



The Body-Mind Connection

Overcome stress, fear and anxiety



3 Types of bad stress



Chemical

- Pollution and pesticides
- Cosmetics, Drugs
- Chemicals in foods
- Lack of nutrients in food

Physical

- Pushing our physical boundaries constantly
- Overwork
- Too little sleep
- Too much or too little training

Emotional

- Working under pressure constantly
- Worry, fear, anxiety
- Feeling stressed continually
- Negative thoughts – expecting the worst

Downward spiral of bad stress

Be alert of the signals

- ↓ Rise in cortisol levels and acidity
- ↓ Drains energy
- ↓ Sleep quality
- ↓ Feelings of anxiety and/or fear
- ↓ Feeling overwhelmed
- ↓ Difficult to concentrate
- ↓ Negative thoughts
- ↓ Symptoms of disease – catching cold, flu, etc
- ↓ May gain weight or loose weight
- ↓ Pain / inflammation response
- ↓ Chronic disease
- ↓ Bodily functions deteriorate. Health declines

The amygdalae



What is the amygdala?

A roughly almond-shaped mass in your brain involved with the experiencing of emotions. The amygdala is also known to be the “fear centre” of the brain,

What is the role of the amygdala?

The clusters of the amygdala are activated when an individual expresses feelings of fear or aggression. Anxiety and panic attacks can occur when the amygdala senses environmental stressors that stimulate fight or flight response. The amygdala is directly associated with conditioned fear.



Fight, Flight or Freeze response



Conditioned fear



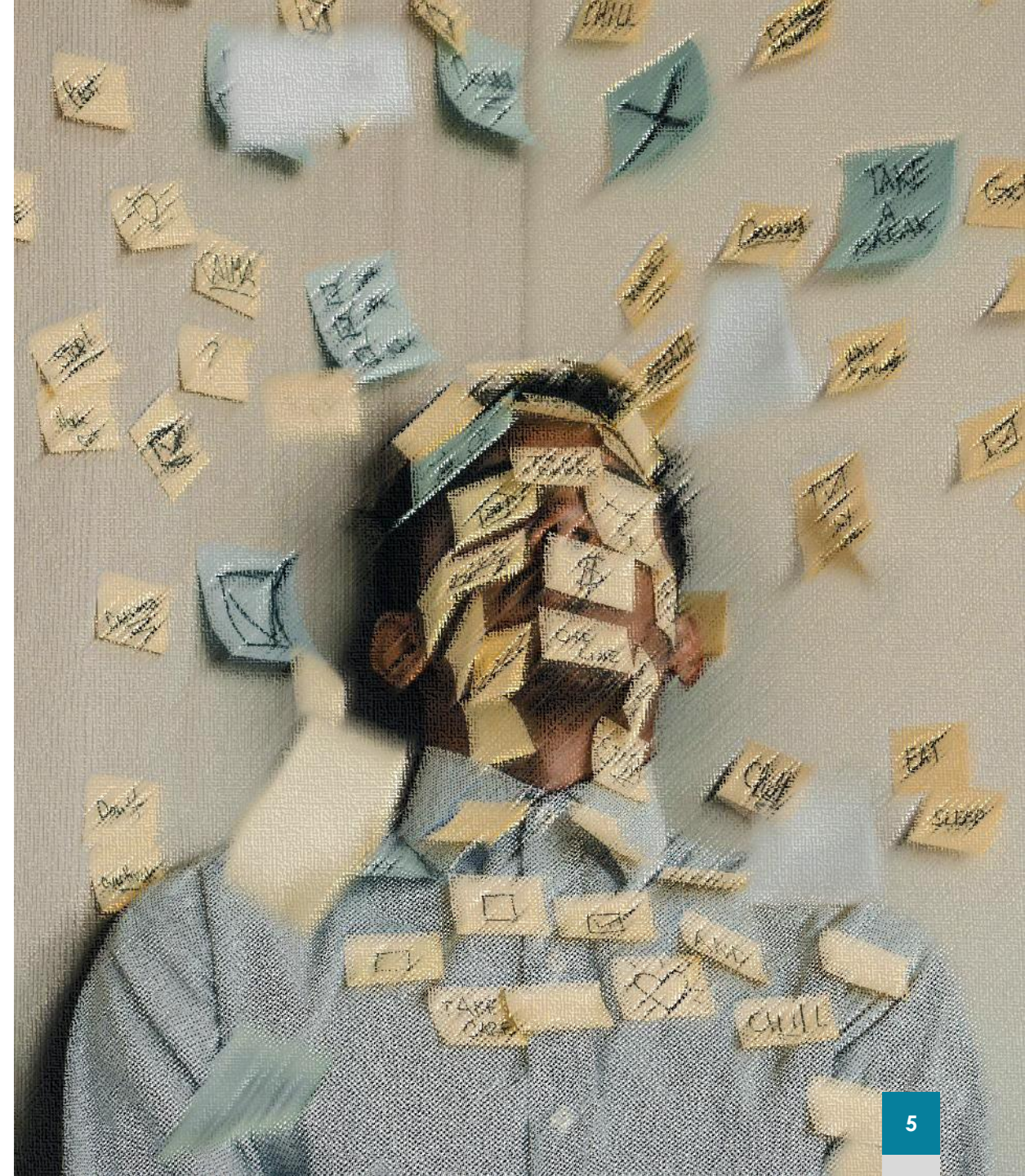
Real danger vs perceived danger

Your brain does not know the difference between actual danger (e.g. a predator chases you) or perceived danger (e.g. work deadlines, financial pressure, family crisis, etc)

What is conditioned fear?

When you operate under constant stress, it becomes a habit for your body to experience it as your normal. Even when you don't have any outer reason to be stressed (e.g. on vacation), you still feel the tension and emotions of stress and can't relax fully.

Habitual stress or conditioned fear should be identified and eliminated. You can't live fully and creative when you are stressed. Thankfully there are techniques and action steps you can take to overcome conditioned anxiety, fear and stress and become calm, relaxed and enjoy life again.



How does your body interpret fear and stress?

DANGER:
Lion chases me!

- Lean, mean and fast
- Metabolism in overdrive
- Diarrhoea
- Loose weight fast
- Hormonal imbalances

Survival mode



How does your body interpret fear and stress?

DANGER: **Stuck in the desert!**

- Scarcity: Not enough food or basic needs
- Hold tight to what I have
- Digestive system slows down. Constipation
- Pick up weight or struggle to lose weight
- Hormonal imbalances



Survival mode

How to calm down your mind

Rethink. Refresh. Renew



White space

Juliet Funt

Breathe

- Wim Hof (Ice man)
- Gratitude Breathing
- Slow breathing
- Intentional



Stress relief movement

- Yoga / Pilates / Dancing
- Any exercise you enjoy



EFT (Emotional Freedom Technique)

1. Release the tension and emotion
2. Gain clarity
3. Solve the root of the problem

Walking in nature

1. Focus on what is beautiful
2. Get perspective
3. Barefoot – touch, feel, calm down

The worry-list (Dr Henry Cloud – Author of Boundaries)

- When everything seems out of control, and you are feeling overwhelmed, create a worry-list.
- Step 1: In the “Outside my control”-column: Write down everything that worries you that you cannot control. E.g., world situation, etc. Then set a timer on your phone and worry for 5 minutes about it. Then Dispute it! 99% of our fears will never come true.
- Step 2: In the “Within my control”-column, write down everything you can do to improve your situation and create an action list. Start doing it immediately and tick the items off as you complete it.

	Outside my control	Inside my control
1.	The news and world events	What/who do I choose to focus on?
2.	The economy	My work – give my best, creative, innovative.
3.	The politics	My body – nourish it well with good food. Rest.
4.	My family, friends and loved ones	My mind – take captive all negative thoughts and replace it with positive thoughts

Daily mental strength routine

- ✓ Movement on music (3 songs)
 - Lift your spirit while you wake up your body
- ✓ Gratitude journal
 - Write down 5 things you are thankful for
- ✓ Strengthen your inner spirit with inspirational reading
- ✓ Journal your message or word for the day
- ✓ Meditate on the message of today
- ✓ Prayer / Declaration
- ✓ Plan your day – the CAN DO list
- ✓ GO for it!



Minimum daily routine

- ✓ Anything that we do will help your body and mind calm down.
- ✓ Rather shorten your routine than miss it totally
- ✓ Some days it is OK to sit down for 1 minute and do 2-3 things instead of the whole routine.
- ✓ If you struggle, get support outside of yourself.
- ✓ Plan time ahead to refocus. Your system need it.
- ✓ Go gently on yourself.
- ✓ Stay with the program



Zoom out...

get a new perspective