,
 - It is the place of the "I am"
 - Self doubt – are they open to seeing that in themselves or are they shut down to it?
- What we notice and what to consider when treating anxiety in teenagers
 - Vagus nerve
 - Respiratory diaphragm
 - To settle down the body by balancing sympathetic and parasympathetic tone.
 - It allows a teenager to pull out of a stressful situation for a bit.
 - Their inner balance needs to come back and be settled, to make it easier to find their inner resources
 - Discussion of home programming ideas.
 - Use of affirmations,
 - Still point inducer
 - Breathing techniques
 - Discussion of supplements
 - Recommended Apps - Nerva, Happy Inside, Calm, Heartmath

The Thursday 3-16-23 discussion included and more:

- Our favorite takeaways:
 - Discussion on how we understand, 'Teenagers are in the present moment'.
 - Girls maturing earlier
 - Anxiety and grounding
 - Heartmath theory – the greater the heart rate variability, the better an individual can adapt to situations and the environment
- Techniques for teenagers
 - Just start talking, listen, and follow the significance detector as to where to lead the conversation
 - Give control to the teenager
 - Give education about how body pain can be related to hormones
 - It's OK to listen to one's body and it's messages, i.e. pain
 - Discussing issues about the physical bodies of teenagers
 - The majority have not acquired so many layers of restrictions or inflammation, as adults have
 - Evaluate leg length discrepancy
 - There are developmental stages with every stage of childhood
 - Respiratory diaphragm issues
 - Breathing patterns – our first tool to live
- Anxiety – our discussion on its origin and how to address it
 - Is it a balancing tool?
 - It is more of what shows up, a sequela
 - When a teenager needs love or trust, and cannot find it with the primary people in their life
 - It can be situational from the family
 - STRUCTURE!!!
 - Spiritually – brainwave patterning, and one's energetic, conscious, or unconscious, perception of energy; Bruce Lipton theory
 - Belonging to a group
 - Explanation of a hands-on technique to treat the vagus nerve
 - Fight or flight – the sympathetics are so stimulated the body cannot auto regulate
- Nice dialogue technique is to bring to the teenagers attention, both sides of their struggle and appreciating the transition
- Be the teenagers' cheerleader
- Introduce the concept that everyone has an inner child and it's a part of them.

