



TRANSCRIPT

21 Day Tune-Up: Healing Our Human Predicament Video

Welcome to The Biology of Stress Video Training Series. This is your final video, video five, Healing Our Human Predicament: Why Nervous System Regulation at a Global Level is Critical Right Now. Let's get started. Now before we begin, just a quick orientation to your environment and to your bodies. Get into your body, feel your feet on the ground, your butt on the chair, feel if there's a need to get something whether it's water or maybe you're cold or maybe you're warm. Just really tune in to any impulses right now so that you can fully participate and be here for this final video training. Let's begin.

Now, before I get into the content of this video, I want to show you another video of a polar bear releasing stress. Now, maybe some of you have seen this. Maybe you've never seen this before, but I'm going to give you a quick introduction. What you're going to see is the aftereffects of a polar bear that had been tranquilized. Now, I'm not bringing this in here to talk about animal rights. It's just the fact of some researchers that was from a National Geographic documentary and they were tagging this polar bear in the Arctic to track it and to make sure that it was okay and doing all the things that it's supposed to do and this is after the chase. It had been chased obviously.

There was a helicopter that was chasing it. They stunned it with a tranquilizer dart. They did what they had to do and now the bear is coming out of the stress. It's coming out of its shock. It's coming out of its shutdown because it went in to a shutdown when it was tranquilized. Very similar to what would happen to us if we were to go under anesthetic in a surgery. If you've ever come out of a surgery, there's a shaking, there's a shivering. It's not because you're cold, it's because the body is releasing the stress of that trauma essentially. This is what's happening and they're allowing the bear to do what it's supposed to do so, again, watch this, notice your own physiology as you watch this bear come out of its stress response.

If you watch that animal after he finish his convulsions, you'll see because he's aware of the fact that we're all around him and it's a very stressful experience for an animal like a polar bear even after he settles down and





then he'll start doing a couple of deep breathes and then he'll breathe really nicely [inaudible 00:02:37]. Here he goes. See how he's breathing in and out? You can see so even though it looks a little unpleasant to look at him in a convulsion like that, in fact, it let's off all that stress and he then is able to relax and sleep the thing off.

This bear was shaking it off, right? The researcher was saying he's going to shake it off, take a deep breath and then he can sleep it off and return back to normal so I have a thing here in red, but not all stress is created equal. Just because we see this bear shaking off its stress and deactivating its stress response, it doesn't mean that you and I when we have a stressful event that we will do something of this magnitude.

This was a big stressor for this bear. He was being chased, he couldn't get away. If you watched it again, you will notice that his legs are trying to run and it's him trying to complete the stress response that he didn't get to complete. That is why he is not going to end up with severe posttraumatic stress symptoms because they're allowing that to happen as opposed to restraining him or tranquilizing him again so he doesn't have this shaking response which so often happens in our medical setting.

Not all stress is created equal but I wanted to give you that visual so that you can see that that is something that is capable in mammals if we had had a big shock like that, our body would come out in such a way. It all depends on what the stressor is. I really want to stress that. In this training video, you will learn the different kinds of memories that get stored in the nervous system. What must happen to resolve traumatic events and process stress in the moment so it doesn't get stuck and finally the importance of processing stress for global health.

This is something that's very dear to my heart and hopefully you'll understand the significance of IR stressors, how we trap them and how that really does influence our entire world. Now, I'm going to start out with an example. Let's pretend I got into a bike accident. Imagine, I fall off my bike trying to avoid a dog on the street. Let's say I'm going on a nice bike ride down my neighborhood street here and a big dog runs out in front of me because I don't know, let's say it's chasing a bird or something like that or a squirrel and I'm basically thrown off balance and I fall.

Of course, this is something that could happen. I've fallen off of my bike before when I've been a little kid and when I've been mountain biking so I know what this feels like. It hurts. It's a shock. You feel a little helpless because you try to recover but you can't. The optimal scenario is this. Let's





say I fall. I'm on the street. I would want to have a friend or a passerby who helps me get to safety. I'm no longer on the road worrying about cars coming at me, that I'm safe.

I would sit and wait and let the adrenaline and the shock of this event do its thing. Maybe I have to shake or tremble. I don't worry about taking too much time and I take my time so I take all the time in the world to sit there and wait. I don't worry about needing to get to my appointments or if I'm putting my friends out because they're having to wait for me, I just wait. I feel my body and I reorient to myself and my breath so I bring myself back to me, back to my awareness.

Then I might slowly get up and orient to the bike, my bike at the street. I actually see it, the environment. I take time to know where I am. Again, kids do this naturally if you let them, if you let them fall and you don't go up to them right away and ask, "Are you okay?" You just sit thereafter the cries and tears are gone and they've come out of their stress response. They will look up and they will look around and they will look for you. That's a natural orienting response that occurs.

I would let the tears in an optimal scenario tears, I'd shake any bouts of anger, because that damn dog that's running in front of me, chasing a squirrel, I let that be felt and expressed. I would walk with my bike rather than get on it right away until I feel solid enough to get on it. I'd feel movement in my limbs, in my balance because my balance got thrown off. I want to re-trust my balance, reorient my balance and then finally I might just walk home and take it easy. I might not try to go on a big ride or if I felt the need to just rest a bit, that's what I would do. That's an optimal scenario.

The less and optimal scenario is this. I don't find a safe place to sit and rest so I don't take the time to do that. I don't take time to let my nerves come down. I'm embarrassed for causing such a scene and I'm hard on myself. I feel most guilty. I might feel the shaking and any tears, and I try to breathe through it, suppress it. I ignore it. This is so common. This happens with kids. A kid falls off of his bike for the first time, and I'm generalizing, but immediately the parents or the caregivers are trying to get them up on their feet, tell them that they're okay because for some reason, we don't want to have to deal with a child that's shaking and teary, but that's what we want to do when something like this happens. We want to let this stuff move through us so it's not stuck.

I might clumsily get back on my bike and keep my eyes down for fear that people won't see me so I don't take time to reorient and actually regroup my





senses to know where I am when we don't regroup our senses and reorient back to our environment. We're less likely to hear the car coming at us or we're less likely to hear our friends say, "Hey, hey. Watch out in front," because we're disconnected from the immediate environment.

Again, very important to not do this, but this is obviously the less and optimal scenario. Then I might get home and pretend like it never happened and I don't talk to anybody about it. I don't express how scary it was. I just keep it all locked inside. Let's just say one year later this happens. Which scenario would have had led to less stress stored up in the system? Now, since we've been working together on these ideas of stress, getting stored, you might think it's obvious that scenario A would be the one.

It's true. If we take the time to bring ourselves down, we definitely would have less stress stored in our system from this incident a year prior. We might have no trouble getting back on a bike. However, there's one exception. Do you remember these pictures when we were talking about the vagus nerve and toxic stress? For some of us, we had really good primary wiring. It was solid, it was good. We were attuned to. We developed a healthy ventral vagus nerve because our parents demonstrated that to us and modeled it to us. We were safe, we were secure.

We had our needs met versus other people that have primary wiring that wasn't favorable whether mom was very stressed, depressed, life events even circumstances that lend to a chaotic upbringing. Depending on how our upbringing was can actually greatly influence how something like a bike accident will turn out, if someone had really solid wiring in their nervous system from the start, both scenarios might actually be okay.

We might be fine to just not shake it off properly and be a little clumsy. We actually won't end up with severe PTSD, et cetera, but sometimes even if we do, do the things to calm ourselves after an accident, we still have after effects and that occurs if we didn't get that solid wiring from the start. Someone with early and developmental trauma who did not get the solid wiring is more likely to struggle in both scenarios.

Obviously, scenario A is definitely a better one and I'm generalizing here, but I do work and see folks who come in with very ... They've had very little impact in their life, but they might have one little minor fender bender or one minor fall skiing and it's like their world completely crumbles and it doesn't make sense, but it doesn't make sense if we look at their history, how much was already stored up in the system, how much was waiting to explode in a way.





There's no way to say exactly what will be best for each individual. We are all so unique but the most optimal way to heal and integrate this experience would be to help complete any incomplete actions or stress responses that didn't get to happen during the accident and there are so many accidents and scenarios that we have in our lives but as a general rule we want to complete anything that didn't occur when the accident happened and afterwards to allow our stress to come down.

Now, if you think back to the polar bear that you just watched and him shaking it off unconsciously, he was just doing it. He was completing his running response. When he got stunned by that tranquilizer gun, he was at a height of arousal running, running, running trying to get away and then boom, he got stopped in his tracks. To come out of that and to complete, to deactivate the stress, he needs to shake and in many ways mimic the running so that the nervous system knows that it's completed the response.

If we think back to the impala from the African safari training video, video number two, that impala, he went into a shutdown. He looked dead but he was actually just frozen and then when he sensed safety when the hyena and the cheetah, if you can remember, they had their own little tiff going on. The impala could sense in an unconscious way, "Oh my goodness, I can get away and so the system poofed and it flees. He pranced away and he got away to safety.

That was the impala finalizing and completing his stress response. These animals are completing their stress response. They're coming out of that high arousal energy and they're coming back down the baseline state, resting baseline state brings them back to this, smiley face. That's what we want. We want to have remember up and down flow, nice, easy ups and downs does not mean that we can't have major stressors occur to us on our day to day life. The more regulated our nervous system is, the greater the stress we can encounter and the easier we come out of it and it doesn't affect us.

To complete the responses in the way our wild animal friends do, we need to learn about two types of memories that gets stored in the body and the brain. These are the two. One is called declarative memory and the other is procedural memories. I'll cover declarative first but basically when it comes to effectively processing stress and healing a dysregulated nervous system, we need to have an eye on both types of memories for full completion of the stress response.





Now I am giving you a little more complex detail here but I want you to know that to process old stressors and new ones that come in, it takes kind of a village. It takes all of our faculties, all of our body memories. It's incredibly important to know this is a complex thing. It's not something that's just simple one thing needs to happen. There's an orchestration of things that occurs so that we can come out of our stress response but it can happen quite quickly but a lot of things happen in that small amount of time.

Declarative memories. These are memories, if I go back to that bike example. It's remembering that beautiful bike ride last summer let's say before the accident. It's remembering the people you were with, the sunshine, the gorgeous lakeside view or the ocean view. It's tapping into this memory of what was going on, on the outside and reminiscing so it can actually help to resource and soothe us when we bring back the elements of goodness that we're going on at the time but it also might not be elements of goodness depending on the traumatic memory we are processing but this can help to anchor us into elements that were going on when there was this stressful event occurring.

In science tech speak, declarative memories are also called explicit memories. These are the brains, memories a circumstance detail on the outside. Now the other type of memory is called procedural memories and these are memories in the body and they can be reflexive and are often executed spontaneously. I'll get into this in a second. This would be not remembering what was happening on the bike ride but how to actually ride a bike. This is what happens when we walk.

If we have learned how to walk and we still can, it's very hard to describe it. We just feel it. It's in us. A more simple example tying our shoe laces. We learn this when we were really young. It wasn't a procedure. It wasn't written in our reflexes but we start to learn so that's one way that we can see procedural memories in the body so bare with me here. I have to add a few more layers so this makes sense.

Now, in science text speak we call these implicit memories and that they are written code that is stored inside of our nervous system body and brain. Again, if you've learned how to ride a bike from a very young age, you can just hop on that bike and go. For myself, I have that with skating. I grew up skating on ice as a kid and skiing. When you learn this stuff really young, it's just second nature. It is implicit within the body. There is a procedural, hence procedural memory coding that lets you know how to do even if you haven't done it in 10 years. It can come back really, really quickly.





Procedural memories can be automatic body responses. They get written without our conscious control and there are also activities that we learn early in life. These automatic body responses are slightly different than the things that we learn like how to tie our shoes or how to ride a bike. For us, for our purposes today for learning about trapped stress and the release of trapped stress, we want to focus on the automatic reflexive self-preservation kind of procedural memories.

Again, just hang on over here. We'll get to the next slide and I'll explain what this means. Here are some examples of procedural memories and action that are reflexive. Dropping a knife while, let's say, cutting onions. I'm going to assume that all of us here have been chopping something, I have many times, let's say, onions or vegetables and then the knife slips and drops to the floor. What happens? Think about that.

When you do that, there is an automatic, hence, autonomic nervous system response to jump back or to move your foot or move your leg. It's going to be even more quick if you're wearing sandals or you have bare feet. Your body knows this so that is your nervous system quickly writing a procedure to pull the leg away.

Another example protecting your face when a ball is coming to you. Let's say, there's a baseball and you see it and there's a reaction. If you know you can't catch it to cover your face or to turn away so that you protect your face. Again, your hands go up quickly to protect your face. You don't think a ball is coming, I have to get my hands up. It just occurs. It's an automatic reflex.

Slamming on the brakes when someone runs out in front of your car. If something runs in front of you and this gets us into trouble sometimes, you'll be on a freeway and a bird flies out in front of you and you slam on your brakes because you don't want to hit it but of course there's other consequences to that but it's a reaction to not want to get into accidents if I use that example of me on my bike and a dog running in front of me, there would have been a reaction in such a case, hypothetical case for me to slam on the brakes but sometimes that actually can then cause us to fly off the handle bars or lose our balance.

Here are some other examples. Speaking up and screaming. When I work with a lot of my clients, we realize that there's a lot of procedural memory, a lot of desire to speak stored in the system but they couldn't because it wasn't safe to do so. This is very classic with kids growing up. People in relationships that are very toxic. This desire to want to say how we feel or





scream at someone who's really angering us or upsetting us but we keep this procedure stuck inside of us.

Covering your eyes at something very visually horrific. This is something that occurred to me when I was very young. If you listened to one of the videos that I have as a bonus about my history, I saw a lot of horrific animal surgeries when I was a kid because my parents were veterinarians and they weren't doing anything bad. It was just general surgeries but I became immune to this but I'm sure the first time I saw it was a little weird. That's one example.

Turning away from smelling something disgusting. I've had this with clients where I've been working with folks who have had accidents involving drunk drivers and them going up to the front of a car with the person that caused the accident, the rolling of the window down and then smelling the fumes of alcohol coming from the front of the car and that individual, my client not wanting to smell it because it maddens them and angers them the interesting thing if I talk about this one specific person, I'm thinking of, when I had her actually smell the alcohol and process that procedural memory, so procedural memories aren't just action, they also can be other senses.

It was a lot of sensation for her to feel a lot of anger came up but the migraine headaches that she had been having for years went away. It's as if she had been straining to not smell that alcohol and the moment we allowed her to safely smell it to stay in her body, to know that she was okay, the headaches went away so I wanted to give you that example.

Tears flowing and when we're sad, tears are a natural reaction to something overwhelming and it's okay to allow them to come through but we also hold them back often when tears are held. We get tightness in the throat, tightness in the chest. This is a common thing that I have with people that come and see me. They have tight throats, tight chest, they have trouble breathing often. I find that that's because of some emotion usually sadness that is being stored inside sadness or grief.

Of course, expression of emotion which I've already touched and this is the whole range from anger to even joy, believe it or not, to sadness, to rage, to disgust, all of them. They're all important for us to be able to feel these qualities in human experience and let them move through. Trauma occurs when our procedural memories are stuck and not completed. Now, if you remember this definition of trauma from video four, I'll remind you from an article in Psychology Today.





Trauma is anything that is too much, too soon or too fast for our nervous system to handle especially if we can't reach successful resolution so we could also say successful completion of the stress response. If something is too much and this is classic in severe traumatic situations, war is one of the best ones to describe when there is battlefield, combat and things are very hectic and chaotic. A person can't process that stuff fast enough because it's happening too quickly. That's when the system breaks and the dysregulation happens.

We want to be able to go back and process these memories, the declarative, so what was around us that also the procedural memories, what the body wanted to do but very slowly in little bite-sized pieces so that our system can digest and metabolize the stress. We need to deactivate and complete our old procedural memories and solve protective threat responses to make more space in our nervous system because keeping all those procedures lock inside, it is what creates that chaos that I've been talking about, that rigidity.

One analogy if you think of a good old printer when you send a printing job from a computer to your printer so your laser printer or your ink jet printer if the procedure gets sent, the message gets sent but sometimes it backs up and then the printer will go nuts. It won't process properly. Sometimes, we have to reboot and send it again slowly depending on the printer so that it can then print out the procedures that were sent to it.

Our nervous system is very much like that when it comes to held stressors. There's like a back up and when we have this back up, there isn't a lot of space in the system. We also want to learn how to allow our natural reflexive self-protective responses to take place in real time when a threat or insult or stressor just happened. Bottom line here is don't store it up. In a perfect world, the moment you hear this information, the moment you learn this, you will have more awareness as to what to do the next time you have a stress response that you allow in real-time for that response to come down.

Now, animals in the wild do this naturally. We've given those examples of the polar bear and the impala. They shake, they protect their young. They aren't afraid of being angry. They aren't afraid of praying and finding food. They don't apologize for anything. They just do what they have to do to survive and stay safe. Caged animals are a little different and a lot of people say, "Yeah, Irene. Of course animals get sick and get PTSD but if you talk to people who are in this field, it's the animals that are caged in zoos that end up with skin problems with the outburst that aren't normal things that really don't typically happen in the wild.





Now, this is why animals in the wild I stress in the wild don't get traumatized but humans do and by humans I mean humans living in a more westernized culture. If you go in to more tribal culture, people there of course they die but typically it's of old age. They're not sick and riddled with the sort of psychosis and health problems that we have in our world. For westernized humans, you and I, we're all in this together. Unfortunately for our species, our cages are often cultural and of our own making.

This is from a doctor by the name of Robert Scaer. He's written a few books. One of them is *The Body Bears the Burden* and he talks about this lack of deactivation. He also says for generations we haven't deactivated our self-protective threat responses. We haven't barked back when somebody has hurt us. We haven't protected when we've wanted to protect because our system [inaudible 00:28:54] to shut down but when it goes into shutdown often in our culture, we don't come out of the freeze, we stay stuck in that high energy state.

Now, of course this doesn't mean that we need to go around barking and hissing and hitting people. It isn't about that, it's about feeling the energy and the sensation and expressing it in a way that is humane and safe and doesn't harm other people. Of course, it's tough because when there have been severe threats, a person will then become shunned and persecuted if they do fight back. It's just the consequences of the way we've created our society but in terms of other self protective threat responses and emotions that surface, we can allow those to move through in a way that's quite human. We're just not used to it.

This has become kind of the normality of our global situation. This is what causes the bulk of our suffering and sickness in industrial society is this holding back of the deactivation of our threat responses. Bottom line is we need completion of this survival energy, these survival energy responses to stay healthy, period. We want this stuff to complete. We want to come down the other side of that stress response graph that you keep seeing in these videos.

We're meant to run when a tiger chases us. We are supposed to fight and flee when we're under attack. Our body wants to shake and shiver when it comes out of shock. When we are sad, tears are meant to come out of our eyes. We're meant to do these things and yet we suppress them and it's a great consequence. Not doing this is the human predicament. This is the predicament we've gotten ourselves into.





In a perfect world, we'd process stressors and traumatic events in real-time as they happen. Here is the remedy. When you have an accident or stressful situation happen and you want to release the stress in the moment, remember these seven steps. Now, if you don't have my e-book and free video training, make sure you download it from my site or contact me and I'll get it to you, but from my e-book, here are the seven steps.

When something stressful happens, we want to pause, granted it's safe to do so. Feel how it's impacting our physiology. Notice and allow the sensations or emotions in your body to play through. Be self-aware of yourself, your environment. Notice your breath but don't change it. Notice what your breath wants to do, pause again, and again, and again. Wait and then engage. Engage with people that can help you with those that can bring you to safety rather than becoming insular and introverted and not talking about it.

I know this is a very quick rundown and my e-book will give you a bit more description of this but it all comes down to witnessing what's happening and allowing the body responses to unfold in the way the body wants it to happen because the body doesn't know what to do. It's us. It's our higher thinking brain that gets in the way.

Now, what about old stuff that is stuck? I just talked about what happens when things happen in the moment. Here's the thing. When we get more embodied, self-aware and safe in ourselves, the body can and often does spontaneously bring up the old stuck stuff and this is good. Now, this is when we might be in that yoga class or in some of the exercises you're doing with me and you start to feel emotion come up and you have no idea where it's coming from.

You might feel a movement wanting to happen and it's like why is that happening? The reason it's happening is because your body is starting to feel safety and it's starting to process these old stuck procedural memories that are trapped inside so it's a good thing. This is a time to allow the body to do what it wants and allow the old procedural stuck memories to move through. This might look like self-protective actions that didn't get to happen so you may start to feel tension in the shoulders and it brings your arm into a position that would cover your face from that ball that hit you when you were in grade 10. It could look like wanting to slam on the brakes from that car accident that you never got to slam on the brakes to bring yourself to a full stop.





There's so many ways that we can look at this but its feeling, the body's response and seeing actions that might bubble up spontaneously. Emotions that we're never allowed to come through so often will say when they're getting more embodied and more safe, grief and sadness starts to just come through and this is typical in our society so this is the common one that floods through is sadness and we just don't know where it comes from and that's okay. We want to let that move through, let it move through and wash through.

Sensation that were never felt. Maybe if we think back to that bike accident I talked about, maybe as I'm processing that memory, I start to feel the burning on my knee that I scraped on the pavement or the hit on my pelvis from falling to the ground so can I feel those sensations and let them move through my body. Other sensations could be heat, coolness, vibrations. Memories and images that were forgotten, maybe in that bike example as I'm processing and being with myself, I remember, "Oh goodness, there was a lovely gentleman that actually came by and was there and wanted to help me." I wasn't aware of him but he was standing there with me and then in feeling that memory of that presence that could then influence some feelings of relief.

It could allow my shaking to happen. It never did happen. Again, this is very complex. It's intricate but these are some ideas. The more aware oriented and embodied you are, the easier it is to do this. Here is a big list of things, other ways trapped procedural memories show up. I'll let you just look through this. I'm putting this out here because a lot of times people don't realize that these elements can be a result of trapped trauma.

Asymmetrical stiffness in the muscles. Breaking to avoid an accident usually happens with one side of the body. We don't break with both feet symmetrically. That's one thing that could lead to an imbalance. Facial tics. You see people with little ticks in their face sometimes if we're hearing something or something comes at our face too quickly, we can't process it. It's like we are not able to process what is coming at us quick enough and so we flinch or we have a reaction in our muscles that we can't make sense of.

Tortocollis is a condition where there is a turning in the head where the muscles of the neck are always tight on one side and they're not relaxed on the other. What I found is often this is a result of us either not being able to turn away when we didn't want to see something or turning to something that was horrific and then getting locked in fear at seeing that thing or the fear of not being able to look away.





Flinching similar to facial tics, again, it's a self-protective response but it could be hearing something loud in the past and not being able to protect the years so the shoulders can flinch up. Restless leg syndrome is often a characteristic of a person wanting to flee and run but they never could. Jaw pain and tightness in the face, I often find is anger. The processing of anger. Peter Levine, one of my mentors would say that the jaw is like the linchpin to anger and if you think of when we're angry, we want to shout, we want to bite, we want to hiss. This is what animals do. We have that in us too. Often that can be associated with jaw pain.

Tightness and throat, I've already mentioned this is very common with tears being suppressed as well as not being able to speak up. Frozen shoulder. Frozen shoulder is very common in our society and often there's an emotional component and it involves often protection so not being able to push someone off of us or not being able to create boundaries around us. Again, these are just some examples but I want to put this that you could see the connections with some of the body responses and body elements that we get and we never connected with these procedural memories.

Very important. I've given you a lot of information but bottom line again is healing, it happens in relationship and I cannot encourage you enough to seek out support of networks, families, family friends that can be with you and support you through the process of learning about this material and your decision to explore and become more embodied and release trapped stresses and traumas. Obviously if you're watching this, that's why you're here.

Final thing, remember be very gentle on yourself. We're all in this together. We all have suffered through these things and this is just very important information that I believe needs to be taught and as I've just mentioned, I do believe that healing at this level, the nervous system level is key to healing our species, our culture and our environment when we can release the toxic stresses that reside within us, we heal not just ourselves but our world.

Don't forget each and every one of us is a cell of this planet and when we have less stuff, toxic stuff trapped inside of us, there's less of it in the world and that just creates goodness all around. Here's a quote from Peter Levine who's influenced so much of my learning, so much of what you've been learning. He has said often that true human enlightenment will happen when all human beings on this planet have regulated their nervous systems.

In order to do that, we do need to process these stresses as they come in. We need to bring more space into the system. We need to create more exit





paths in our bodies so that we don't trap it inside and I just really want to end with this quote because I believe that there's incredible truth in what he says and I wanted to also honor him because he's really discovered that this is one of our biggest issues right now on the planet. Of course you can look into more resources that he has. Waking the Tiger was his first book which is why I'm often talking about animals in the wild.

All right. Thank you so much for being here and doing your part. I do believe this is a global importance. We could call it a crisis. It's a predicament. It's also a healing. Thank you. Thank you so much and this concludes your Biology of Stress Video Training Series. Congratulations. You've gotten to the end. I cannot wait for you to continue to learn and process and be aware of yourself and how you interact with your environment. Take good care.

