The Impact of Scarcity

The Selfless Art of Self-Care

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The Selfless Art of Self-Care

Productivity
Empathy
Compassion

All Scarcity is not created equal!
**Scarcity** limits our capacity for awesome!

Critical & Beneficial
What is scarcity mindset?

Scarcity Mindset

- When our brain & body perceive something missing (scarce) we behave differently.
  - Tunnel vision
  - Perseverate (obsess)
  - Low bandwidth (less productive)
  - Emotional (irrational)

How does scarcity affect us?

Neurobiology of Scarcity – Brain Hierarchy & State Dependent Functions
Survival Brain vs. Innovative Brain

Old

Brainstem, Midbrain, Amygdala
Strong – experienced

New

Neocortex - PFC
Weak – too new

- Autonomic problem solver
- Involuntary
- Impulsive & reflexive
- Habits & rewards

- Logical problem solver
- Voluntary & intentional
- Logical & reasonable
- “Rational voice,” will power

Scarcity & Brain Hierarchy

Survival Brain       vs.     Innovative Brain

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How do we engage all three?

HALT, Soothe/calm  Relate/Connect  Reason/Teach

Scarcity Affects State Dependent Functions

Functional IQ  Memory  Behaviors

Why does scarcity affect brain functions?
Survive & Evolve
Survival/Habit Brain

- Habit driven (minimize distress)
- Initially ↑ memory (short cut)
- Moves “experience” into “muscle memory”
- Free up memory for new learning

Scarcity & Incoming Sensory Information

SAFE
- Social engagement
- Social bonding (Oxytocin Flood)

Danger
- Fight/Flight
- Freeze, Appease (Seeks Dopamine)

Life Threat
- Shut Down
- Faint
- Tonic Immobility

Scarcity, Stress & Habit Loops (RBL)
What can we do to facilitate healing and growth?

Pitfalls, Habit Loops, Cues & Reminders

Traditional Strategies - Willpower

**WILLPOWER**

- Stress overrides willpower
- PFC powers down
- Stress lowered, **GUILT** kicks in
  - NO GUILT, PFC is “offline”
  - Stressor is still there

Traditional Strategies - Substitutions

- Craving for X, sub in Y
- Craving, trigger, cause is still there
- Habit loop is **INTACT**
- May go back to “X”
Traditional Strategies - Avoidance

- Requires planning & resources
- Keep “temptation” away
- Requires routine
- Can be socially isolating

Identify Habits & Barriers

A. What is the trigger/cause?
B. What is my response (behavior)?
C. What is the reward?
   How strong is it?

Identify, Relate, Connect – Framework

- Help identify the cause “what’s missing” (scarcity), identify the barriers
- Eliminate or minimize barriers
- Connect with resources:
  - Food/Water
  - Safe Shelter/Housing
  - Healthy Relationships (recovery coaches)
  - Sense of Purpose – Motivation to live by good values
Empower Yourself & Others

• Reduce GUILT (neurobiology of scarcity)
• Create healthy habit loops
• Build healthy muscle memory
• Create pathways to our PFC
• Facilitate capacity for AWESOME

References

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