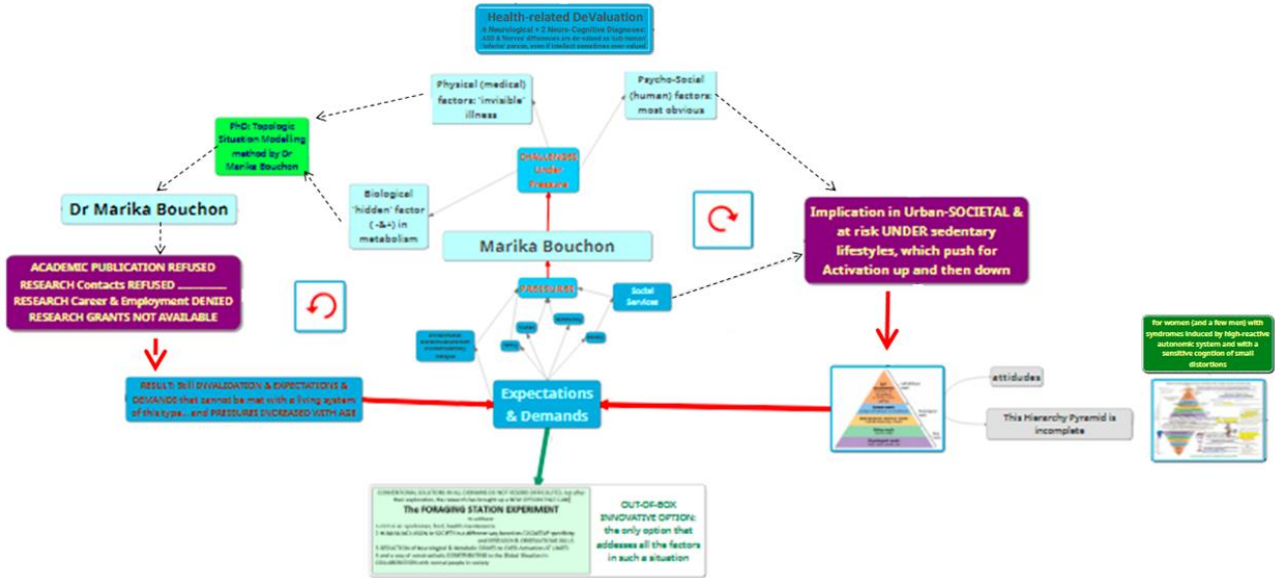


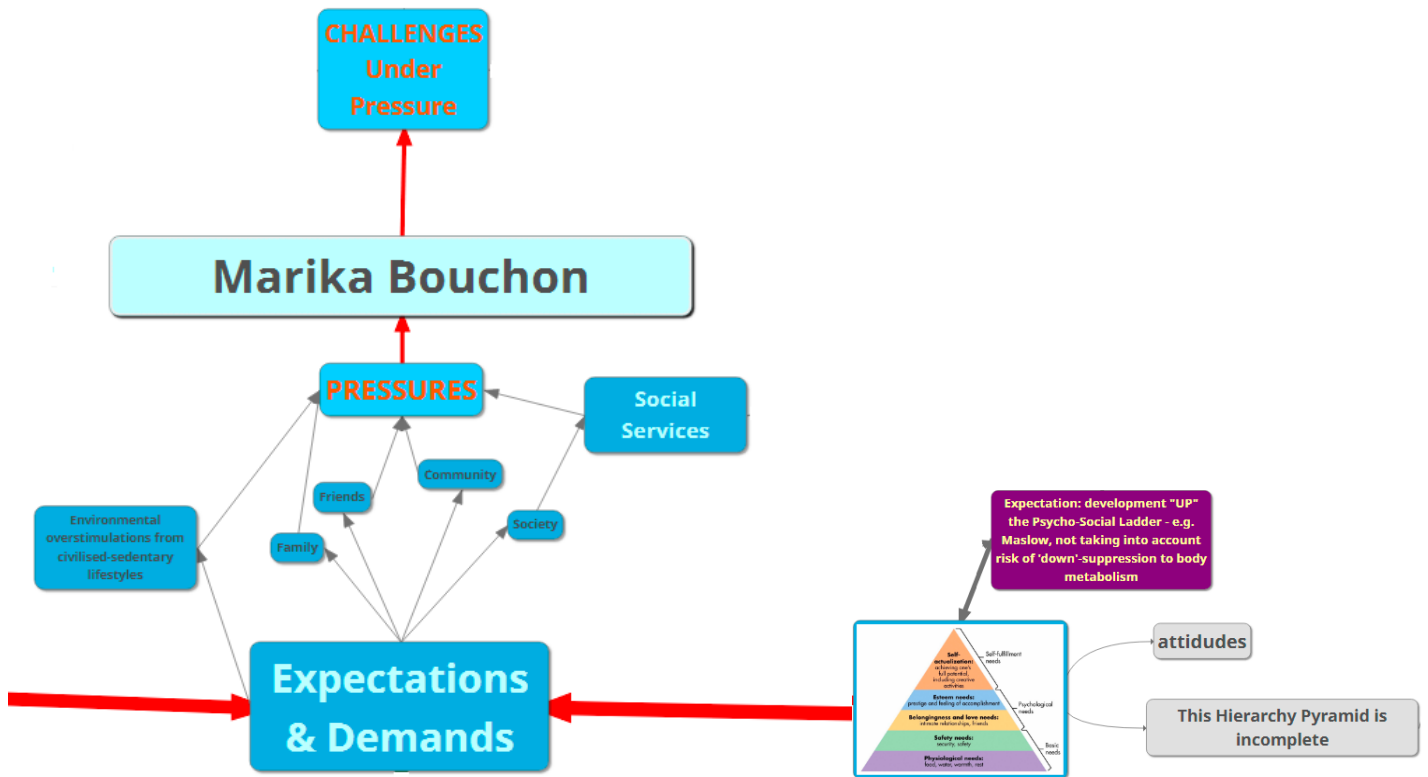
Extracts of Mind Map: Obstacles to Females

Dr M. Bouchon 2022

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



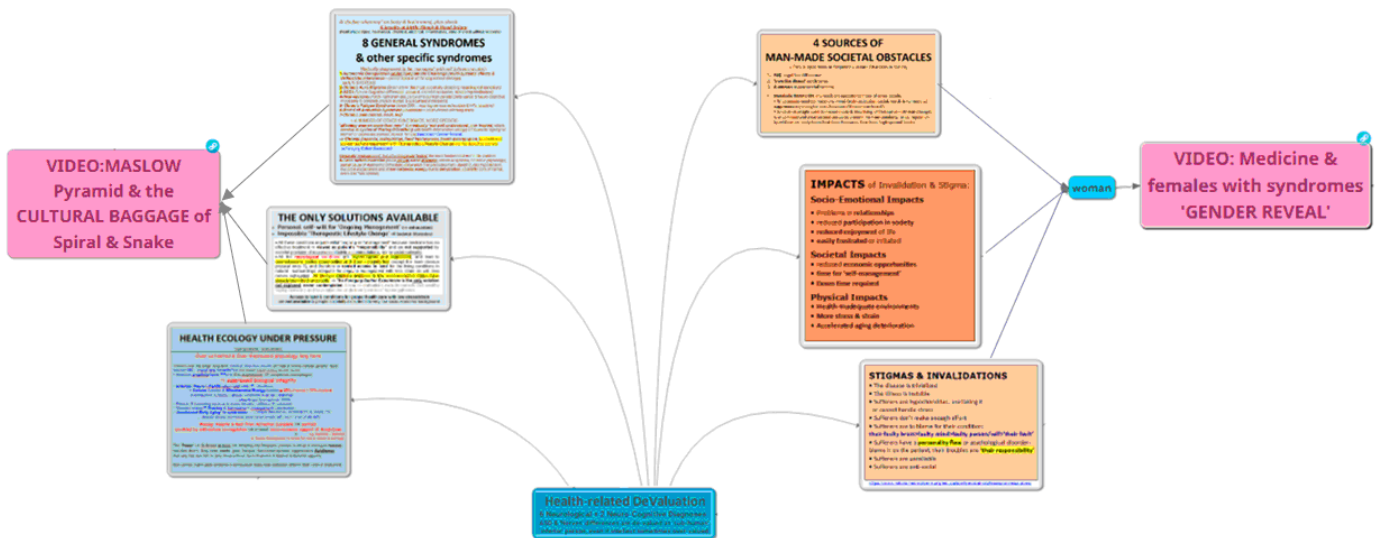
Factors known in social sciences + Pressures of expectations & demands
 Maslow, 'self'-development and the psycho-social ladder up-hierarchy



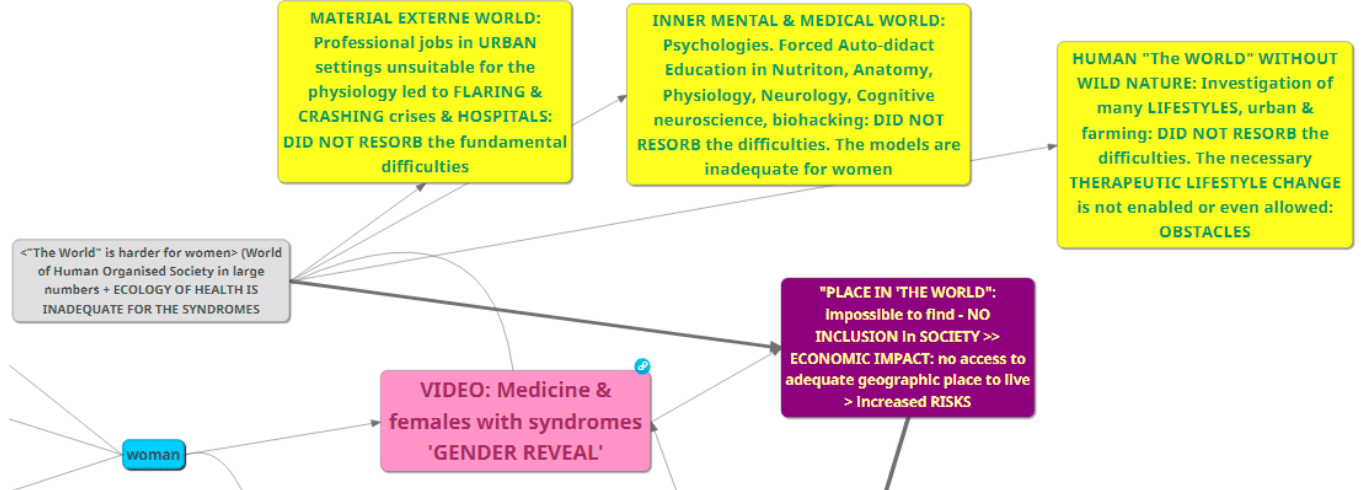
The overall pressure to be what is expected and Not-Be-As-I-Am (e.g. intensely reactive and subject to physiological syndromes) causes challenges in all aspects of life, which reinforce the pressure to activate survival mechanisms that already initiate syndromes - vicious circles. This makes it even 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'



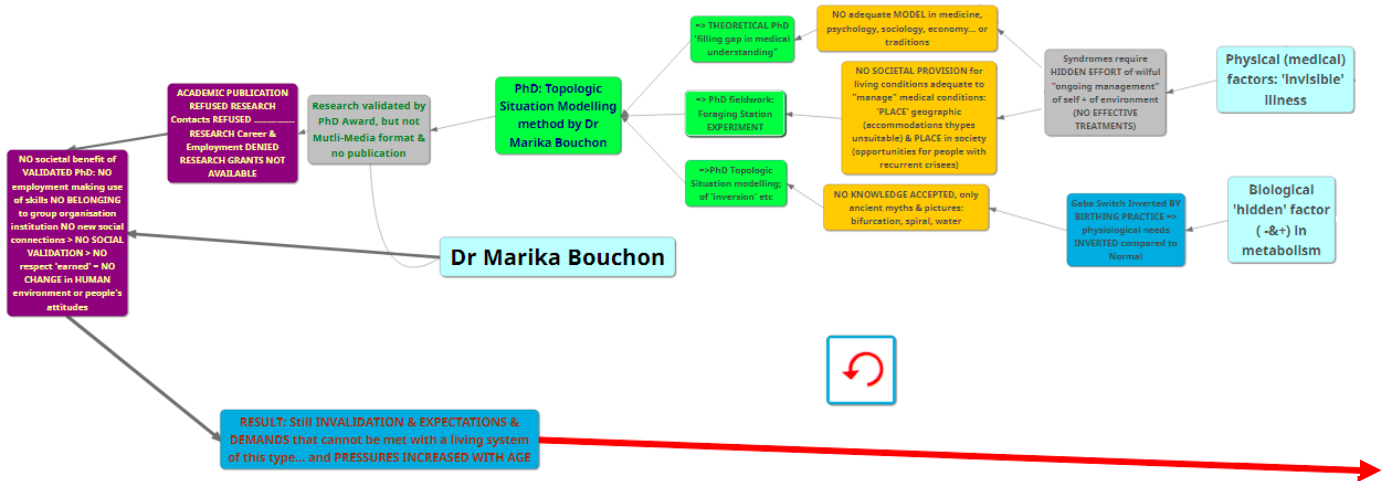
The pyramid of Maslow's Hierarchy is inadequate for women with syndromes and incomplete for humanity (without excluding children, the aged, pregnant women and the marginalized).

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'

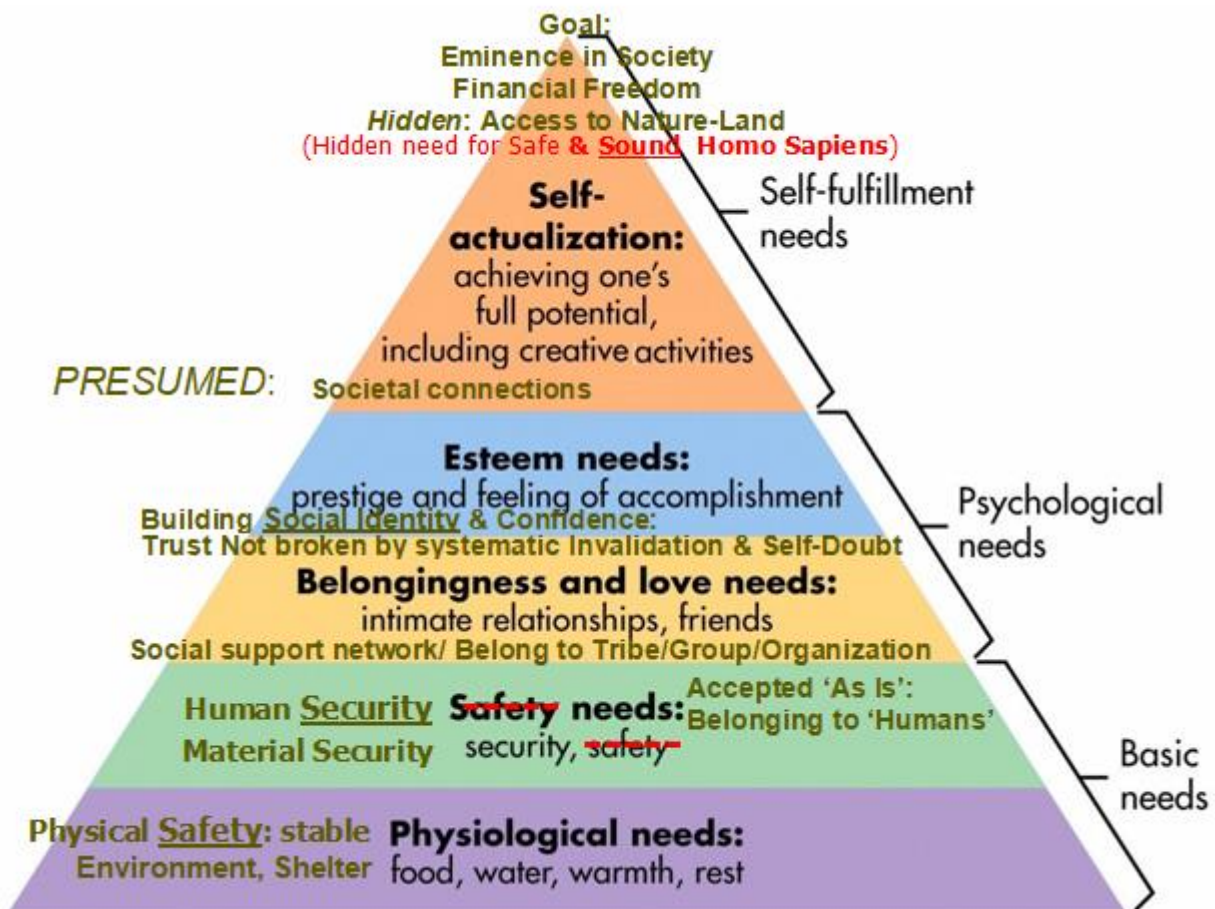
to loosen expectations of social participation

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

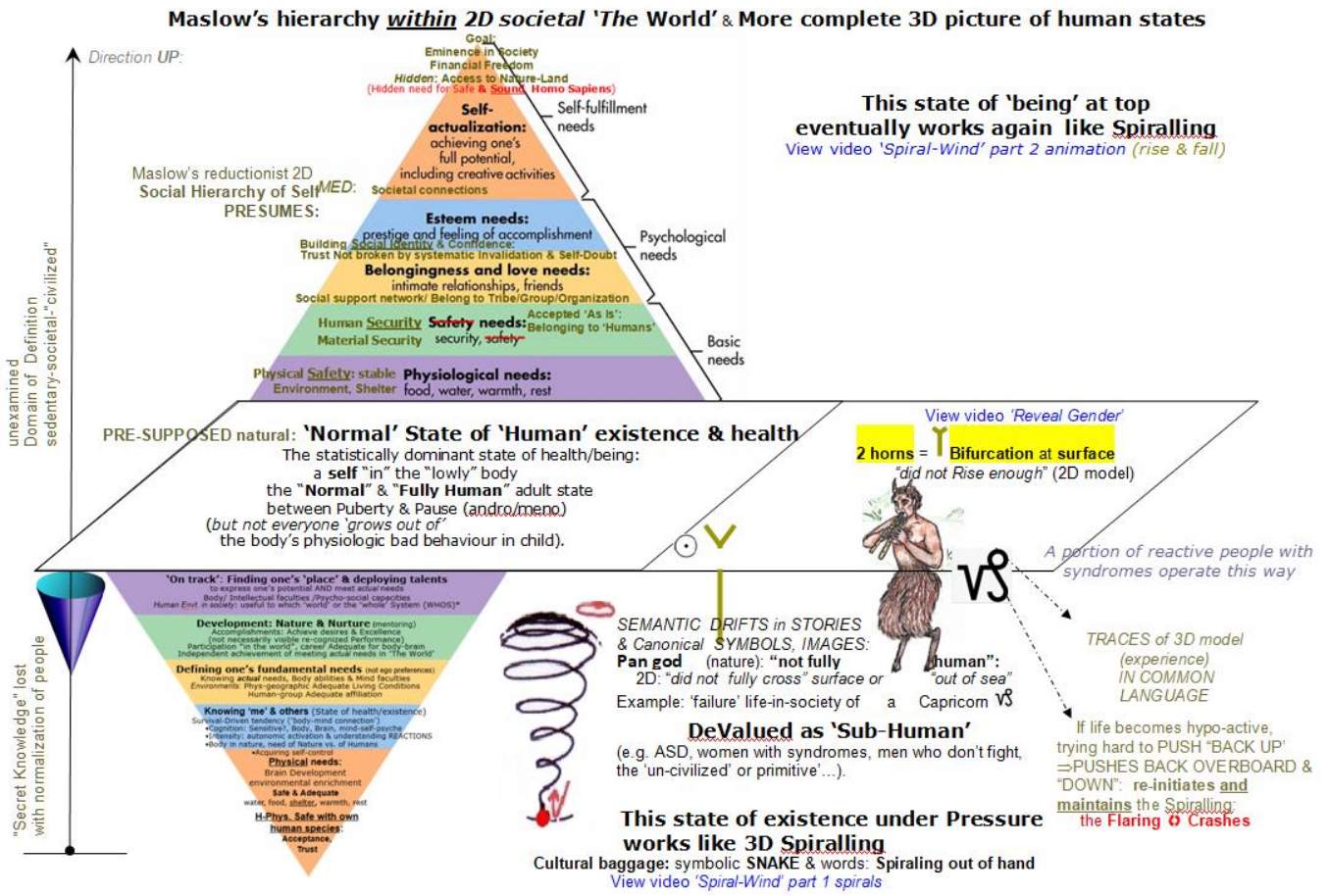


Another way of deploying Potential, Creative mind, and find one's place by including ALSO the body, health, and living conditions ('lifestyle'), without fragmenting them and disconnecting them from nature

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



Maslow's pyramid with additional models (simplified)



Maslow's pyramid with additional models

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

