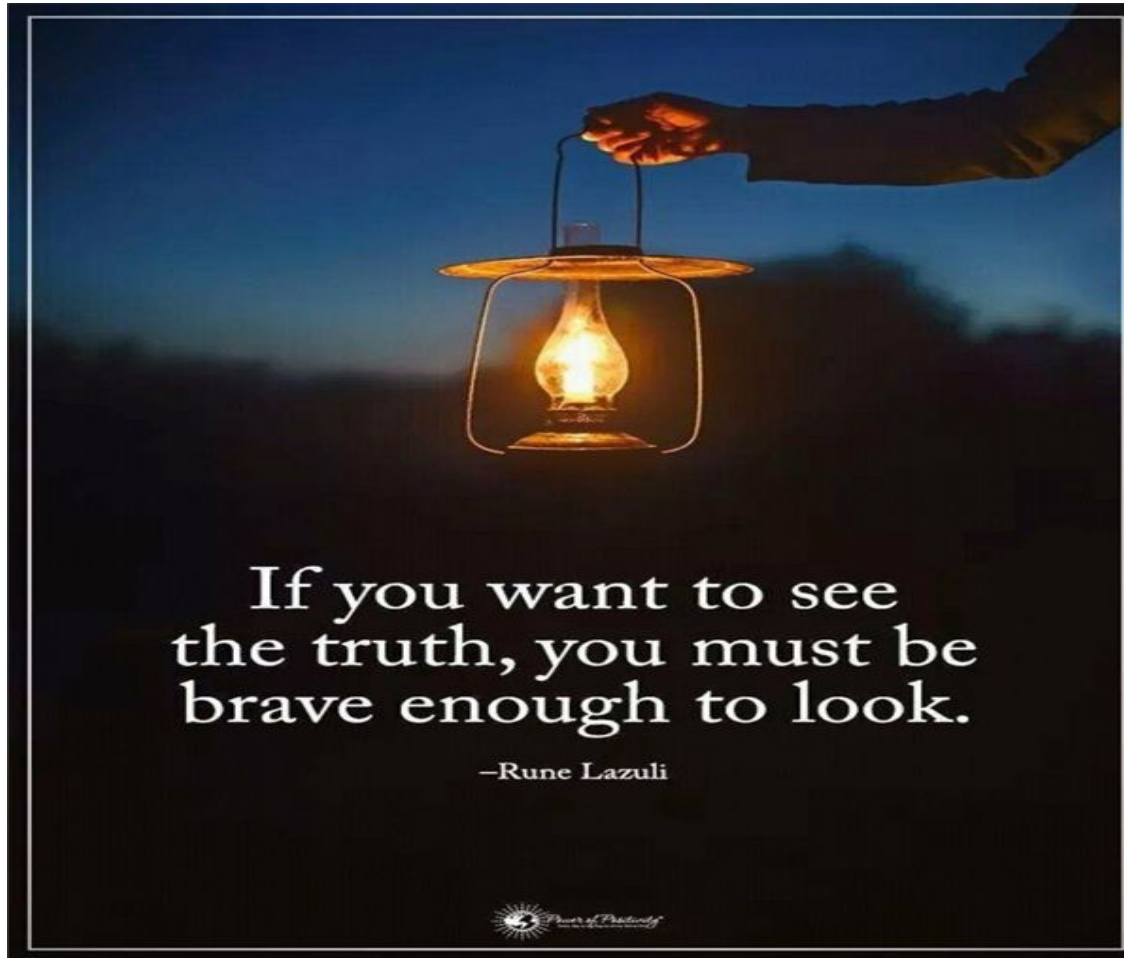


# HOW TO OVERCOME THE STRESS-RESPONSE CAUSED BY FEAR



**- By  
CHANGING  
YOUR  
THOUGHTS -**



- MISSION STATEMENT -

# STRESS INTERVENTION TEAM

- The goal of the Stress Intervention Team is to work with the other YCPT teams to build a base of skills to support and educate the community on being emotionally, mentally, physically and socio/politically prepared and resilient.
- The material and techniques presented by the Stress Intervention Team are for self-help educational purposes to manage and decrease stress caused by current and future man-made and natural events. We recognize that an important aspect of stress reduction is to restore individual sovereignty and empowerment.
- Materials are developed by instructors with training in traditional medicine, energy medicine, psychology, investigative research and analysis and others from a wide range of healing arts.

# **- THE FEAR EPIDEMIC -**

## **REDUCING THE STRESS RESPONSE CAUSED BY FEAR -- CHANGING YOUR THOUGHTS**

### **PART 6 In a Series**

**We recommend you review all 7 parts in this series, in sequence:**

Part 1: The 4 Paradigms of Control Created by Abusers

Part 2: Personal Sovereignty

Part 3: The Behavioral Traits of Abusers

Part 4: Parallels Between the Handling of the Pandemic and Abusive Behaviors

Part 5: How to Break Away from Abusers

Part 6: Reducing Stress Response by Changing Your Thoughts

Part 7: Reducing Stress Response by Using HeartMath

“The Fear Epidemic” training modules are designed to simplify the struggle between good and evil into very clear personal terms. Simply put "the evil" has used abusive behaviors to keep us in fear. Fear is a powerful tool that abusers use to hide the truth and destroy our emotional sovereignty. Emotional sovereignty is an important part of our overall preparedness. This series addresses how to understand abusers and how to control our emotional and mental responses to them so we maintain our emotional sovereignty.

**The two core principles of this training series are:**

- You are a sovereign being (no one owns you) and
- We all live in a world with far too much abuse, designed to instill fear.

## Summary of Key Points



Define the fear/stress response and how it affects the body.

Define the traumatic stress response.

Identify how fear affects thinking and how to identify victim thinking to return to mental sovereignty.

Define learned helplessness.

Identify some methods for overcoming fear thoughts associated with learned helplessness and traumatic stress.

# FEAR CREATES A NEUROBIOLOGICAL RESPONSE COMMONLY KNOWN AS **THE *STRESS RESPONSE***



- There are mental/emotional aspects to the stress response as well as physiological aspects. These responses can help you in threatening situations.
- When the stressful situation is over the body can return to balance. However, being in a prolonged state of fear perpetuates the stress response and leads to a sense of not being in control, or helplessness.

# THE STRESS RESPONSE: COMMON PHYSIOLOGICAL SENSATIONS



These are some of the neurobiological changes associated with the automatic stress response:

1. Increased heart rate
2. Rapid shallow breathing or sensation of needing to catch your breath
3. Tight feeling in the chest and abdomen
4. Tight muscles and increased blood flow
5. Difficulty thinking clearly

# THE STRESS RESPONSE IS ALSO CALLED THE *FIGHT-FLIGHT-FREEZE* RESPONSE

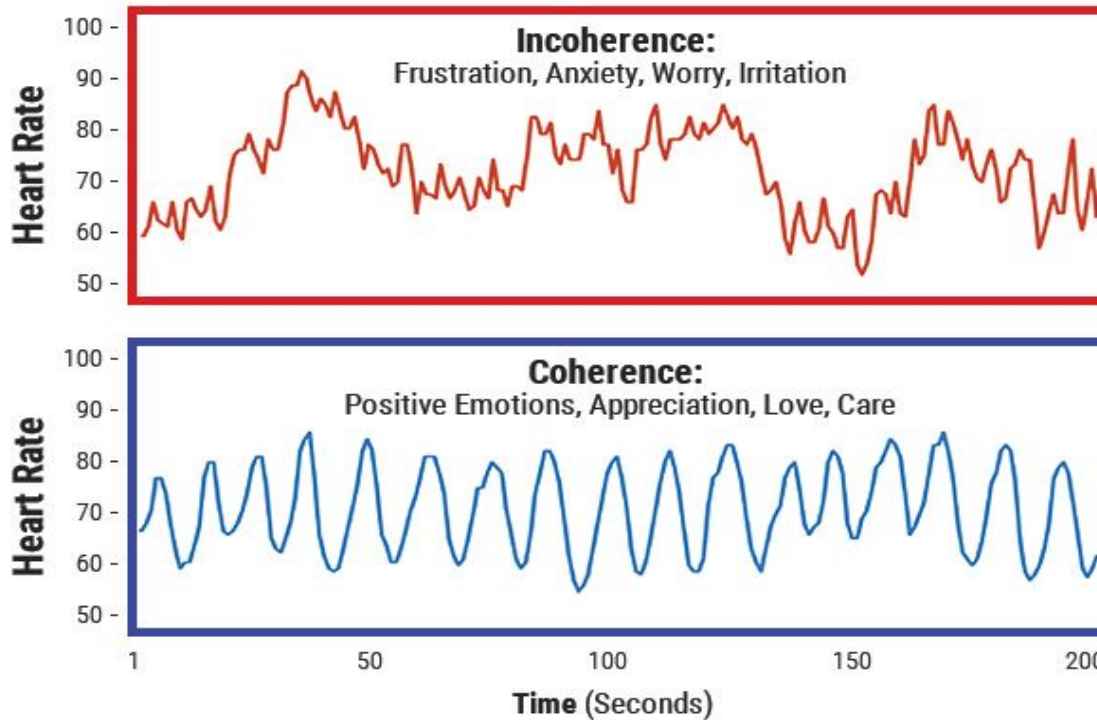


It is automatic so that when you are in physical danger your body will supply you with extra energy and strength to get to safety, fight or freeze in place (hide while considering options).

The modern day problem is that we are more often faced with psychological dangers that require more complex responses than running or physically fighting.

# HERE IS HOW YOUR HEART RATE LOOKS

## Heart-Rhythm Patterns



Impairs  
Performance  
(Incoherence)

**DURING  
STRESSFUL  
SITUATIONS**

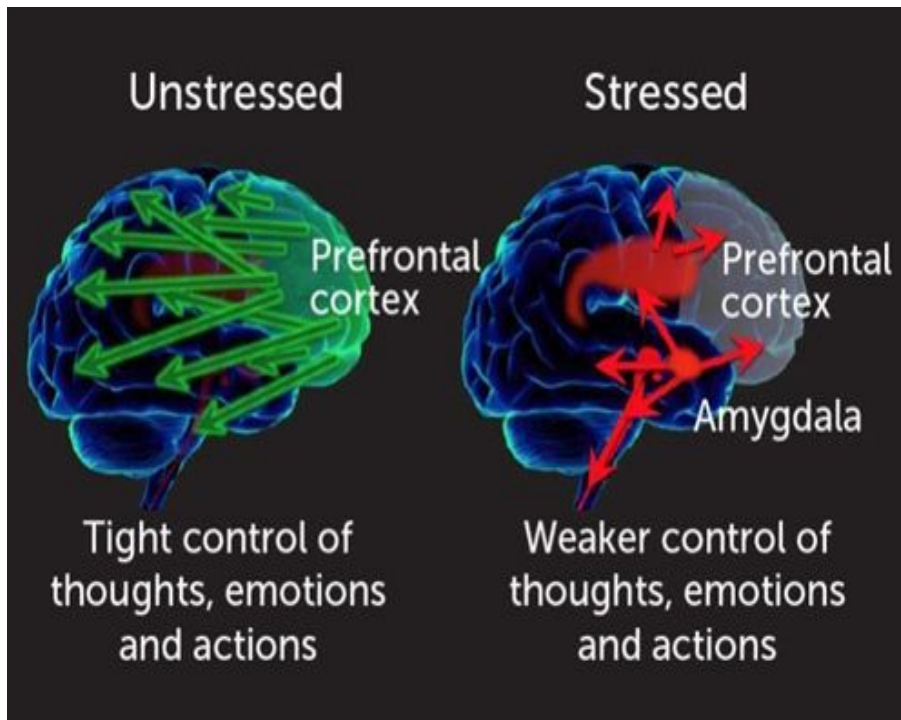
Promotes Optimal  
Performance  
(Coherence)

**WHEN  
EXPERIENCING  
POSITIVE  
EMOTIONS**



# RECURRING EVENTS THAT CAUSE FEAR

## CAN RESULT IN PSYCHOLOGICAL TRAUMA THAT CAN BE PROLONGED AND CUMULATIVE



Events that are recurring continually activate the stress response so that we don't get the release and return to balance that we need. An example of a prolonged fear event is COVID PANDEMIC.

The interesting thing is that events that may not seem related can still activate the stress response so we get "triggered".

Being triggered actually refers to the fact that once someone has been severely affected by a fear producing event similar events or ones that have similar sights, sounds, smells, visual aspects, etc. can cause the same level of emotional responses as the initial traumatic event.

# MENTAL CONFUSION

CAN MAKE YOU MORE VULNERABLE TO BEING MANIPULATED

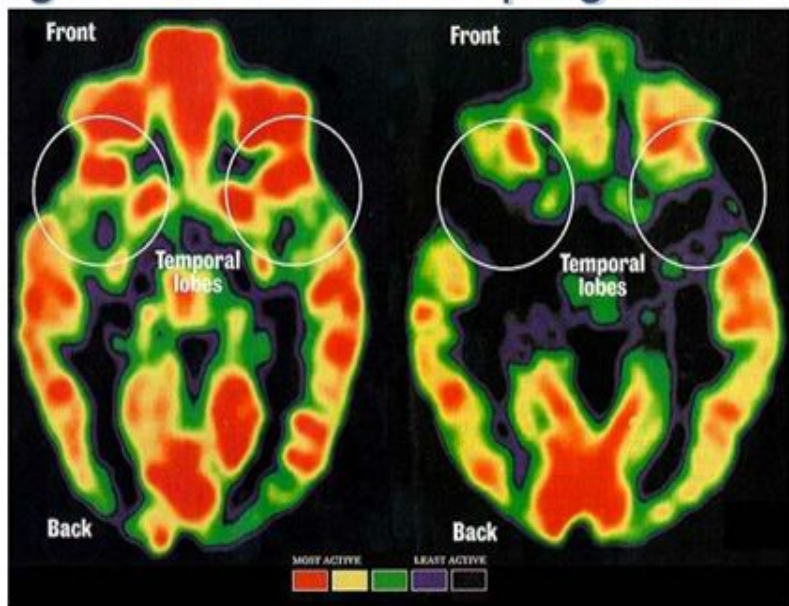


You may have heard of the *Stockholm Syndrome* which refers to the fact that hostages can begin to bond with a captor. They develop a sense of dependence and trust of the captor despite being abused.

A hostage situation is an example of a traumatic psychological event that can lead to illogical responses to the situation.

# TRAUMATIC STRESS RESPONSE

## Effects of Trauma, abuse and neglect on the developing brain



For example, when the world was told of a life-threatening deadly virus was unleashed, people were very afraid and many were traumatized. It is likely that those who were most traumatized had a history of abuse or previous trauma.

During the virus event, information was released to the public that was often contradictory. “Authorities” told people that if they complied with certain restrictions they would soon be free to return to normal life. Abusers frequently tell their victims that restrictions are for the benefit of the victim and the abuser is there to protect them.

In the case of the pandemic, the restrictions were not removed as promised and people were told they still needed to fear the virus and comply with “authorities”. **More trauma was caused each time restrictions were not lifted as promised.**

Another manipulation used in hostage situations is telling the victim that the reason restrictions can't be lifted is due to a fault with the victim or that someone else is responsible for needing to keep restrictions in place. (Example: Those not complying with COVID restrictions are causing the need for restrictions).

This creates more trauma and feelings of powerlessness.

If the victim is genuinely afraid, they are more likely to comply and compliance will be easier to enforce.

# TRAUMATIC STRESS AND LEARNED HELPLESSNESS

## CREATED BY ABUSERS

- The abusers who have been in control of our media have been successful in creating a psychological state called Learned Helplessness.



### What is Learned Helplessness?

- Abuse and manipulation leads to a sense of not having any good choices or a belief that you are trapped.
- The perception is created that no choice is really a good one so you must follow advice of the abuser or just give up trying to get free.
- Abusers also intentionally use mixed messages to create a state of confusion and perpetual fear. This results in not knowing what is true.

# MOVING FROM LEARNED HELPLESSNESS TO MENTAL SOVEREIGNTY



- To step out of fear, we have to **stop responding automatically** in our thoughts and emotions. This is not easy because the fear has been programmed into us.
- So, the first step is to consciously recognize that fear has had you on cruise control.
- Label what you fear. What are the fear thoughts that you repeat to yourself? Where in your body do you feel the fear?

# WHAT CAN YOU DO? Turn off cruise control



- When you consciously notice that you are responding in fear you create a new pathway in your brain so that you can choose to respond to the feelings and thoughts in a different way.
- What kind of reality are you waking up to? Are you a sovereign being or are you living as if someone else is controlling you?
- Claim your intention to have sovereignty over your emotions and thoughts.

Choose reason over fear and choose actions that will empower you. Take a look around. What dangers are on the road with you? Identify the behaviors of people who are engaging in evil that is harming you. **Determine what you want to do.**

# CHANGE THINKING PATTERNS ASSOCIATED WITH STRESS



You can change your relationship with your thoughts. Try to label thoughts that are creating more fear. An example is to change thoughts that forecast doom and bad outcomes by saying to yourself,

*“These thoughts are creating more fear for me.”*

You are not in control of outcomes, but you are in control of your actions and your thoughts. Change forecasting thoughts to ideas about what you can do in the moment to help yourself.

*“I don’t know if that will happen but I can take some steps so I feel more secure in the present.”*

Label the other feelings behind the thoughts and acknowledge the feelings. For example,

*“Yes; it’s normal that thinking about loss makes me sad and angry.”*

Acknowledge the fear of the unknown. You can’t control what others might do, but you can make preparations to the best of your ability.

It is normal to feel sad and angry that “what was normal” has changed and you can’t make it come back. Recognize that in the present moment you are not in danger. Fearful thoughts generally focus on what might happen, not what is happening to you in the moment.

# RECOGNIZE 'VICTIM THINKING' SO YOU CAN CHANGE IT



Here are examples of 'helplessness' thoughts:

- *This situation is just too hard.*
- *It is my fault.*
- *I can't do anything right.*
- *I am incompetent.*
- *No matter what I do it will still be bad.*
- *No one really cares.*
- *People are against me.*
- *I may as well just give up.*



# RECLAIMING MENTAL SOVEREIGNTY



Modify fearful thinking with examples of outcomes that could be good or neutral. Talk with others about these.

Notice when you doubt yourself about steps to take back control. Just take action and do it anyway.

- Notice feelings of isolation and make efforts to reach out to friends and family who are in your support group.
- Let in those who want to help.
- Evaluate simple things that can be done that help to take back control. Do things that help you feel productive and healthy. Prepare what you can. Buy extra food. Store water, etc.

Continue on to the next training unit:

**“HOW TO OVERCOME THE STRESS RESPONSE USING HEARTMATH”**