

DOWNLOAD PDF NERVOUS SYSTEM, OR, LOSING MY MIND IN LITERATURE

Chapter 1 : Books similar to Nervous System: Or, Losing My Mind in Literature

Within the literature of madness, there has never been a memoir as wrenching and mordantly humorous as Jensen's. Terrifying yet tender, darkly humorous and deeply moving, Nervous System is a tale of literary madness like no other.

Common signs and symptoms of a nervous- or mental breakdown Category: Maybe life has just thrown too much at you, either repeated seemingly insurmountable problems or a major life event that changed your future forever. You may even find it difficult to concentrate on this page tip: Keen to avoid stuff you felt was stress-inducing More focused on- or obsessed about- things you could control, e. Periods of time that you felt completely overwhelmed happened more often. You were slowly getting physically and emotionally worn out, already showing symptoms of a nervous breakdown long before this crisis. A nervous breakdown is so much worse than being uncomfortable! However, you have no choice but the make changes, and yes - it absolutely offers the hope and potential for growth. Even though it may take you some time to realise that Do you recognise these symptoms of a nervous- or mental breakdown? So, let me explain Irregular heartbeat You can feel your heart pounding. Clammy hands and armpits Your body works hard to cool you down. Diarrhoea, frequently needing to urinate and nausea or vomiting are normal under the circumstances. Exhaustion All your energy is being used trying to manage or even just cope with this crisis - physically and mentally. Existing health issues appear magnified. The prolonged extreme stress is undermining your immuun system. Tension headaches No wonder with tight muscles, constant worry, stress and anxiety. Sleep problems From not being able to fall asleep to frequently waking up and not being able to go back to sleep due to racing thoughts, general restlessness, irregular heartbeat and constant worry. Your hormone system is completely out of balance. Inability to concentrate You seem unable even to read and comprehend the headlines. Depression This is almost a given when your life seems to be unravelling Is everything getting on your nerves? You are not alone! Other signs of a nervous breakdown Do you recognise the following? Thanks again for sharing your knowledge and kindness! No need to be embarrassed - I understand. Feeling manic Or laughing uncontrollably, feeling on top of the world and able to do or achieve anything you like less common - needing urgent medical advice! Feeling suicidal It may all feel too much to bear. You will need urgent medical attention! There are many nonverbal indicators of a person who is on the edge of a nervous breakdown. Please, rate this article I really hope this article is of help to you. Thank you so much in anticipation.

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Chapter 2 : Search by Title: Diseases Of The Nervous System And Sense Organs Quizlet | ebookscom

Jan Lars Jensen noticed that when his writing was going well, it felt as if something came unhinged in his mind. The rush of ideas and language felt like losing, wilfully, a little mental stability.

Find articles by Sunil K. Deshmukh Marg, Mumbai, This article has been cited by other articles in PMC. Abstract Treatment of diseases of the brain by drugs or surgery necessitates an understanding of its structure and functions. The philosophical neurosurgeon soon encounters difficulties when localising the abstract concepts of mind and soul within the tangible gram organ containing billion neurones. Hippocrates had focused attention on the brain as the seat of the mind. Experiences gained from accidental injuries Phineas Gage or temporal lobe resection William Beecher Scoville ; studies on how we see and hear and more recent data from functional magnetic resonance studies have made us aware of the extensive network of neurones in the cerebral hemispheres that subservise the functions of the mind. The soul or atman, credited with the ability to enliven the body, was located by ancient anatomists and philosophers in the lungs or heart, in the pineal gland Descartes , and generally in the brain. When the deeper parts of the brain came within the reach of neurosurgeons, the brainstem proved exceptionally delicate and vulnerable. If there be a soul in each of us, surely, it is enshrined here. Brain, Brainstem, Mind, Soul, Neurology, Neurosurgery, Philosophy Introduction Millennia ago, we embarked on a quest for knowledge of the wonderful structure of man. The organ that puzzled earlier observers most was the human brain. Despite our many explorations, we remained in awe of this organ. We are now aware of nerve cells, their connections and their modes of communication amongst themselves and with a variety of other structures. Injury to, and disease in, the brain often provides crucial insights on the role of its different parts. A dramatic example is the injury suffered by American railway foreman, Phineas Gage in Before his accident, Gage was liked by friends and acquaintances who considered him to be honest, trustworthy, hard working and dependable. A freak accident caused a metal tamping rod to enter under his left zygomatic arch and exit through the top of his skull Barker, The accident left him with little if any intellectual impairment but after the accident, Gage became vulgar, irresponsible, capricious and prone to profanity. The company that had previously regarded him as the most efficient and capable of their employees dismissed him from his job. His change in character after the accident made this the index case for personality change due to frontal lobe damage. Subsequent studies See, for example, Blumer and Benson, have shown a wide spectrum of abnormal behaviour compulsive and explosive actions, lack of inhibition, unwarranted maniacal suspicion and alcohol and drug abuse after injuries to and disease in the frontal or temporal lobes and their pathways to the deeper regions of the brain. Similar abnormalities also follow chemical derangements in the brain. Modern marvels such as computerised tomography and magnetic resonance imaging of the nervous system have provided significant additional data. Functional magnetic resonance imaging now allows us to further localise function within the structure of the brain and correlate abnormalities of its structure and function. Even so, two entities remain enigmatic: Where are they located? Do they lie within the brain? Since neurophysicians treat patients with a wide variety of abnormalities of the brain and neurosurgeons lay bare the brain and often work in its interior, can they provide insights? Neurologists and neurosurgeons rank high among scientists participating in philosophical debates about what might extend beyond the physical world. They are constantly dealing with patients who have fallen into the deep hole of unconsciousness. In their attempts at restoring normalcy to bodies and minds, they also grapple with life and death. Inevitably, they ponder spirituality and the dominion of the soul. The Mind We are embodied spirits and inspired bodies, or, if you will, embodied minds and minded bodies. The term is often used to refer, by implication, to the thought processes of reason. This changed with the works of Hippocrates ca. On the sacred disease. In his book De anima On the soul , Aristotle BCâ€™ BC felt that man is born with a blank slate tabula rasa on which experiences and perceptions are written to form the mind. Although tabula rasa is a concept traditionally attributed to Locke, Aristotle first referred to it. What it thinks must be in it just

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as characters may be said to be on a writing tablet on which as yet nothing actually stands written: Jean Fernel " treated mind and brain together in his Physiology. He felt that the brain refined the animal spirits. Purged of all corporeal dross, they became concepts, finally even universal concepts and the ideas of the moral values Sherrington, He acknowledged the problems encountered in attempting to restrict the mind to the brain. Pinker has recently discussed the role of nature vs nurture in the development of the mind. Dismissing the concept of the blank slate, Pinker wrote: Locke recognized this problem and alluded to something called the understanding, which looked at the inscriptions on the white paper and carried out the recognizing, reflecting, and associating. Neurosurgeons attempt restoration of the internal structure of the brain to normalcy or correct disordered function in select areas by such modes as deep brain stimulation or ablation. Some operations are performed on patients who are awake. Observations on patients provided clues to the functions of the mind in relation to the structure of the brain. When a patch of brain tissue dies, a part of the mind can disappear: Neuroscientists can knock a gene out of a mouse a gene also found in humans and prevent the mouse from learning, or insert extra copies and make the mouse learn faster. Studies on patients who have suffered brain injury such as Phineas Gage have also provided interesting clues on the mind in relationship to the brain. We now know that damaged frontal lobes can no longer exert inhibitory influences on the limbic system with consequent aggressive acts. The relation between the amount of grey matter in the frontal lobes and intelligence; the inferior parietal lobules and spatial reasoning and intuitions on numbers as in Albert Einstein and the third interstitial nucleus in the anterior thalamus and homosexuality Pinker, are a few more examples of specific areas of the brain linked to characteristics attributed to the mind. Paul Broca showed that damage to the area subsequently named after him in the dominant cerebrum results in an inability to talk. Subsequent studies showed several other areas within the cerebrum that govern other aspects of speech. Bilateral frontal lobotomy and subsequent more sophisticated variants such as stereotaxic amygdalotomies or cingulotomies reduce an aggressive, maniacal individual to docility Heller et al. Wilder Penfield " , Canadian neurosurgeon, was known for his groundbreaking work on epilepsy. He operated on patients with intractable epilepsy using local anaesthesia, ensuring that they remained awake throughout the operation. He stimulated areas of the brain surface in these patients in order to demarcate the part producing epilepsy. In many patients, electrical stimulation of certain areas of the brain triggered vivid memories of past events. One patient, while on an operating table in Montreal, Canada, remembered laughing with cousins on a farm in South Africa. It brings psychological phenomena into the field of physiology. It should have profound significance also in the field of psychology provided we can interpret the facts properly. We have to explain how it comes about that when an electrode producing, for example, 60 electrical impulses per second is applied steadily to the cortex it can cause a ganglionic complex to recreate a steadily unfolding phenomenon, a psychological phenomenon. But the mechanism seems to have recorded much more than the simple event. When activated, it may reproduce the emotions which attended the original experience. On 1 September , Dr. William Beecher Scoville performed bilateral mesial temporal lobe resections on a patient known as H. The inadvertent severe damage to the important limbic structures resulted in permanent loss of memory in this patient Scoville, But, he could remember almost nothing after that. Damage to discrete areas within the brain can thus produce a variety of disorders of the mind. In his Nobel Lecture, Sperry described the implications on concepts of the mind of the observations made after splitting the corpus callosum Sperry, Myers, showed that the cat with divided corpus callosum now had two minds either of which was capable of learning on its own, and of responding intelligently to changes in the world around it on its own. Subsequent experiments with rats, monkeys and later with human epileptic patients gave similar results. Psychological tests showed that both John Does had remarkably similar personalities. Except for language ability, they were about as much alike as identical twins. Their attitudes and opinions seemed to be the same; their perceptions of the world were the same; and they woke up and went to sleep at almost the same times. There were differences however. John Doe Left could express himself in language and was somewhat more logical and better at [planning]. John Doe Right tended to be somewhat more aggressive, impulsive, emotional - and frequently expressed frustration with what

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was going on. Such experiments led Sperry, Ornstein and others to conclude that each of the separated hemispheres has its own private sensations, perceptions, thoughts, feelings and memories, in short, that they constitute two separate minds, two separate spheres of consciousness Gross, In addition to structure, we must consider the chemical processes within the brain. The effects of caffeine, alcohol, marihuana and opium on the brain and mind are common knowledge. Chemicals within the nervous system, such as adrenaline, serotonin, dopamine, the endorphins and encephalins, enable and modify the many functions of brain and mind and body we take for granted. Craig quotes the statement made by Steven Johnson:

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Chapter 3 : [PDF] Nervous System Or Losing My Mind In Literature By Jan Lars Jensen - calendrierdelasci

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Woman on a mission! Author of The Resiliency rEvolution. CEO, mom, wife, part time aerial circus freak. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. Stress is affecting your brain much more than you think. Hormones released in response to stress not only affect brain function, they also change the physical structure of your brain. The stress hormone cortisol can kill, shrink, and stop the generation of new neurons in a portion of the brain called the hippocampus. Chronic stress can also shrink the medial prefrontal cortex. Stress also has the ability to affect stem cells, inhibiting access to the prefrontal cortex, where we plan complex cognitive behavior and moderate social interaction. The result is a brain that is less capable of learning and memory, and more prone to anxiety and depression. To make matters worse, these same stress hormones can increase the size and activity of a portion of the brain called the amygdala. It pairs an event with a feeling, and this connection is stored away in our long-term memory so we can either avoid the event or seek it out in the future. The changes cortisol creates increase negative emotions such as fear, anxiety, and aggression. These brain alterations can have significant consequences on the way we interact with others, our ability to learn, remember, make decisions and accomplish long-term goals. They also make it more difficult to successfully manage stressful situations in the future, leading to a vicious cycle. Exercise can help build a stress-resistant brain in addition to increasing cognitive function and brain size. Exercise helps spur the release of a substance called brain-derived neurotrophic factor BDNF , which helps in the development of healthy brain tissue and reverses the negative effects of stress. It keeps existing neurons vital and healthy and also encourages the growth of new ones. The more we exercise, the more BDNF we create, and the more neurons are generated, particularly in the hippocampus. Exercise also releases human growth hormone HGH , which is vital to the growth and development of all brain and body cells. HGH counteracts the natural cellular atrophy of aging and pumps up brain volume. A recent analysis of 10 studies found that five-minute doses of exercise have the biggest effect on enhancing mood and combating stress. A Convergence of Mechanisms. Little, Brown and Company.

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Chapter 4 : Read Nervous System: Or Losing My Mind in Literature Ebook Free - Video Dailymotion

Nervous System MCWDN Nervous System The nervous system is an organ system in charge of sending messages to and from the brain and spinal cord to and from all parts of the body. Nervous System Structure Function GetBodySmart Nervous System An online study guide to learn about the structure and function of the nervous system using interactive.

Your reptilian brain This was the first part of your brain to evolve. Can it kill me or will I kill it? Although it can get you into trouble in terms of anxiety, it is a very useful instinct to have. If you are in danger, your brain reacts instantly, rather than relying on the slower, more intelligent part of your brain, where you would have to stop and think what to do. There is not time to weigh up all your options and decide the appropriate course of action if you have just stepped out in front of a bus. This part of your brain is always on guard for you, even though you are not aware of it. Everywhere you go, it keeps an eye on potential danger. It regulates things that you do not have to even think about, like your heart rate, and the fight or flight response. In order to recover from anxiety, that occurs for no reason, you have to learn to calm down your instinctual reactions. What does it feel like? To give you an idea of what this part of your brain can do, think of maybe having a really scary dream. You react to the movie as if it were real. Your reactions to the scary movie in terms of physical sensations, are down to the primitive part of your brain. If you avoid scary movies in the future or think about the movie later, in the cold light of day, and still feel some fear, this is to do with other parts of your brain taking over and I shall talk about this now in terms of your mammalian brain. Important Points to note Your reptilian brain reacts to dangers, that are not really there. Your imagined dangers, your worries. But when this interacts with your mammalian brain, this 2nd part of the brain can start to attach emotions. It remembers your fear. The following is a copy of a webinar, even though the webinar was on panic attacks, and I would recommend watching it to answer some questions about anxiety. My online anxiety course I refer to in the video can be found here Your mammalian brain Here, you can find your emotional responses. Like the reptilian brain, these emotional responses occur without any effort on your part, outside of your control. This can help to explain why you feel anxious for no reason, giving for example a presentation, driving your car, or just out with friends. If you want to recover from anxiety, you need to know about your mammalian brain. Your mammalian brain includes the amygdala, which is fundamental to understanding and treating anxiety. The amygdala is left out of many treatment models. Your mammalian brain can do quite a bit more, in that it has emotions. Not only that, it can attach feelings to what has happened. For example, say you had a bad time with your boss and had difficulty getting through a presentation at work. Your mammalian brain can attach the feeling maybe embarrassment, stress, anger or panic to the event; your boss and the presentation. It can do more than that, it can form emotional memories. Now when you recall your boss or the presentation and are telling people about your bad experience, you can feel it too. If that occurs again and again, your brain is very quick to learn, and the next time you give a presentation in front of your boss, images and feelings, drawn from your emotional memory, are there for you. All of this happens outside of your awareness. It occurs unconsciously, automatically. Think of it this way, your digestive system is doing something right now, out of your awareness with no conscious effort on your part. You know it is working, as you can digest food and visit the bathroom. Your emotional memory, amygdala and mammalian brain is sort of like that, it can do things, without you being aware of it. It can trigger fear. You will know that your reptilian brain produces the fight or flight response. If this is currently happening to you, it is just your brain. Your mammalian brain is non verbal, it speaks to you by releasing chemicals. In order to fully recover from anxiety, you need to know what your brain does with this. How it learns, and that is more to do with your rational, intelligent brain. Your thinking brain This is what sets humans apart; intelligence. Unfortunately, it is also responsible for a large amount of unnecessary suffering, depending on how you use your brain. If you think a lot, plan for the worst case scenario. Or you might get stuck in certain thought patterns. Maybe you keep going over situations that have occurred in the past, or that might occur in the future, you need to look here. You need to Retrain Your Brain

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to encourage a different style of learning, and to decrease the things that are keeping you anxious. Your thinking brain This is the brain that most of you will associate as being your own mind or your brain. Your thinking brain is conscious. That said, you would think that it is under your control, but for many of you, it can feel that it has a mind of its own. I am going back to the example I used when I was telling you about your mammalian brain “ where you got anxious during a presentation with your boss. If you immediately forgot about the presentation, everything is well and good in your world. But this is not the normal response for your thinking brain. Your thinking brain is intelligent, much more so than your reptilian which is instinctual, gets you ready to fight your boss , and your mammalian which stores your bad feelings with the memory of your boss and the presentation. Your thinking brain searches for meaning. It will desperately try to make sense of what happened at the presentation and fuel your thought processes to look for answers. Was I nervous before I went in? Would you like my help? Anxiety Masterclass I have an online course that is available to start now Your 3 brains in action Your thinking brain, rather than being in control, can feel like it is at the mercy of your reptilian and mammalian brain, as it cannot rationalise what has happened. You are not aware of it, but you are forming a habit in your brain as your brain assembles all of this information together. You are, in fact, forming a neural pathway a network in your brain connecting all of these things together. Unfortunately, it is an anxiety based learning that is forming in your brain. Count from one to ten in your head while you are reading what I am writing. You will struggle more if I tell you to stop reading, count to ten in your head, and recite the alphabet backwards at the same time. Could you do it? Your brain cannot actively process and give your full attention to more than one thing at a time. You will of course, be able to do more than one thing at a time, we all multi-task. To be able to do this, your brain has to learn how to make most of the things that you do, automatic. Due to the nature of these automatic processes, you will be repeating them all the time. Your brain and automatic processes When you paid attention to spelling and reading in school, with practice, it became real “ you are reading this page. Not only can you read it without trying, you can also understand it. You can think of these pathways as building blocks. The building blocks for reading this page started when you were 4 or 5 years old. Practicing reading built up and strengthened the building blocks until now you can read this page with no difficulty. Everything to do with reading, spelling and understanding is stored in your brain The more you practiced, the stronger the association became, until your practice paid off; reading became automatic. It is the same with anxiety; everything to do with anxiety will have its own neural pathways building blocks in your brain. It is not the anxiety that is the problem, but how you habitually think, and how you habitually react, that creates problems in your life. In order to reverse this, you can Retrain Your Brain Would you like my help? Anxiety Masterclass I have an online course that is available to start now What are you teaching your brain? Your habitual thoughts and reactions may have taught your brain to be anxious. Once taught, these habitual thoughts and reactions make sure that you stay anxious. Are your thoughts helpful to you or are your thoughts harmful to you? If you discover you are your own cheerleader, you can stop reading. If you are like the rest of us myself included , you may well have found that your thoughts do not help you out all the time For example: You are late for work and it will take you one hour to get there. These thoughts are related to how you respond to what is actually happening: Unfortunately they may be part of a well-trodden path in your brain, sort of like a script, or a switch that turns on, giving you: Negative self talk; Feelings of anxiety or anger; Worry about what will happen. They do what they have been trained to do, what has been drilled to become automatic. They have a well-trodden automatic path that allows them to respond without thinking. Your anxiety has become a well-trodden path, always available to you in certain or maybe all situations. The course I refer to in the video can be found here You were not born anxious. Things had to be repeated or practiced in order for you to feel anxiety when it is not necessary. You certainly did not do this on purpose. Your brain is primed to pay more attention to negative experiences rather than positive ones, as the negative ones may harm you. As I said before, it is not the anxiety that is the problem but how you think about it and how you respond to it. If in the above example, you worry about being late, and feel stressed, anxious or angry at being stuck in traffic, your brain is alert to this negative situation.

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Chapter 5 : Brain Fog? Losing my mind? - Brain & Nervous System Disorders Message Board - HealthBoa

Get this from a library! Nervous system, or, Losing my mind in literature. [Jan Lars Jensen] -- "Jans Lars Jensen was a quiet librarian who struck gold when he sold his first novel - a dystopian tale set in a future India - to a publisher.

Chapter 6 : Nervous System: Or, Losing My Mind in Literature by Jan Lars Jensen

Nervous System's form more closely resembles commercial fiction than literary or academic memoir. No time is lost with retrospective musings on the origin or meaning of events; instead, Jensen gets on with the story.

Chapter 7 : How Stress Is Making You Lose Your Mind | HuffPost Life

Opening on the second night of his stay in a psychiatric ward, this work is a sometimes surreal, sometimes funny, often sad, and frankly scary trip through the experience of "losing one's mind." It is the story of a nervous breakdown and the road to recovery, notable for its literariness-the author is a librarian from Calgary, Alberta, and.

Chapter 8 : Leg exercise is critical to brain and nervous system health

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Chapter 9 : Search by Title: Diseases Of The Nervous System And Sense Organs Quizlet | ebookscom

This is a memoir in the vein of Plath's "Bell Jar". A few months after selling his first book to a major publisher, Jan Lars Jensen woke in a psychiatric ward, only to find that the ideas that had inspired his fiction now roamed through his waking nightmares.