



Managing Stress



Introduction

- ◆ Welcome
- ◆ Outline:
 - ◆ How do you experience stress?
 - ◆ What causes you stress?
 - ◆ How stress affects the body
 - ◆ Window of Tolerance
 - ◆ Stanley terms
 - ◆ Activities and tools



How Stress Affects Us

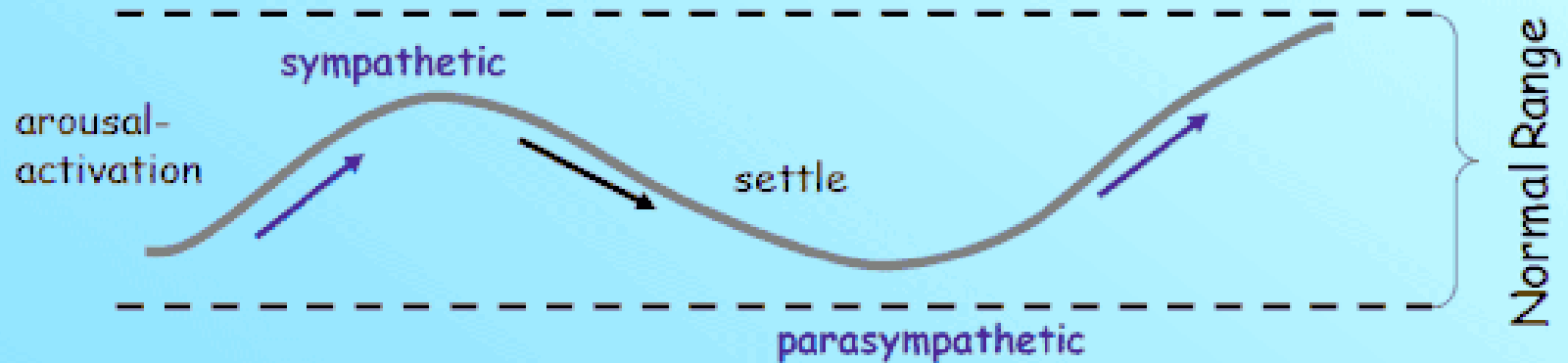
- ♦ Brain function
- ♦ Pre-frontal cortex
- ♦ Amygdala/limbic system
- ♦ 'Flipping our lid'



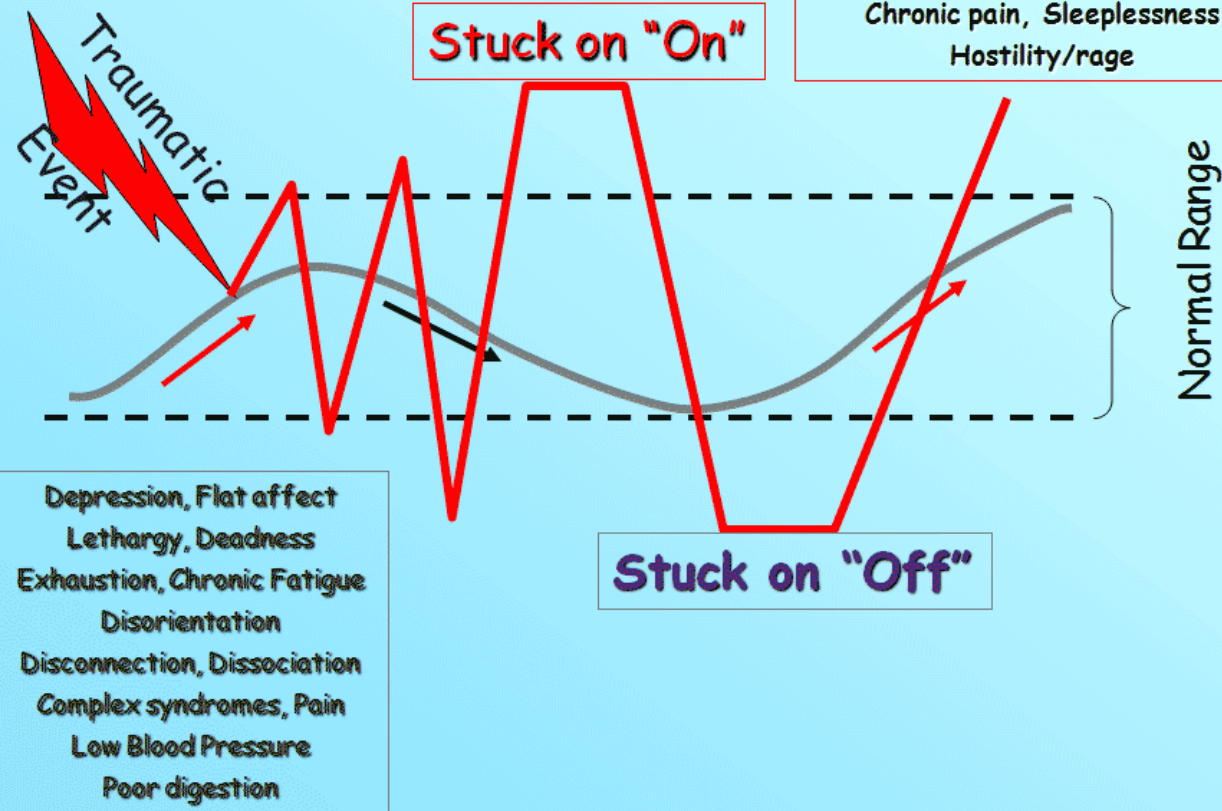
Window of Tolerance

- ♦ Autonomic nervous system
 - ❖ Sympathetic nervous system (fight/flight)
 - ❖ Parasympathetic nervous system (rest and digest)

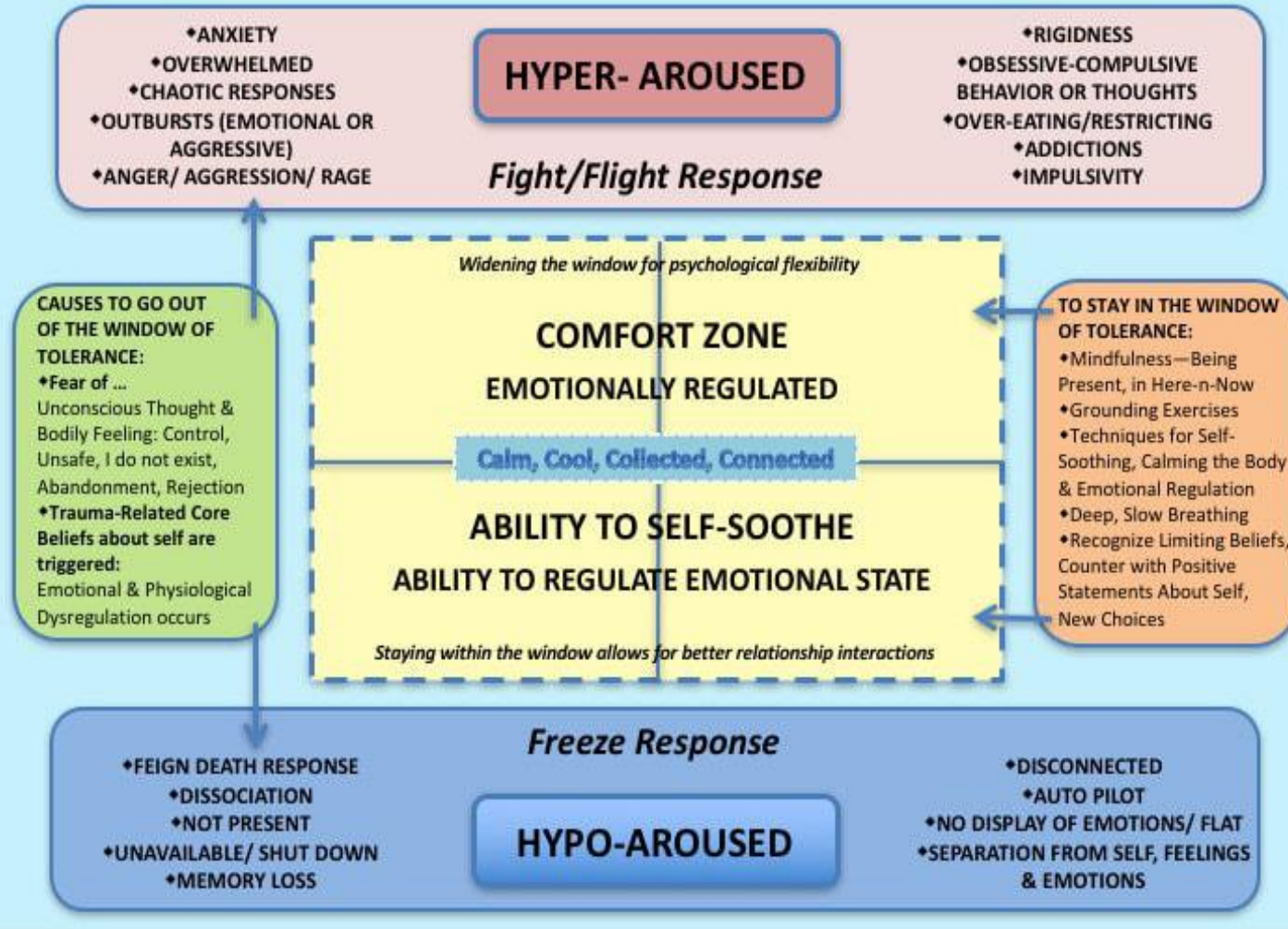
A Healthy Nervous System



Symptoms of Un-Discharged Traumatic Stress



WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES:
Widening the Comfort Zone for Increased Flexibility



HYPERAROUSAL

Use mindfulness,
grounding, Breath work

Overreactive, unclear thought,
Emotionally distressed

Can't calm down

WINDOW OF TOLERANCE

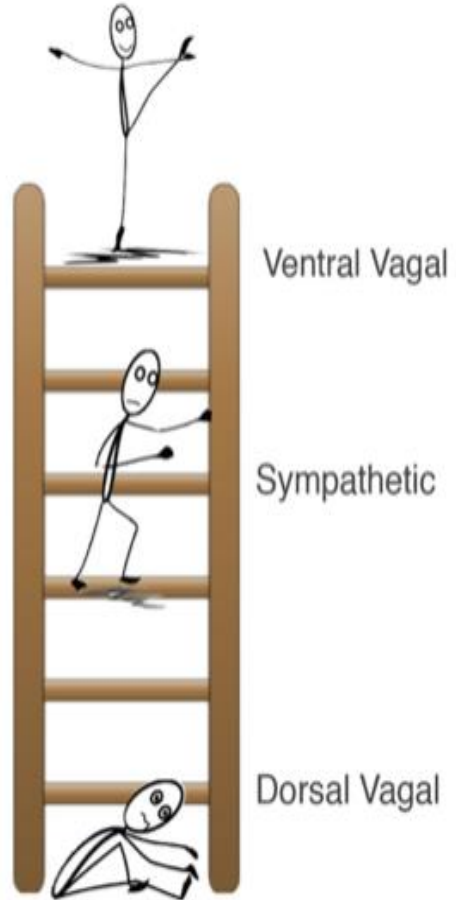
The body is in its optimal state, Can access both
reason and emotion, Mentally engaged

Shutting Down

Depressed, lethargic,
numb, unmotivated

Use mindfulness, breath work,
physical activity

HYPOAROUSAL



SAFE
connected
social

DANGER
mobilized
action taking
fight and flight

LIFE-THREAT
immobilized
shut down
collapsed

Sample Profile Map



flow, connected, warm, open-hearted, curious, engaged,
capable, organized, passionate, at ease

I am...OK

The world is...welcoming, filled with opportunity

FLOW

out of control, too much, confusing, overwhelming, angry
confrontational, ready to run

I am...crazy, toxic

The world is...unfriendly, scary, exploding

CHAOS

dark foggy, fuzzy, silent, out of focus, cold
numb, hopeless, helpless, shut down, disconnected

I am...unloveable, invisible, lost and alone

The world is...cold, empty, uninhabitable

DARKNESS



Managing Stress

- [Panda & the River of Life](#)



So What Do We Do?

- Understand what is happening to us
- Siegal, (2014) says: Name it to tame it!
- Acknowledge and accept
- “Survival brain hijacking” (Stanley, 2020)
- “Thinking brain override” (Stanley, 2020)



It is not that you must be free from fear [substitute the word “stress” for “fear”]. The moment you try to free yourself from fear, you create a resistance against fear. Resistance, in any form, does not end fear. What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means, watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it, not how to resist it through courage and so on.

J. Krishnamurti, 1969.



So, What Do We Do?

- ♦ Grounding Techniques (see resources)
- ♦ Mountain Pose
- ♦ Drop Anchor (see resources)
- ♦ Binaural Beats for Study (contraindicated for epilepsy)
- ♦ Autogenic Training (Jennifer Sweeton –see resources)
- ♦ The Basic Exercise (Stanley Rosenberg)
- ♦ And remember: Neuroplasticity!



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