

OCTOBER NEWSLETTER

Spooky Psychology: Why Do Some People Like Being Scared?

Every October my friends host Halloween movie nights, which is typically a weekly horror movie until Halloween. I never go and personally I don't get it. And if you are like me you probably think, 'I just don't understand why people would purposely want to scare themselves'. Why is this?



Ultimately, fear is the thing that keeps us alive. It is triggered by an automatic survival response, like an alarm system. Our thalamus, a primal part of our brain located above the brain stem acts like a relay centre, sends a quick and vague signal to the

In This Issue:

Why Do Some People Like Being Scared?

PAGE 01

Announcements, Updates, This & That

PAGE 03

Nature Based Therapy Calendar

PAGE 04

amygdala bypassing the thinking part of your brain. The Amygdala is essentially our emotional control centre and it sounds the alarm for us to be afraid. This process takes a fraction of a second and prepares us for the potential of a fight or flight response with the goal of keeping us alive.

Why Would We Voluntarily Terrify Ourselves

Some people deliberately seek out the feeling of fear. We all know someone who loves scary movies maybe you know them as an adrenaline junkie, has an interest in skydiving or true crime.

These people voluntarily put themselves in situations that makes them afraid. It often has to do with experiencing controlled fear or safe fear. Meaning that in modern society fear has become more of an option and as a result we can experience the physiological high that fear triggers, with minimal risk.



During the moments of feeling scared we experience a rush of adrenaline (epinephrine). This hormone creates a faster heart beat, feeling focused or having a clear mind, increased energy, and less physical pain. Once the stressor or scary has been dealt with we experience your body releases the neurotransmitter dopamine, which provides sensations of pleasure and relief.

Logically we know the difference between a life threatening situation and something we are doing for fun, like watching a movie or riding a roller coaster.

Did You Know...

Humans are born with two innate fears;

- 1) Loud noises
- 2) Falling

Everything outside of this is considered to be an acquired fear.

We know we are safe. But the more primitive parts of our bodies and brain don't, those parts of us don't have the capacity to separate what is life threatening and what is for fun. So the only choice is for our body to respond like it a very real, very dangerous threat. This allows us to feel all of the sensations of the build up, adrenaline and relief with very little actual risk. People tend to be emotionally driven so if they feel the release of dopamine and experience of relief is strong enough, it's worth scaring themselves for.

Updates, This & That

Beth is Back!

Beth is back on our front desk! We are very excited to have her around.

Clinic Closed

The Clinic will be closed October 12th for Thanksgiving

Make Massage Tax Free

The Canadian Massage Therapist Association is working to make massage therapy a tax free service. If you would like to send support it as a tax free service use the QR code and follow with CRMTA directions.

National Massage Therapy Awareness Week

October 25-31 is Massage Therapy Awareness week. Celebrate the Massage Therapists you know and love!





Nature Based Therapy Schedule

MON

TUE

WED

THU

FRI

			1	2 Walk & Talk T'railway Mount Pearl
5	6	7	8	9 Beach Fire Warf Road, Topsail Beach Topsail, CBS
12 Thanksgiving <u>Clinic Closed</u>	13	14	15	16 Gentle Hike Silver Mine Head Path Middle Cove Beach
19	20	21	22	23 Gentle Hike/Walk 3 Pond Barrens St. John's
26 Massage Therapy Awareness week starts today	27	28	29	30 Beach Fire Warf Road, Topsail Beach Topsail, CBS

