

Ten with Teepa - Causes of Accelerated Confusion

[youtube.com/watch?v=uHE8gPp-P-c](https://www.youtube.com/watch?v=uHE8gPp-P-c) (9:10)

Question:

Is confusion accelerated by quarantine?

Primitive Brain =
Muscle memory

Primitive brain → ~~rhythm~~ ^{routine} → rhythm

Patterns are disrupted

Primitive brain is confused because rhythm is disrupted.

no one is unaffected

Affects all:

- mature adults
- children
- elderly

reaction to isolation is limited.

Hide → Hibernation

or

Seek → hyperfocus → acute confusion

Healthy coping strategies → not available during quarantine/isolation

Summary. Awareness !!

Being aware of impact of continued quarantine on accelerated confusion