



How Neuroplastic Symptoms Happen

Real symptoms can come from a protective alarm system that learned to stay on.

1

Your brain makes meaning from the body's signals

Body tissues and nerves send information. The brain decides: safe, uncertain, or danger.



2

Stress, injury, illness, or fear can teach danger

After a stressful period, the nervous system may start predicting threat more easily.



3

The alarm volume turns up

The brain and spinal cord become more sensitive. Normal movement, touch, digestion, or emotion can feel intense.



4

The loop reinforces itself

Symptoms lead to fear, checking, and avoidance. The brain reads that as more evidence of danger.



5

Safety can be relearned

After medical red flags are ruled out, then education, calming practices, gentle movement, and graded exposure can teach the system: I am safe.



Real symptoms can come from the brain, but they also have the capacity to change.

Nervana helps you practice safety and nervous-system retraining.

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Not a substitute for medical care. Seek medical help for new, severe, or changing symptoms. Sources: IASP pain definition; Ashar et al., JAMA Psychiatry 2022.