

HANDOUT on STRESS, ANXIETY, PANIC



THREAT v. SAFETY

COMMON EXTERNAL-INTERPERSONAL TRIGGERS & the CORRESPONDING INTERNAL-SOMATIC LANDSCAPE

Relationship - significant other / bf / gf / bff / friend group / family

Academic/Career- tests, grades, future, identity, finances, plans

EVOLUTIONARY PERSPECTIVE "DEFENSIVE AGGRESSION" POWER & PARANOIA

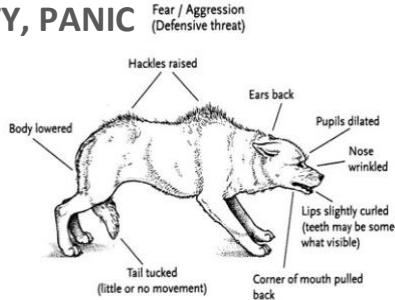
"Face" developmental-power v. impotence based in secure v. insecure attachment

Fight Flight Freeze



Fold, Faint

involves polyvagal syncope, may manifest in: overwhelm, depression, demotivation, insomnia, hopelessness, low energy, anhedonia usually - blends of these, with feeling lost, fearful, sad



sympathetic - 'fight-flight' FEAR-anger-FEAR

FIGHT - predator-side, bicker, argue, bluff, anger/fear, mobilized, on offence, predator-mentality

FLIGHT - prey-side, fear-dominated states

FREEZE - a combined/stuck pattern, part fight/flight, part FOLD cowering, 'deer in headlights'

FOLD/FAINT - immobility, defeat, overwhelm, giving up



"Co-dependency is a possibility."

Long struggles with stress result in blends, instability combined with high functioning, mixtures of emotions, feeling lost, fearful, sad, and INTERPERSONALLY perhaps isolation or very commonly uneven, enmeshed-depleting-caustic-dysfunctional patterns: CODEPENDENCE



Left-Right-Brain- the two major, competing / balancing modalities



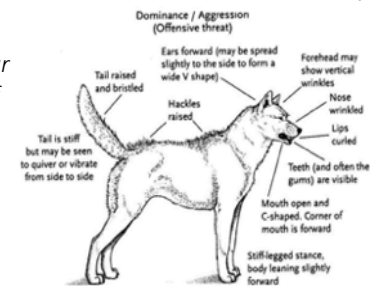
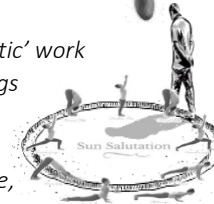
FACE - a potentially healthy stance, inwardly & outwardly, e.g., 'face fears', process feelings, develop assertiveness, seek healthy, supports - friends, knowledge, yoga, exercise, etc

Facing stress within, building resilience / parasympathetic 'rest-digest'

- Healthy/Loving social supports
•Grounding - body/earth awareness enhancing
•Sun salutation, suryanamaskar, slow movement, or vigorous + recuperate (HIIT)
•Yawn, slow exhalations, nap, sleep, 'somatic' work
•Eat-slowly, walk slowly, notice surroundings
•Play, goof off, laugh, be spontaneous
•Take (safe) risks, be adventurous
•Welcome touch, grooming, tension release, bodywork
•Future-safe-to-empowering vision
•Creative - art, paint, writing, movement - your own pose, movement, for restoring balance of vigor and peace, power and acceptance. Experiment with walking, sitting, breathing in confidence.
•Make your own, personalized future/power poster.



Super-human posture + somatic awareness



Tune into emotions, name & connect to living body mad, sad, glad intense vs. mellow afraid, terrified, overwhelmed numb, blah, flat

Basic stuff - what, how long, intensity, frequency

Identify patterns / MOSTLY what? (emotion) associated with what issue / person(s) / contexts?

Blends are common Hope, fear. Fear as normal.

DURATION - seconds, mins, hours, days, weeks, notice capacity to make small shifts

POSITIVE ATTITUDE / GRATITUDE

SYMBOL / IMAGES

Link w somatic awareness FEEL IT & cultivate your bounce-back, your resilience lighthearted courageous creative balanced confidence accepting disciplined flexible curious spontaneous

*for educational purposes only vincentschroder.com Vincent Schroder / CWC