

## Recognizing Stress Response and Deactivating it

### 1. Intro:

- a. What I'm sharing / What I want you to get out of it
- b. Backstory / Qualifications / Disclaimer
- c. Importance I recognize in this subject
- d. Skills to develop in order to most efficiently do this in ourselves / with others
- e. Perspective: future/past / present/imagined location / current/imagined scenario
- f. Relativity exercise

### 2. Demystifying: Ops Plan

- a. Human body is a self healing survival based organism / survival based species
- b. Physical survival / Social survival
- c. Stress response happens automatically and keeps us alive to then think about it
- d. Fight / Flight / Freeze / Faint / Fawn
- e. PFC / Limbic (survival) brain / Brain stem - Amygdala / Symbolic representation
- f. Emotions / physiology / psychology

### 3. Recognizing: In ourselves and in others: Present moment time vs imagined time

- a. Emotional / physiological / psychological symptoms
- b. Perspective Victim / Villain / Hero - presence / Karpman Drama Trauma Triangle
- c. Time / Space / Entanglement - listen for the imagined places story is told from
- d. Listen for recurring themes / seemingly unsolvable problems
- e. Recovery feels incongruent / imposter / fear of death by tribal rejection
- f. Perceived separation

### 4. Deactivating:

- a. 5 step strategy
- b. Consciously reduce a sense of uncertainty or a sense of overwhelm or both
- c. Recognize and acknowledge there's nothing personal about survival activation
- d. Hold space for others / listen / observe in a sense of detached compassion
- e. Bring presence with you as our most natural state of being
- f. Give ourselves grace for stress response activation, just focus on recovery

### 5. Conclusion:

- a. Demystifying / recognizing / deactivating
- b. Practice into reliable default / Self directed neuroplasticity
- c. Provide options not instructions
- d. Give the stress response time and space to cycle through
- e. Cultivate empowerment not dependence
- f. Restoring PFC operation feels incongruent

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### Sympathetic Nervous System - Fight / Flight nervous system expression

Fight	Adrenaline to conquer through	Injustice I'm unwilling to tolerate
Flight	Adrenaline to fuel an almost effortless escape	The fact that I escaped without having to think about it
Freeze	A sense of being unable to take action	A stuck state of perceived helplessness
Faint	Exhaustion	Passing out
Fawn	Appeasing Attacker / Rescuing / People Pleasing	Appeasing an attacker to buy time and space to figure out a better survival solution

### The Karpman Drama / Trauma Triangle

Symptoms	Changes	What I look for	Corrective Actions
Victim	Abused / Injustice	My mind looking for someone else to blame for my problems	Presence
Villain	Hate and Rage	My mind perceiving ways to hurt others from a hatefilled perspective	Presence
Hero / Rescuer	Sympathy / earning self worth	My mind looking for other peoples problems to solve to avoid looking at my own	Presence

### Tribal Survival / Attachment

Tribal Survival	Fear of death by tribal rejection	Going from being at peace to being in fear of death by tribal rejection for being a burden	Recurring inner narrative of being unworthy / Felt need for constant reassurance / Favor winning behaviors	Recognize we're a social survival based species, we have tribal genetics, and the emotions of the fear response override logic
	Avoiding death by tribal rejection	Desire to be accepted and loved	People pleasing	Recognize the illusions generated by emotions
	Enhancing tribal survival	Pride from doing a good job	Sense of self importance	Recognize the illusions generated by emotions
	Attachment	Anxious / Avoidant / Disorganized	Clinginess caused by the fear of abandonment / Preemptively pushing others away to avoid abandonment	Develop a secure attachment style

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<b>Demystifying Stress Response</b>	<b>Survival brain</b>	<b>Physical body</b>	<b>Higher mind / PFC</b>
Activates Automatically	Amygdala / Hippocampus / Thalamus	Endocrine / Nervous System	Personalizes understand / thinks
Symbolic Representation	Match game / time based survival advantage	Hormones / Responsive action	Event replays in mind once safe
Body Survival Organism	Response better safe than sorry	Escape danger to physically survive	Think about threat once safe
DNA to survive tribe we're born into	Fear of tribal rejection / Glory of tribal advance	Warrior / Caretaker / Hybrid	Realizing ourselves as filling a role in a tribe
Physical Survival / Social Survival	A shifting of behavior to stay within the good graces of the tribe, possibly earn favor, and avoid tribal rejection at all costs.	Instant unconscious survival based action	Judge ourselves more harshly than we judge others
Lower / Middle / Higher - Brain	Middle (Limbic) brain	Middle (Limbic) brain /	PFC / cortex
Perception of Time / Space collapses	Perceived sense of immediacy / emotionally convincing sense of time scarcity	Muscles tense / prepared for immediate survival based action. Experience tunnel vision	Mind perceives most immediate threat at most immediate time
Fight, Flight, Freeze, Faint, Fawn	Defaults to one of the 5 when stress overload trips the higher mind offline, we were born into this world genetically prescribed to survive in the tribe we were being born into, survival happens, it's after that the mind takes over.	Action or inaction will happen based on the prescription of your genetic code to survive the circumstance, to then allow the mind to sort it out from there	The higher mind comes back on line and critiques the survival brains actions, in order to adjust behavior and better survive
Karpman Drama / Trauma Triangle	Victim / Villain / Hero	Less energy / more matter	Presence
Amygdala Hijack / Muscle Guarding	Braces for impact / Tightens	Mind / Body Spasms	Thinks it'll last forever
Time / Space / Entanglement	Perception of life happening occurs in the imagined future or past, a physical location outside of ourselves, and entangled in imagined circumstance with another member(s) of the tribe	Emotions happen in the present moment, thoughts take time to happen. Intense enough emotions cause impulsive action before thought	Under enough stress the mind snaps into disassociation, I bring a consciously realized sense of presence with me into every situation I can, and I'm developing my ability to be present in more circumstances.

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## Practicing it all the way through

PB MR TM DF HG

At any given time I want to reduce one of two things, 1. Uncertainty or 2. Overwhelm, or both  
Demystifying something takes the power of mystery away from it, reducing sense of uncertainty  
To reduce overwhelm, Inventory number of things provoking 5 senses, strategy SNS PNS ENS

### (1. Patterned Breathing / 2. Muscle Relaxation)

**This strategy begins with** a 2 stage in breath followed by 1 slow restricted outbreath, repeated  
I'm breathing in through my nose using my diaphragm muscle

To expand my belly outward like a balloon

Using the muscles below my belly I'm rolling the air up through my torso

Like I'm squeezing a tube of toothpaste up into my shoulders

I'm topping it off with a second in breath

Holding it in for a few moments, then I'm gradually releasing tension

Out of my muscles through my slow restricted outbreath

Making sure my single outbreath is at least twice as long as my double in breath

### (3. Thought Maintenance)

I'm checking to see where my thoughts had been running

And I'm bringing em back into presence without blame, shame, or question

I'm redirecting the energy of my thought focus

Onto the neutral process of releasing tension

Out of my muscles through my slow restricted outbreath

Keeping my thought based mind busy on process of scanning my body for tension to release

One muscle group at a time - Jaw / Eyes / Neck / Shoulders / Arms / Legs / Torso

Focusing on neutral process produces neutral thoughts, neutral emotions, helps flushout system

### (4. Divergent Focus)

If my eyes are open, I'm looking directly forward

I'm not allowing my eyes to drift to the right or the left

I'm maintaining a centerline focus, at eye level or above

Looking forward, I'm consciously toggling my vision

From a zoomed in view of the world to a zoomed out view of the world

From seeing the one thing in front of me

My mind had been stress provoked to see more clearly

To seeing what's in front of me as well as

Everything on the right / left edges of my field of view as the same thing

### (5. Hope and Gratitude)

From here, I'm checking to see if my mind had been dwelling in hopelessness

Or am I allowing myself to realize a greater sense of hope? It'll be one or the other

Also, have I been feeling entitled to heal, or am I grateful I'm healing?

Again, it'll be one or the other.

I'm consciously choosing hope, and I'm consciously choosing gratitude

Just like reducing uncertainty and overwhelm helps me deactivate stress response

Realizing a greater sense hope and gratitude helps me upregulate higher mind operation

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This is what I do: PB MR TM DF HG over and over again

Where I learned about each component from in putting the strategy together

Red signifies negative, blue neutral/highlight, green positive, and purple info source

## 1. Patterned Breathing

Diaphragmatic breathing (Deactivate stress / reactivate higher mind)

Rande Howell Trader's State Of Mind

Dr. Herbert Benson's Relaxation Response

National Library of Medicine identifies (Relaxation R as inverse to Stress - R)

University Michigan Health (benefits of diaphragmatic breathing)

- heart rate
- blood pressure
- stress hormones
- + blood oxygenation
- + activate relaxation response

- Physiological Sigh (Rapidly reduce stress / rebalance O2 / Co2)

Dr. Andrew Huberman practically and rapidly reduce stress in real time

Prof Jack Feldman UCLA rediscovered Physiological sigh

Offloads a significant amount of Co2 out of the bloodstream at once

- Feel stress with Co2 buildup in bloodstream

Second in-breath

Expands millions pods lungs

Size of lungs / size of a tennis court

Magnifying surface area lungs for

Co2 molecules to attach to immediately exit

Extending exhale

Upregulates parasympathetic nervous system activity

- In order to reduce stress as quickly as possible /
- Paradoxically exhaling as slow and restricted as possible

Inhale speed heart up / exhale slow heart down (HRV)

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## 2. Muscle Relaxation

Under Stress Muscles tighten / constrict preparation action    Consciously relaxing muscles Signals survival brain fight's over, okay higher mind

- Releasing tension                      Rande Howell / Dr. Herbert Benson

Mayo Clinic - Benefits of relaxation techniques

- Heart rate / blood pressure / activity stress hormones
- Breathing rate / fatigue / anger and frustration
- Blood flow major muscles / digestion / sleep quality
- Focus / mood / boost confidence to handle problems
- Control blood sugar levels / ease muscle tension and chronic pain

## 3. Thought Maintenance

Thought maintenance                      David Strother -Valiant / Rande Howell / JBT / Joe Dispenza

- Stress provokes thoughts to run automatically
- We can also check our thoughts for validity
- We can choose what we maintain focus on
- Emotions that provoke survival action, giving us reflexes
- Emotions provoke thoughts / disorient the psyche / disassociate perceptive awareness out of the present moment, and into the past / future

Survival system is designed to first survive the event

So we can think about it once we're safe

- Dr. Joe Dispenza explains 60-70k thoughts per day / most are subconscious
- Majority are same thoughts as the day before

Dr. Sigmund Freud

Ego Syntonic - Thoughts aligned with our core values majority of our thoughts go mostly unnoticed

Ego Dystonic - Rogue thoughts against our core values that cause distress  
The mind takes exception to these thoughts

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Because they stand out as one off shocking thoughts

Rule of thumb:

- If I **detect** subconscious muscle **tension**
- **Thoughts** running somewhere provoking emotional charges to **cause it**

#### 4. **Divergent Focus**

EMDR / NLP / Joe Dispenza / Andrew Huberman / Fred Previc

Divergent focus                      EMDR / NLP (eyes **L memory** / eyes **R imagination**)  
Eyes on **center line** is neither R/L but **presence**  
Patterned **breathing** tool to **calm body**  
**Eye control** tool to **calm** the **mind** back to presence

- Looking directly forward    (helps promote presence) **EMDR / NLP**
  - If mind running / eyes shifting R/L center = presence
- Eye level or above  
    **Fred Previc** Associate Professor Psychology **University Texas San Antonio**
  - Looking up (optimistic feelings)
  - Looking down (pessimistic feelings)
- Toggling vision divergent    (Reactivate parasympathetic / higher mind operation)
  - **Dr. Joe Dispenza / Dr. Andrew Huberman**
  - Stress provokes vision point focus
  - Divergent focus requires higher mind operation

#### 5. **Hope and Gratitude**

Jill Bolte Taylor / Viktor Frankl / Dr. C. Rick Snyder / Tony Robbins / UCLA Health

We can feel a sense of **hopelessness** or a sense of **hope**  
Humans **teeter** on a **spectrum**, **entitlement** to **gratitude**

- Hope                                      **Dr. Jill Bolte Taylor / 4 minute mile**  
    (Second wind healing) Dr. JBT emotions 90 seconds

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## Dr. Viktor Frankl - Man's Search For Meaning

- "Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way." - Viktor E. Frankl

## Charles "Rick" Snyder PhD "Hope Theory"

Hope as positive motivational state rather than just a feeling

Pathways thinking: Identifying options and routes to achieve goals

Agency thinking: Belief and motivation in myself to use pathways to achieve goals

- I have the goal to recover, heal, and grow from trauma
  - I have a way to accomplish my goal
  - I have the belief and confidence in myself to do this, and I am
- 
- Gratitude                      Entitlement / Gratitude opposite ends of a spectrum
    - I either feel entitled to heal or grateful I'm healing
    - It'll be one or the other

(Gratitude dissolves fear / anger)

Tony Robbins

- Can't be grateful and fearful simultaneously
- Can't be angry and grateful simultaneously

When I've realized what I'm grateful for while I've been experiencing psychological pain  
It's been nothing short of the halflife of the flashback charge

## UCLA Health / The Health Benefits of Gratitude

Reduce depression

Lower anxiety

Relieve stress

Support heart health

Improve sleep

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