

# M2 Be A Stress Master Series: Week 2

Our stress response is a natural and necessary neurochemical tool meant to ensure our survival. However, it was not designed to be operating all the time, 24/7. This session dives into the stress response and its origins.

## AUTONOMIC NERVOUS SYSTEM

- **Parasympathetic system** – Rest, digest, tend, befriend, balance, ease, relaxation.
  - This is the body's natural state, the braking system.
- **Sympathetic system** – Fight, flight, freeze and fawn. Tension and accelerator.
  - Designed to cope with the dangers at hand.
  - Increases heartrate, tensions in the muscles, sugars in the bloodstream, heightened awareness, stress hormones flooding the system.

## FUNDAMENTAL CONTRIBUTION ERROR

The phenomenon in which we assume the cause of an event to be one thing when the reality is that it is caused by a second, unacknowledged source. For example, a parent may think a toddler is crying because of hunger or exhaustion, but in fact they are suffering from an ear infection.

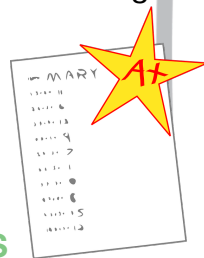
## STRESS IS AN INTERNAL RESPONSE TO AN EXTERNAL EVENT

It is not our circumstances that are causing us stress; it is how we are relating to them from the inside-out.

## HABITS OF THINKING

Deeply conditioned from our lived experiences.

- In any given moment we are dragged around by our thoughts like an alpha dog dragging us from place to place.
- Our conditioned mental habits and tendencies develop without our conscious awareness. These can color our view until we bring them to light through awareness.



## WEEK 2 BREATHING PRACTICES

**Breath is the way out.** Breath is the mind made visible. If you want to change your mental and emotional state, change your breathing pattern.

1. Sheetal Breath
  - Breathe in completely through the nose
  - Breathe out fully through pursed lips as though breathing through a straw
  - Notice the relaxation response of the parasympathetic system come online

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## 2. 3-Part Yogic Breathing

- Breath is slow and steady, focus placed on belly and chest
- Slowly deepen inhalations and exhalations. Allow the exhalation to be longer than the inhalation.
- Attention remains on the movement of belly and chest
- Let go of any holding anywhere in the body when exhaling
- Notice stillness and silence expanding

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