

Managing Stress Responses 101

Stress Responses and what are they...Its really quite simple our systems go into a stress response when we have excess stress, over stimulating conversations and outside influences and basically when our bodies decide that they are going to work harder than they need to.

When we look at the 3 stages of stress we quite commonly go through the ALARM Stage (Fight or Flight), its at this stage without going into anything else where you can make the choice to either sit in it and allow the brain to send the "Emergency" signals to the rest of your body which trigger the nervous system to respond in a negative way depending on what you choose. It is your OPPORTUNITY right here to pull the pin on what you are feeling and not go into that ALARM space.

Choosing to go Into the ALARM Space then brings the RESISTANCE phase YAY for RESISTANCE we all have it however its how we choose to manage ourselves. Its at this stage that our Mindfuckery hits an all time high. Our Parasympathetic nervous systems tries to regulates our stressors, organs, cells which in turn just causes damage to our cells, that if held in this place for long enough can not be reversed and will make you seriously ill.

Sitting in the RESISTANCE Phase then progresses to the EXHAUSTION Phase. This is where our body starts to shut down. Our Adrenal function and organs is compromised our immune system is non-existent and our mental health suffers.

Why have I decided to explain the stages so that finally YOU MIGHT GET IT!! Illness and Viruses can be cured in most cases STRESS RESPONSES CAN'T BE...So make the choice at the ALARM phase to not take this any further. Not buy into the trigger that has occurred because after all it is just a trigger and we can always flip the switch on our perception of what is going on. Now lets go into the physical aspects and how we can shift ourselves at the ALARM Stage.

What can we do;

- **Be aware of how your body normally would react in every day situations**

We do this by sitting with ourselves. A check in. Upon waking in the morning take a few moments to start at your head and work your way down the body we do this through visualisation. When you feel a niggle stop.

For example; I'm just laying starting at my head and working my way down looking and feeling my shoulder twinged a little so I stop....pause...breathe in 1,2,3,4 hold the breathe in the shoulder then exhale 6,5,4,3,2,1. I continue on and get to my leg the same thing I stop...pause...breathe in 1,2,3,4 and hold the breathe in my leg then exhale 6,5,4,3,2,1.

By doing this each day and however many times a day you feel is necessary not only are you CONNECTING with yourself you are also working with the Vagus nerve and stimulating a response by allowing the nervous system to settle. How does this work...The Vagus nerve governs just about everything in your physical body (This is my belief research will show that it is only connected to the Heart, Lungs and digestive tract. However we are working outside the realms of just the physical and nervous systems). By working and allowing this system to simply do its job you will find a sense of peace and calm come over you.

The other ways to settle the nervous systems which allows a minimal if any stress response are listed below. All of these things will assist in settling anything that is unsettled within your system.

- TENS machine on a very low setting with the pads placed on a straight leg about 3 cm above the knee on the quad on both sides for about 15 minutes.
- Have a shower and allow the water to hit your crown. This will break your energetic field and allow a reset to happen.
- On the inside of the wrists 3 finger widths up from the crease and massage the point for about a minute.
- Ice, Ice and More Ice...Place ice packs on the bottom of your spine (Lower Back) and on your neck. This allows the Cooling of your nervous system and physical. Most of us have an energetic access point on the back of our neck and with this point we often find that this is where our headaches, excess tension stem from. If you think about it with-out a BACKBONE we have no support if we have no support from self we sit in the EXHAUSTION Phase!!!
- Breathe work – Is the simplest form of sitting in a authentic space. Connecting with self and Supporting yourself. There are plenty of options on youtube and also just being focused on your breathing. Garmins and most smart watched actually remind you to breathe when your stress level reacts on the watch take advantage of this feature.
- Meditation is your medication!!!! If you haven't already jump on and Like The Meditation Mechanic on FB and plug in for the meditations and teachings that Kurt has available. His work is Life changing if you want it to be.
- Yoga and Conscious Movement. Its simple move your body it is a known fact that exercise promotes healthy happy hormones which in turns shift your mood. Yoga is vital for the conscious movement and breathe it is an all round activity. Anita Hamilton on FB has beautiful sessions on her page. Take advantage of the rapidly changing way of deliverance and support our local teachers.
- Get outside in nature and just sit!!
- KEEP THIS SOMEWHERE – NOT MY CIRCUS NOT MY MONKEYS.

Work with any of all of these things and you will feel the difference straight away. Meditation and Breathwork can be tricky if you haven't work with it a lot however don't be quitters keep going and practicing. Be the Master of your own systems its that simple really.

Love
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