

# HEALING STRESS STRAIN SHOCK & SUFFERING

*Otherwise known as getting  
through a normal week in 2021*





# Stress vs Trauma

Are you busier now than you were, ten years ago?  
(...and ten years before that?)

Change is running faster than at any time in the history of mankind, we are doing more, being more, having more and losing more than ever at an increasing pace.

What used to be called trauma is now classified as stress.

**While stress is not always harmful, trauma always is.**

# Stress vs Trauma

## STRESS

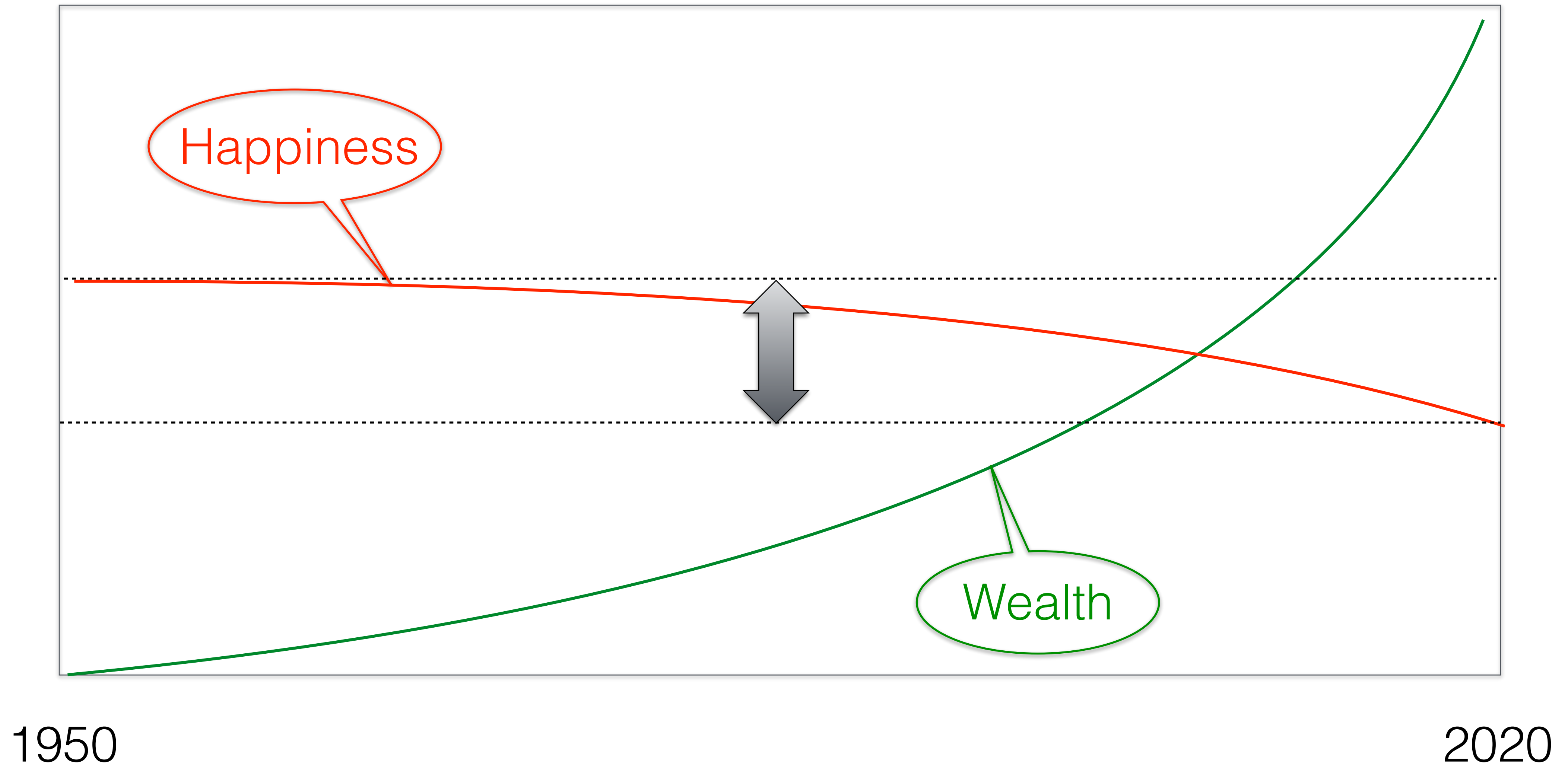
Physical, mental or emotional factors that cause bodily or mental tension.

## TRAUMA

Exposure to real or threatened death, serious injury and/or violence.

While stress is not always harmful, trauma always is.

# There's a LOT going on...



# How Stress Turns Into Trauma

Stress escalates into Worry.

Worry escalates into Anxiety.

Anxiety escalates into Fear.

Fear escalates into Panic.

When the events of life escalate far enough you will end up in **shock**.

(numbness is a protective device)

# Symptoms Of Emotional & Psychological Trauma

We all react to trauma in different ways, experiencing a wide range of physical and emotional reactions.

Your responses are NORMAL reactions to ABNORMAL events.

- Shock, denial, or disbelief
- Confusion, difficulty concentrating
- Anger, irritability, mood swings
- Anxiety and fear
- Guilt, shame, self-blame
- Withdrawing from others
- Feeling sad or hopeless
- Feeling disconnected or numb

# Physical Symptoms Of Trauma

We all react to trauma in different ways, experiencing a wide range of physical and emotional reactions.

Your responses are **NORMAL** reactions to **ABNORMAL** events.

- Insomnia or nightmares
- Fatigue
- Being startled easily
- Difficulty concentrating
- Racing heartbeat
- Edginess and agitation
- Aches and pains
- Muscle tension

# HEALING SHOCK

01

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Inability to function normally.  
Everything becomes irrelevant.

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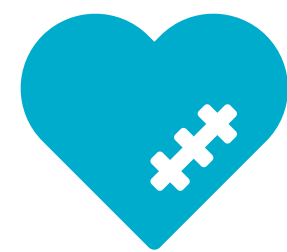
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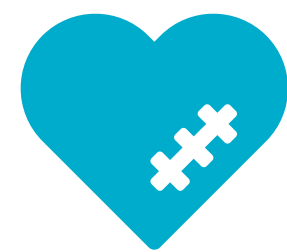
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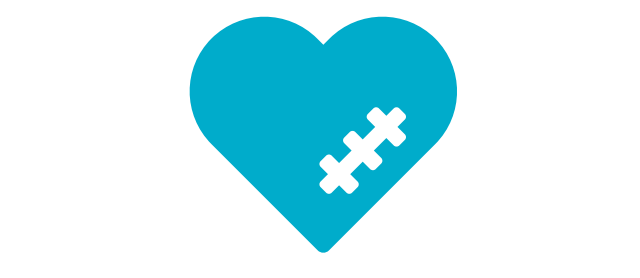
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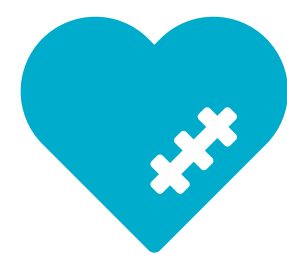
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IT'S POSSIBLE TO CYCLE ENDLESSLY UP & DOWN



# Assignments

<b>1</b>	What sources of stress do you need to eliminate?
<b>2</b>	What is the best strategy for that?
<b>3</b>	What traumas do you need to heal from? What is the best strategy for that?