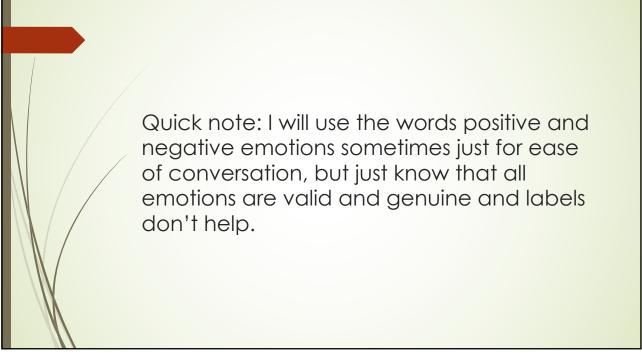
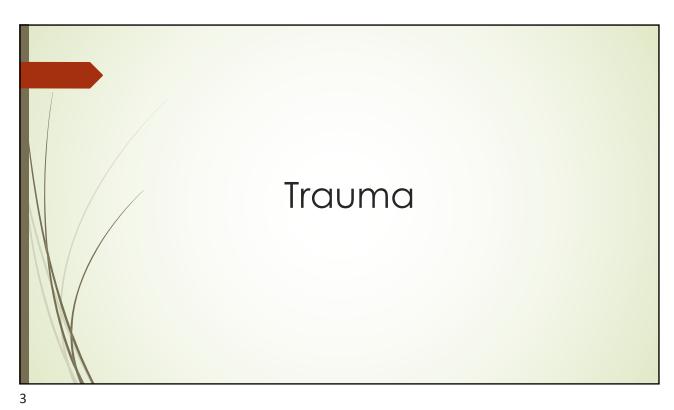


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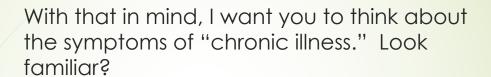
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A few words on trauma



- Trauma produces symptoms. Period end of story. This has been proven over and over again in the literature and is no longer up for debate.
- When our bodies feel uneasy, then send us messages to get our attention.
- The first emotional states that usually develop in a person after a traumatic event or after repeated traumatic events are hyperarousal, constriction, dissociation, denial, helplessness and freezing.
- Eventually, if not addressed you develop:
 - Hypervigilance, intrusive imagery, extreme sensitivity to light and sound, hyperactivity, exaggerated startle/emotional responses, nightmares, abrupt mood swings, shame/lack of self worth, reduced ability to deal with stress, difficulty sleeping, panic attacks, anxiety, phobias, spaced out feeling, avoidance behaviors, attraction to dangerous situations, addictive behaviors (smoking, drinking, drugs, food, sex), forgetfulness, inability to love/nurture/bond, fear of dying, self mutilation, loss of belief system (spiritual, religious), diminished emotional responses, shyness, inability to make commitments, chronic fatigue, immune system problems, thyroid malfunction, hormonal dysfunction, environmental sensitivities, migraines, neck/back problems, chronic pain, fibromyalgia, asthma, skin disorders, digestive disorders, PMS, depression, feelings of isolation, detachment, alienation, reduced ability to formulate plans.
- These symptoms can be stable (always present) or unstable (come and go) and be triggered by stress. They also grow increasingly complex over time and become less and less connected with the original trauma experience.

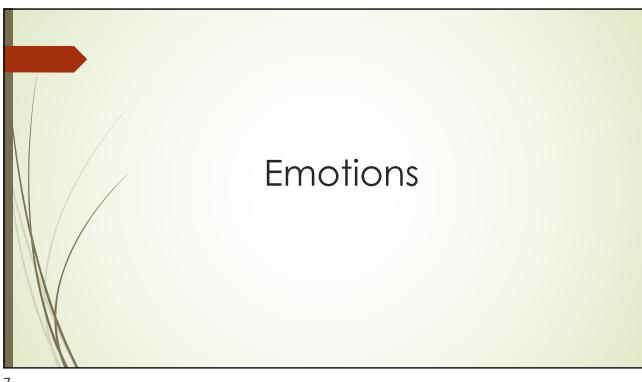


- I hope this lecture not only teaches you emotional identification and regulation skills which will decrease reactivity and will improve your life and your relationships if put into place...... but that it also continues the conversation that our society and our stress responses are unhealthy. And that while toxicities and other health issues can exist, the real root cause is nervous system dysregulation from living very unnatural lives. Some seem to be more affected than others especially women however if you look at the health of our society (both physical and mental/emotional) you can see that we are all affected.
- Why is mold toxicity such a big hot topic now where 100 years ago it wasn't despite people living in equally toxic homes?

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Compulsion to repeat- one last word on trauma

- Many people who have grown up in traumatic environments or grown up with their personalities fractured in some way will have a compulsion to repeat their unresolved traumas.
- These can play out with intimate partners, at work, with friends, with family, etc
- There is both an addiction to the hormones of stress as well as a compulsion to play out the trauma in hopes of resolving it (whether consciously or subconsciously).
- First step is noticing that you are doing it and the second step is processing and change....more to come.



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Emotions are temporary mental states that arise without conscious effort (a feeling). They come and go like waves. Your goal is to learn to ride the waves rather than be consumed by them. Stress is your perception of what you are feeling or experiencing. Perceptions can be changed.

How to begin identifying emotional shifts

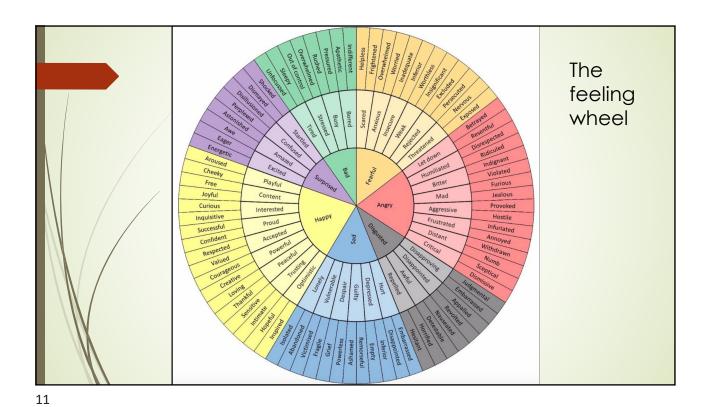
- SETTING AN ALARM several times per day is VITAL to increasing self awareness.
- Why do this?
 - This builds self TRUST
 - It builds awareness of self!
 - Takes us out of auto pilot completely dissociated from our bodies
 - Helps us identify the BEGINNING of an issue or struggle before it becomes a symptom or something more severe.

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What to do when the alarm goes off.

- Drop whatever you are doing. Close your eyes and begin to relax and tune into the body.
- When the alarm goes off, check in with the BODY and the MIND.
- What mental loops were you just in (this is cognitive)?
- Where do you feel that in the body (this is somatic)?
- Can you identify the emotion you were just feeling (identification)?
 - Identification can be important for processing and changing habits
- If you have a difficult time identifying the emotion, use a feeling wheel.





Find the category of emotion



- Surprised
 - Startled, prickly feeling, jittery, eager, perplexed, mental overload, difficulty concentrating or making decisions.
- Нарру
 - Floating, joyful, desire to be social, calm but energetic, "in the zone"
- Sad/depressed
 - Usually feels heavy, slow, numb, shut down, low, lacking, fatigue, low blood pressure, stiff/contracted muscles
- Disgusted
 - Rolling eyes, lack of focus, mental fog, desire to escape, sick to the stomach, digestive upset
- Angry
 - Explosive, bubbling, jittery, overwhelming, volatile, short tempered, faster breathing, faster heart rate, increased tension in the muscles, facial flushing, sweating
- Fearful/Anxious/Stressed
 - Jittery, trembling, on edge, shaking, difficulty sitting still, racing thoughts, tunnel vision, increased heart rate, cold sweats, tingling, muscular tension, worry, repetitious thoughts

Once you identify the emotion, check in:

- Can you sit with it for a minute and just watch it
- Watch where you feel it in your body
- Is there a desire attached to it?
- Is there a color?
- Does your body want to move? Or stay still?
- Do you want to cry? Or scream?
- Try to identify your own intuitive needs and we will review some common ones on the next few slides



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Anger



- Remember that anger is HOT (explosive, jittery, volatile, overwhelming, inability to focus). The color is typically RED.
- Because of that, doing a meditation will likely not be helpful!!! You can't meditate your way out of anger and it will likely lead to frustration and anxiety.
- Suggestions:
 - Rock music blasting while "rocking out" to the music. The key is to really feel the music and the emotions flowing as you listen to it.
 - Cathartic meditation- starts slow and steady and builds up to an explosive point for the release and then brings you back down again.
 - Saying out loud the things you want to say to that person or people who made you angry or the situation that made you angry. Curse, yell, hit a pillow, jump up and down, give the middle finger to no one:)
 - TRE (tension and trauma releasing exercise)- ie shaking
- Once you release the anger, you can bring yourself back to a state of calm with a brief meditation or breathing exercise. This brings it full circle...the anger has been able to be released and now the body learns that it can return to it's normal ventral vagal state.

Sadness/Grief



- Usually feels heavy, slow, numb, shut down, low, lacking, fatigue
- The most common associated color is BLUE or GREY.
- Sadness and dorsal vagal are different. Sadness/grief are emotions while dorsal vagal is a state of being. Sadness/grief can lead to dorsal vagal though.
- In this state, meditation would NOT be helpful initially...you would honestly be likely to fall asleep
- When you feel sadness or grief and like you just want to fade into the couch, you need to MOVE. This is exactly what your body doesn't want to do at the time but it's necessary to get the emotions flowing. Sometimes underneath the sadness, other emotions will come up such as anger and you just work through them in the waves that come.
- Keep in mind that intense grief or loss will take daily work and time and might come up in waves that you just get to ride and respect.
- Suggestions:
 - ▶ MOVEMENT. As you move, the sadness moves and you will get a release and will often cry.
 - Put on some energetic music (pop, African dancing, etc) and just sway and move to the music, slowly building in intensity.
 - Energetic yoga is an option too...strong flowing yoga focusing on moving stagnation, ideally with music playing.
 - Going for a brisk walk while listening to energetic music

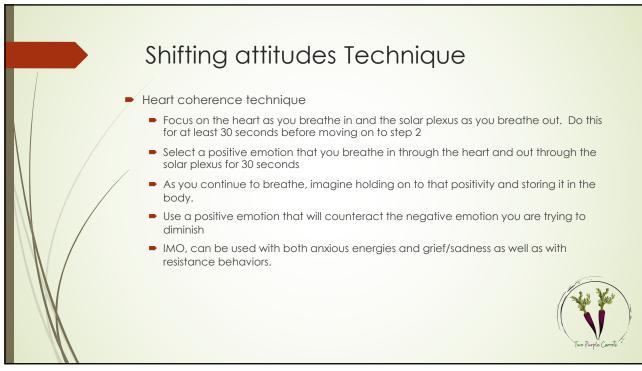
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Fearful/Anxious/Stressed



- The most commonly associated color is ORANGE. It is slightly hot, but not red zone
 unless you go into a panic state.
- Remember that the feelings are: Jittery, trembling, on edge, shaking, difficulty sitting still, racing thoughts, tunnel vision, increased heart rate, cold sweats, tingling, muscular tension, worry, repetitious thoughts
- With these emotions, it is sometimes helpful to move and sometimes helpful to calm. You will need to use your intuition on which your body might need in the moment. Usually the one that feels harder is the one that you might need to do initially [®]
- Suggestions:
 - Faster EFT (see next slide)
 - Breathwork: Wim Hof, alternate nostril breathing WITH posture practice
 - Brain Retraining exercises (see mini brain retraining course) for cognitive loops
 - Magnesium baths and stretching for muscular contraction with upbeat music
 - Self massage techniques with essential oils especially lavender, chamomile, blue tansy
 - Guided meditation (you can try doing it on your own but often to bring down anxiety, it's good to be guided).
 - Shaking (Tension and trauma releasing exercises-TRE).





A word on dorsal vagal/numbing/emotional detachment/dissociation

- These are not emotions but rather a state.
- This allows you to endure experiences that would otherwise be beyond endurance
- Chronic pain often represents a part of the body that has been dissociated.
- Generally associated with feelings of helplessness, feeling collapsed, immobilized.
- Repetitive Bodily movement, repetitive praise for doing small behaviors, tiny steps in the right direction, repetitive mantras that are inspiring as well as visualizations can help pull you out of this state.
- I personally find meditation to not work here.

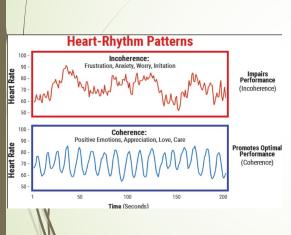
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You always have the OPTION of parking and living in the emotion you feel. But, you learn this is a CHOICE. Once you realize this is a choice, you are FREE.



Our heart waves literally produce an electromagnetic field that is measurable. This field extends outside the body and can be felt by others. Example: have you ever just walked into a room and knew the person was in a bad mood? The more dysregulated you are, the more that you will be thrown around by other people's emotions. Also, the more you lack boundaries, the more you will be affected by others emotions. Many empaths have actually become "too attuned" to their environments meaning they have lost a sense of boundaries with others fields and are unable to control their own energetic field.

Preventing/Blocking the emotions of others



- Learning heart coherence and emotional regulation techniques!!!
- The more you can keep your heart in coherence, the more others around you will be in coherence and the less their electromagnetic field will affect theirs.
- Appreciation and gratitude are fast ways to block
- Doing the "bubble" meditation
- Heart coherence breathing
- Using an object (crystal, necklace, whatever really) as a focal point reminder when you are with other people.

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Postponing and resistance

- There will come MANY times in this process where you postpone when you know you shouldn't. This is an act of abandoning self.
- The more we postpone, the less we change. So just know and recognize the behavior you are doing and make a choice to change it. You will learn to take charge as the ADULT and not the wounded person or child.
- Journaling can be helpful here to identify road blocks or identify subconscious programming. If really blocked, working with a somatic therapist might be necessary for a period of time.
- As Hearth Math says, you develop emotional debt like you do credit card debt...you can keep making minimum payments, but eventually you will drown in accumulated debt...emotions work the same way. Postponing will cause an accumulation effect that becomes harder to diminish over time leading to grumpiness, fatigue and any number of symptoms.
- Addressing problems head on is an act of INTEGRITY. You learn to become the adult in your life rather than a child or a victim.

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Steps

- Step One: Set alarms and check in
- Step Two: Identify emotions
- Step Three: Decide on an appropriate action
- Step Four: Do the action or set up a time to do it later (THAT DAY!) and do a heart coherence technique or Faster EFT to diminish intensity in the moment. Set an alarm if you are deferring to make sure you return to it.
- Step Five: Bring yourself back to the parasympathetic with deep breaths, a repetitive mantra or a brief 1-5 minute meditation.
- Step Six (if necessary): Process the event or emotion cognitively (often not necessary)

Words of wisdom



- This is a LIFELONG process. We are humans having a human experience. The goal isn't just to go back to "normal" life b/c "normal" life is what got you sick in the first place.
- This process will teach you grace and self acceptance which will buffer the feelings of inadequacy or self loathing that often come when we don't do the things we "should" do for ourselves.
- Self loathing and victimhood is another form of resistance..."I'm not good enough" "Other people can do it but I can't" "My problems are harder than other peoples problems" "It won't work for me like it does other people" "My symptoms are worse than other peoples" "No one understands me, I just want to get better" "BUT, there ARE toxins in the world so it's just that" blah blah. I've said ALL the same things.
- Grace is one of the best attributes you can develop
- The most toxic thing we have in the world right now is lack of emotional intelligence, heart coherence and connection to ourselves. We have been self abandoning since we were born.
- At the end of the day, the thing we all want is resilience and freedom. That requires radical responsibility for our emotions and actions.

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Resources



- My mini brain retraining course (\$15)
 - https://twopurplecarrots.com/live-courses/
- Wim Hof guided breathing
 - https://voutu.be/tvbOi4hiZFG
- Primal Trust program (if you use this link, I do get a small commission)
 - https://smpl.ro/al/o1xUz9WKMbZtLUSbVTf5aVVW/42802-Lauren-Keller
- Envol App (amazing app with meditation, visualization music and 3D sound experiences plus more)
 - Coupon code: twopurplecarrots gives you one month free, otherwise it's \$59 for the year. Developed by a women who was "floxed" and recovered with nervous system regulation techniques and then went on to develop this app.
- The Body Keeps the Score by Bessel Van Der Kolk
- Irene Lyon trauma processing courses
- Jamie McCoy @myintegrativetherapist program
- Dr. Steph Young Cathartic meditation
 - http://thezeropointlife.com/product/activemeditation/
- Peter Levine, PhD books
 - https://www.somaticexperiencing.com/se-books
- HeartMath techniques and the Transforming Stress book by Doc Childre and Deborah Rozman, PhD for hearthmath
 - https://www.heartmath.com/training/
- Tension and trauma releasing exercises (TRE)
 - https://traumaprevention.com/what-is-tre/