

THE BIOLOGY OF STRESS

VIDEO TRAINING SERIES

Healing Our Human Predicament

(Why nervous system regulation at a global level is critical right now!)

IReneLYON

Before we begin...

Quick orientation +
GET IN THE BODY moment.

Polar Bear Video Releasing Stress

Quick Intro To This Video....

ENTER VIDEO

This bear was shaking it OFF.

(BUT: not all stress is created equal!)

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.
- The importance of processing stress for **GLOBAL** health.

Let's pretend I got into a bike
accident

Imagine I fall off my bike trying to avoid a
dog on the street....

The **OPTIMAL** scenario is this:

- I have a friend or passerby who helps me get to safety.
- I sit and wait and let the adrenaline and shock do its thing.
- I don't worry about taking too much time and I TAKE MY TIME.
- I feel my body and re-orient to myself and to my breath.
- I slowly get up and orient to my bike, the street, the environment.
- I let any tears, or shakes or bouts of anger express and be felt.
- I walk with my bike until I feel solid enough to get on it.
- I might even just walk home and take it easy.

The **LESS THAN OPTIMAL** scenario is this:

- I don't find a safe place to sit and rest.
- 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 the shaking and the tears and I try to breathe through it, suppress it. I ignore it.
- I clumsily get back on my bike and keep my eyes down for fear people will see me.
- I get home and pretend like it never happened and don't talk to anyone about it.

One year later....

Which scenario would have led to **LESS**
STRESS stored up in the system?

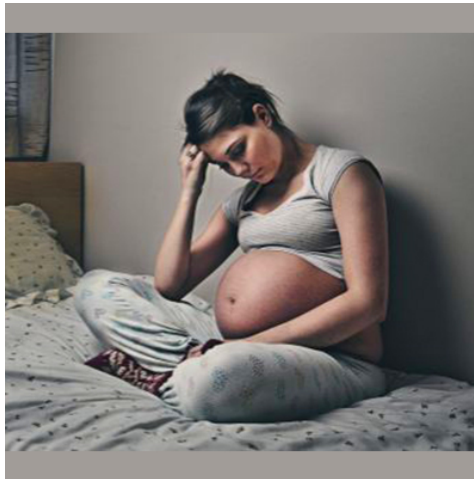
Scenario A

(but with **ONE** exception)

REMEMBER THIS?
For some, our primary wiring was
SOLID & GOOD



For others, the primary wiring
WAS NOT FAVOURABLE



If someone had really **SOLID WIRING** in their nervous system from the start, both scenarios might actually be OK.

Someone with early and developmental trauma who **DID NOT GET** solid wiring is more likely to struggle in **both scenarios**.

(But scenario A is definitely a better one!!)

There is no way to say exactly what will be best for each individual.

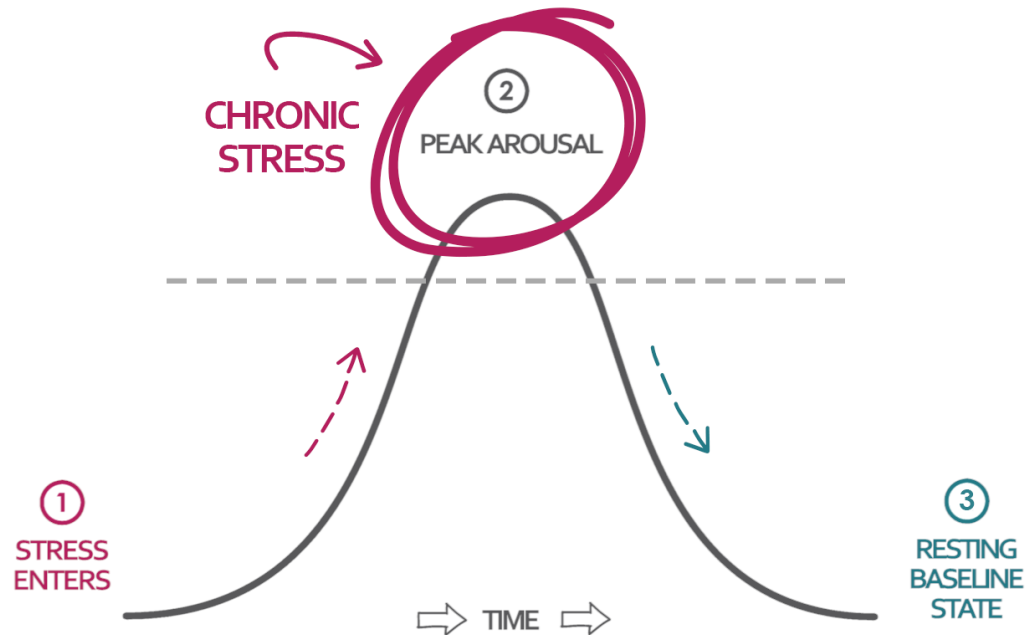
The most optimal way to **HEAL** and
INTEGRATE this experience...

...would be to help **COMPLETE** any
incomplete actions or stress responses
that didn't get to happen during the
accident.

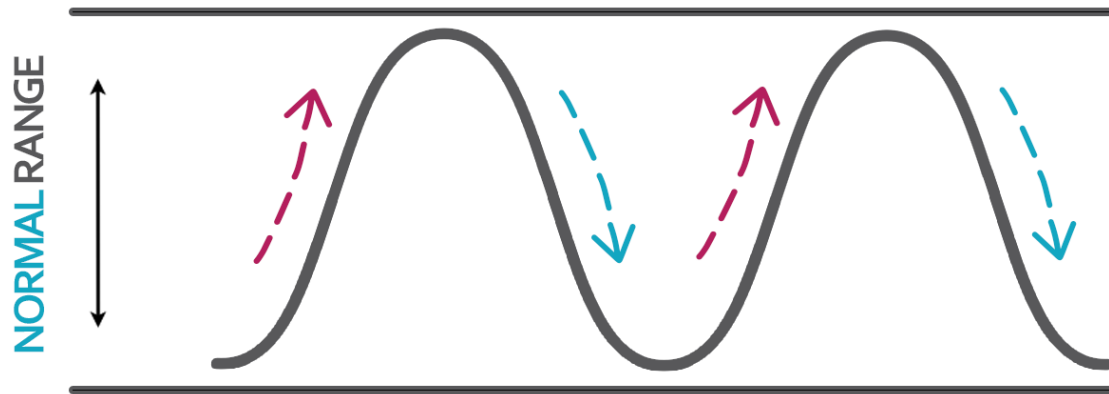
Think back to the Polar Bear = Shaking it off,
COMPLETING his running response.

The impala from African safari training video
= **FLEEING** from the hyena and cheetah
to safety.

These animals are **COMPLETING** their stress response.



Which brings them back to baseline : -)



To complete the responses in the way our wild animal friends do, we need to learn about **TWO TYPES** of **MEMORIES** that get stored in the body and brain.

Declarative Memories

Procedural Memories

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.

Declarative Memories

Remembering a beautiful bike ride last summer.

The people you were with, the sunshine, the gorgeous lake-side view

Also know in science “tech” speak:

EXPLICIT Memories

These are the brain’s memories of circumstance, details on the outside....

Procedural Memories

Memories “IN” the body.

They can be **reflexive** and are often executed **spontaneously**.

Example: Riding a bike, walking, shoelaces etc.

Also know in science “tech” speak:

IMPLICIT Memories

These are like written code that is stored inside our nervous system, body, brain.

They (can be) automatic body responses
that get **WRITTEN** without our conscious
control.

They are also activities that we **learn** early
in life...

For us, we want to focus on the **automatic/
reflexive/self-preservation** kind.

Procedural Memories in ACTION

- Dropping a knife while cutting onions.
- Protecting your face when a ball is coming to you.
- Slamming on the brakes when someone runs out in front of your car.

Procedural Memories in ACTION

- Speaking up, screaming... etc.
- Covering your eyes at something visually horrific.
- Turning away from smelling something disgusting.
- Tears flowing when we are sad.
- Expression of emotion (whole spectrum!).

Trauma Occurs When Our
Procedural Memories Are
STUCK and **NOT COMPLETED**

Remember this definition of trauma from Video #4?

Recent article published in *Psychology Today*

(TRAUMA IS...)

“Anything that's too much, too soon, or too fast for our nervous system to handle, especially if we can't reach **SUCCESSFUL RESOLUTION**”

We need to **DE-ACTIVATE** and **COMPLETE**
OLD procedural memories and self-
protective threat responses to make more
SPACE in our nervous 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.

(Or, DON'T STORE IT UP!!)

Animals **in the**
wild do this
naturally!



Caged Animals Are Different



This is why animals in the wild don't
get traumatized, but humans do



For WESTERNIZED Humans

“Unfortunately for our species,
our cages are often
cultural and of our own making.”

Dr. Robert Scaer - The Body Bears The Burden

“For generations
we haven’t
DE-ACTIVATED
our self-protective
threat responses.”



Dr. Robert Scaer, *The Body Bears The Burden*

This has become the **NORMALITY** of
our global situation.

This is what causes the bulk of our
suffering and sickness in industrial
society.

We need completion of survival energy responses to stay healthy. **PERIOD!**



- We are meant **TO RUN** when the tiger chases us.
- We are suppose to **FIGHT & FLEE** when we are under attack.
- Our body wants to **SHAKE & SHIVER** when we come out of shock.
- When we are sad, **TEARS ARE MEANT TO COME** out of our eyes.

Not doing this **IS** the human
predicament

In a **PERFECT** world:

We'd process stressors and traumatic
events in **REAL TIME!**

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 **7 STEPS**:

From my ebook (refer back to this!)

1. Pause
2. Feel it
3. Notice and allow sensations or emotions in your body
4. Be self-aware
5. Notice your breath
6. Pause again
7. Engage

What about **OLD** stuff that is stuck?

When we get more **EMBODIED, SELF-AWARE** and **SAFE** in our cells, the body can, and often does, **SPONTANEOUSLY** bring up the old stuck stuff.

(THIS IS GOOD!)

This is the 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.

Emotions that were never allowed to come through.

Sensations that were never felt.

Memories and images that were forgotten.

The more:

AWARE, ORIENTED and **EMBODIED** you
are, the easier it is to do this.

Other ways **TRAPPED** procedural memories show up

- Asymmetrical stiffness in the musculature (braking to avoid an accident)
- Facial tics (information coming too quick to process).
- Tortocollis (turning to look away, not able to)
- Flinching (self-protective response)
- Restless leg syndrome (fleeing response)
- Jaw pain, tightness (anger)
- Tightness in throat (tears, speaking up)
- Frozen shoulder (emotional, protection)

IMPORTANT!

Healing happens in relationship

Seek out supportive networks, friends, family

REMEMBER: Be gentle on yourself.

I believe...

Healing at this level – **THE NERVOUS
SYSTEM LEVEL** - is the **KEY** to healing
our species, our culture, our environment.

When we can release the toxic stresses that
reside within us, we **HEAL** not just
ourselves, but our **WORLD**.

“True human enlightenment will happen when all human beings on this planet have regulated their nervous systems.”

Peter Levine, author of Waking The Tiger

Thank-you so much for being here
and doing your part!



**THIS CONCLUDES YOUR BIOLOGY
OF STRESS VIDEO TRAINING
SERIES!**

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