

S.O.S. ??

**Here's psychological assistance
during and after
the immediate Corona Crisis.**

The Corona Pandemic is worldwide, millions of people feel helpless and isolated. Protecting oneself from the virus is the first step. Yet often that's not enough.

Are you amongst those who in these difficult times find themselves fighting against uncertainties and fears?
Are you suffering from panic attacks? Do you wish to bring your life back under control? Is it important for you to share your worries and distress with a reliable sparring partner?
Even anonymously?

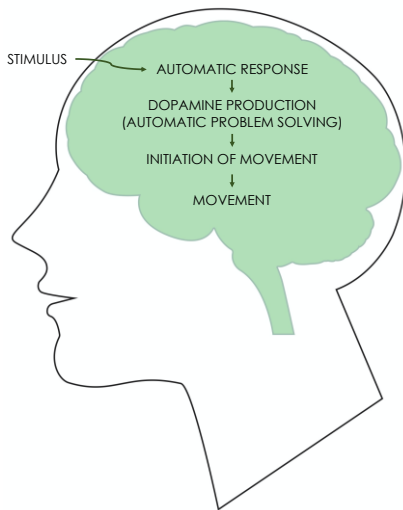
Our **two free-of-charge introductory trainings** will support you!

The German-American Psychologist, Carl E Gross, and his colleagues from SYSTEMICS.us und der SYSTEMICS-ACADEMY.com will assist you in mastering your personal Corona Crisis. His neurobiological brain models will help you see what you need to change to reduce your fears to an appropriate level. The innovative SYSTEMICS™-Method will help you reach this goal.

The SYSTEMICS™ Brain Models

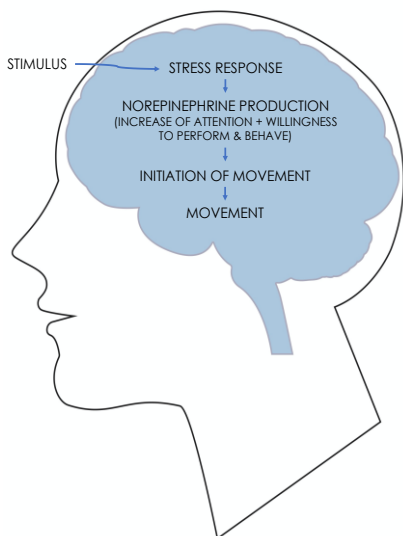
The following four brain models depict your brain processes in a simplified manner.

The Dopamin Brain, which “coasts right along” on autopilot



Because in most cases our brains already know the proper response, a large part of our behavior transpires automatically. This is very important for our total bodily functioning inasmuch as we can then concentrate on decisive issues and keep energy reserves for those issues for which we still need to seek answers.

The Noradrenalin Brain, which navigates consciously



The second model is concerned with our brains when they are challenged by a situation, for which we (as yet) have no adequate response. Because the task is not routine, our brains follow a “call to action“. Their so-called „noradrenaline system“ initiates our mental and bodily preparedness and assures that we are steeled with the energy sufficient for such problem-solving situations.

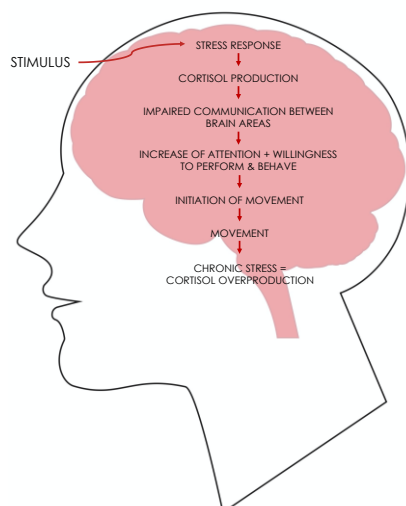
The Serotonin-/ Melatonin Brain, learning and recuperating



When our brains have found solutions for new challenges, they want to store those for challenge repeats – also because the organism is intent upon saving energy. Therefore, using Serotonin and the center for learning and memory, it mutates from meeting challenges and resolving issues to learning. Thereby new junctions (in

neuro-talk called *synapses*) between the brain nerves (called *neurons*) are created in our brains. The more we use them, the more stable they become. But learning also means that junctions (*synapses*), which remain unused, become weaker until they eventually fade. The common phrase is: “use it or lose it“. Throughout our lifetimes, our brains continually adapt. Although we often learn without really noticing it, it is a strenuous activity. The brain (and the whole organism) therefore need to recuperate, which is supported by Serotonin mutating to Melatonin, thus inducing relaxation and sleep – and recuperation.

The Cortisol Brain, which loses conscious control



In this fourth model, our brains are continually overtaxed. A constantly high stress level weakens and impairs the neurons and our immune system. This severely disrupts a necessary exchange between the problem-solving and learning centers. This can result in wrong decisions with embarrassing – even devastating – outcomes. And our health is more easily impaired.

Your Path back into a „fear-less“ Daily Routine

The Corona Crisis may have put your brain on permanent alert. This can lead to fear, helplessness, depression and uncertainties that seem disproportionate – often accompanied by aggression and violence.

That is *not* necessary! It's your brain and it runs you, yet you can control it! How? Put balance back you're your brain in **two free-of-charge introductory trainings** with U.S.-Dipl.-Psychologist Carl E Gross. And das best part of it is: you only need to invest three to five (3-5 !) minutes daily to reduce your panic to an appropriate level that warns you of dangers ahead.

The decision for anonymity remains with you, for example by using a pseudonym.

Contact Carl E Gross at +4930 814 1510 and schedule two free-of-charge introductory trainings.