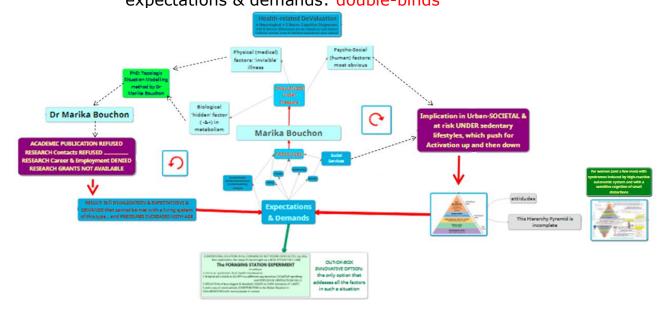
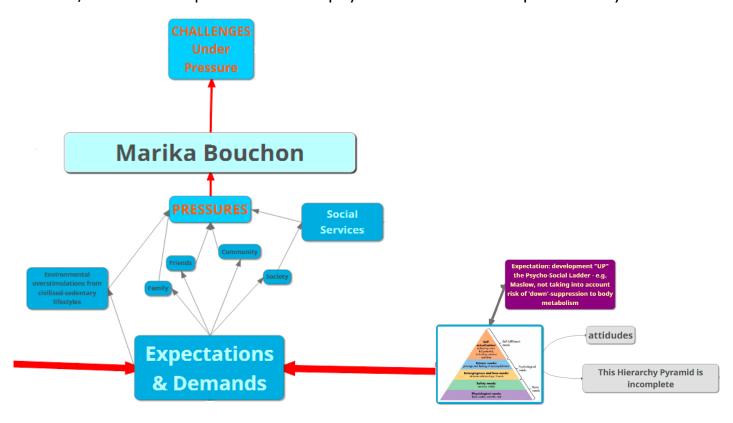
Extracts of Mind Map: Obstacles to Females

Dr M. Bouchon 2022

Collapsed Map: vicious circles both physical and social: expectations & demands: double-binds

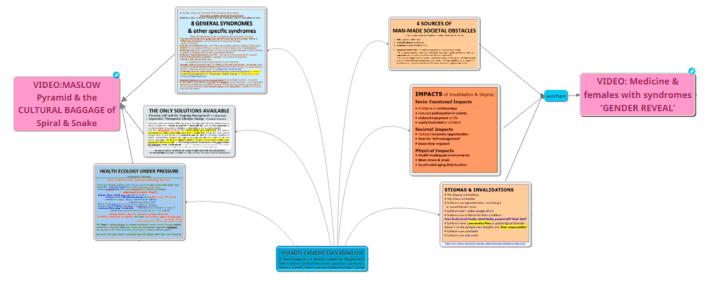


Factors known in social sciences + Pressures of expectations & demands Maslow, 'self'-development and the psycho-social ladder up-hierarchy



The overall pressure to be what is expected and Not-Be-As-I-Am (e.g. intensely reactive and subject to physiological syndromes) causes challenges in all aspects of life, which reinforce the pressure to activate survival mechanisms that already initiate syndromes - vicious circles. This makes it even harder to meet the demands (designed for people without syndromes or high-reactivity), and re-triggers autonomic effort, up to spiraling out of hand.

Health related DeValuation: biases & attitudes Invalidation of driven women with physiologic syndromes Flaring () Crashing



No Place (geographic & in society) in 'The World' of people deemed 'fully human'

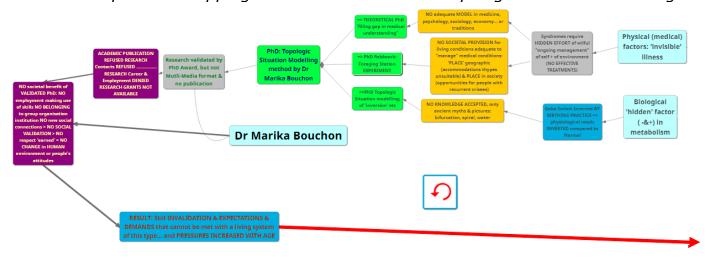


The pyramid of Maslow's Hierarchy is inadequate for women with syndromes and incomplete for humanity (without excluding children, the aged, pregnant women and the marginalized).

The Ecology of Health is not designed for the female physiology and risks of syndromes with consequent societal risks (for extremely reactive and intense system: eventually no shelter).

The Foraging Station Experiment is the only option that includes wild nature as a co-regulating factor of health (sufficient physical activity, breathing, and reduced pressures). It has never been explored as a means of INCLUSION into society and economic participation, rather than escape into the conventional 'Return to Nature'. The goal is to find a "place" both geographic (suitable for the ecology of health) and societal (to counter economic exclusion).

Even a 2-tiered PhD & multi-media thesis: not 'enough' General Perspectives Mapping for models of health & Topologic Situation Modelling©



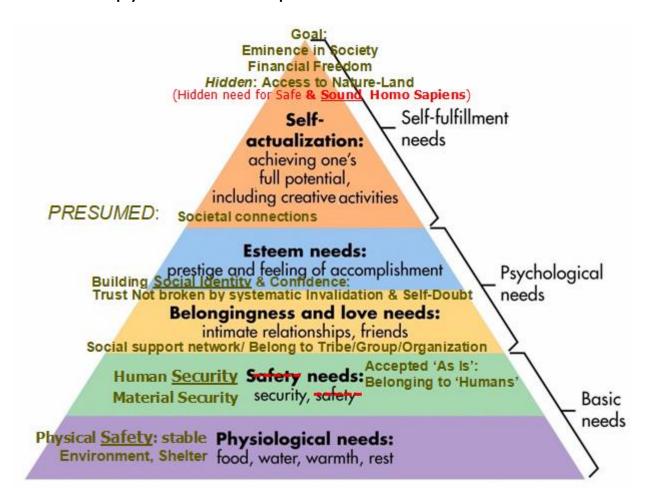
not 'enough'

to loosen expectations of social participation

to relax demands for organisational paid research and for social validation

to validate that this health-societal situation is actual, even though not part of the collectively accepted 'reality' to obtain respect of actual physical needs, yet also valuing of capacities (usually 'value' is economic)

Maslow's pyramid – adequate for established males



Another way of deploying Potential, Creative mind, and find one's place by including ALSO the body, health, and living conditions ('lifestyle'), without fragmenting them and disconnecting them from nature

> More relevant to women who have difficulty meeting their basic physiological needs

'On track': Finding one's 'place' & deploying talents to express one's potential AND meet actual needs

Body/ Intellectual faculties /Psycho-social capacities

Human Envt. in society: useful to which 'world' or the 'whole' System (WHOS)*

Development: Nature & Nurture (mentoring)
Accomplishments: Achieve desires & Excellence
(not necessarily visible re-cognized Performance)
Participation "in the world", career Adequate for body-brain
Independent achievement of meeting actual needs in 'The World'

Defining one's fundamental needs (not ego preferences)

Knowing **actual** needs, Body abilities & Mind faculties Environments: Phys-geographic Adequate Living Conditions Human-group Adequate affiliation

Knowing 'me' & others (State of health/existence)

- Survival-Driven tendency ('body-mind connection')

 •Cognition: Sensitive?, Body, Brain, mind-self-psyche

 •Intensity: autonomic activation & understanding REACTIONS

 - ·Body in nature, need of Nature vs. of Humans Acquiring self-control

Physical needs:

Brain Development environmental enrichment

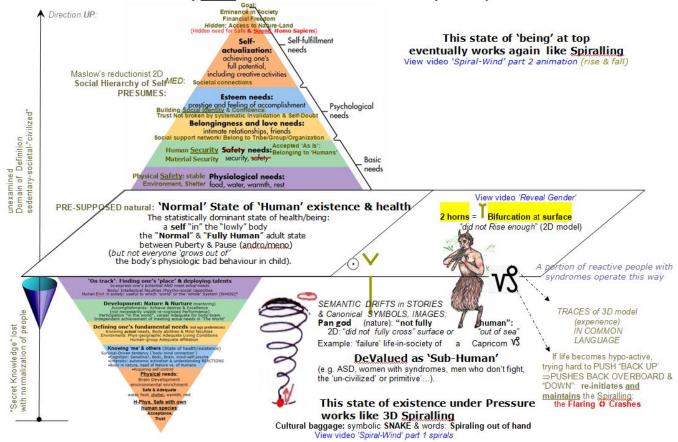
Safe & Adequate

water, food, shelter, warmth, rest

H-Phys. Safe with own human species: Acceptance, Trust

Maslow's pyramid with additional models (simplified)

Maslow's hierarchy within 2D societal 'The World' & More complete 3D picture of human states



Maslow's pyramid with additional models

The hidden goal is acceleration, 'spiriting up', activation of the Brain for Brain/Mind-Central-Control of 'lowly' body. Stable Success & Eminence WiTHIN 'The World', takes <u>special and relatively rare Material & Human</u> Lang Circumstances that curtail Pressures on body & reduce Autonomic strain – few people ever reach 'Safe & Sound'. progress, development (Stanford Pr emerita People successful and comfortable in Society live the 'easy' life Self-fulfillment Barbara Tversky) Self This state of 'being' at top achieving one's full potential, eventually works again like Spiralling Maslow's reductionist 2D View video 'Spiral-Wind' part 2 animation (rise & fall) ENDLESS Seeking 'Higher', 'Bigger'... in any domain, including 'positive' addictions, including creative activities Social Hierarchy of Self PRESUMES: e.g. greed for 'MORE', -Dark Side of 'human nature' ...but ALSO Esteem needs: prestige and feeling of accomplishme icial Identity & Confidence: Psychological -Killer diseases (affect men more) and DeGenerative lifestyle diseases/aging' unexamined Domain of Definition sedentary-societal-"civilized" -Madness, bi-polar Highs & Lows - mania & body-destructive Belongingness and love needs: TRACES of 3D model (experience) n Security Safety needs: IN COMMON LANGUAGE. NOT "Lacking Development": Basic rather Pushed overboard: this car result in Active Suppression that is NOT a "LackOf High" deployment. (eg ASD brain over-Growth, then slow PRE-SUPPOSED natural: 'Normal' State of 'Human' existence & health View video 'Reveal Gender The statistically dominant state of health/being: self "in" the "lowly" body A State of Health <u>established</u> by Adrenarche "Normal" & "Fully Human" is the <u>stabilised</u> adult state between (eg PE Parasympathetic Excess under horns = Bifurcation at surface ms = Bifurcation at surface Sympathetic Challenge... suppresses did not Rise enough" (2D model) basic life functions, circulation, Puberty & Pause (andro/meno) (but not everyone 'grows out of' the body's physiologic ad behaviour in child)). Small children and pregnant women are not in this state: hence 'adult male' digestion, brain oxygenation...) e. Autonomics: wind-up () wind-down (never UN-wind completely) A portion of reactive people with With baseline agitation/effort the idle brain is the 'Default Mode' (no Peace of Mind) syndromes operate this way opologic 2D 'Flatland' oriented-UP surface behaviou → And if life becomes hypo-active, trying hard to PUSH "BACK UP" *On track": Finding one's "place" & deploying talents to express one's potential AND meet actual needs. Body/ Intellectual faculties/Psycho-social capacities man East in society- useful to which "world" or the "whole's System (WHOS) SEMANTIC DRIFTS in STORIES & Canonical SYMBOLS, IMAGES PUSHES BACK OVERBOARD & od (nature): "not fully "did not fully cross" surface or OWN": re-initiates and "Secret Knowledge" lost with normalization of people out of sea aintains the Spiralling: the Flaring O Crashes Capricom VS Example: 'failure' life-in-society of DeValued as 'Sub-Human' characteristic (e.g. ASD, women with syndromes, men who don't fight, the 'un-civilized' or primitive'...). The symbol denotes The symbol denotes This state of existence under Pressure 'Rise UP" & bifurcation, closing surface (H-system, self) "Fall" back DOWN', works like 3D Spiralling Cultural baggage: symbolic SNAKE & words: Spiraling out of hand View video 'Spiral-Wind' part 1 spirals only to restart 'Rise Hook ='not fully' (2D drifted meaning) but ALSO wild-biology co-regulation can <u>reduce Pressure</u> and allow full <u>Un-Wind</u> of survival mechanisms & Spiral \Rightarrow restore HIDDEN un-'Affected' State of 'Ease'

Maslow's hierarchy within 2D societal 'The World' & More complete 3D picture of human states