



Stress Isn't the Problem

Stress Basics: Biology drives behavior

- Designed to survive by recognizing threats to safety
- When threat perceived, body goes into uncomfortable state we call anxiety
- Discomfort drives us to do something about perceived threat
- Parent brain often mistakes child's behavior as a threat

When the brain perceives threat, we often do unhelpful things

- Get angry at self and others
- Try to exert control over others
- Reach for substances and other things to suppress feelings
- Ignore feelings til build to outburst or physical symptoms
- Develop obsessive thoughts
- And more...
- Which of these behaviors are you most likely to do?



Anxiety and anger

- Are words that describe sensations generated by body's response to stress/perceived threat
- When agitated state is sustained, body's physiology causes physical damage to your tissues

Our mood impacts those around us - Mirror Neurons

- Your actions directly stimulate similar areas of the brain in others around you
- When others yawn or laugh, we do same
- Converse true - if you are in a bad mood, you'll cause those areas of brain to light up in people around you
- Unlikely that your children are less stressed than you are

Recognize the nature of the problem

The essence of illness, mental or physical, is your body in persistent stress, flight or fight mode (perceived threat)

- Data documents how perception of threat breaks down your body
- Healing occurs when you feel safe
- Take steps to
 - Minimize exposure to threat physiology
 - Effectively process stress (anger and anxiety)
 - Lean into the life you want

