Stress = The Body’s Alarm System

**Normal Stress Response**
- Heart Pounding
- Rapid Breathing
- Muscles Tense Up
- Fight or Flight
- Feel Excited or Worried
- Feel Frustrated/Determined
- Seeing/Thinking Clearly
- Acting Rapidly
- Facing Problems
- Taking on Challenges
- Clear Memories
- Creating Solutions
- Feel Angry or Scared
- Feel in Control
- Feel Good About Yourself

**Extreme Stress Reaction**
- Heart Feels Like Bursting
- Gasping, Feeling Smothered
- Muscles Feel Like Exploding
- Just Try and Get Through It
- Feel Terrified or Panicked
- Feel Enraged or Aggressive
- Confused, Mentally Shut Down
- Automatic Reflexes or Freezing
- Desperately Avoiding Problems
- Taking Foolish Risks
- Memory Like a Broken Puzzle
- Making a Mess of your Life
- Feel Hopeless or Doomed
- Feel Helpless or Out of Control
- Feel Worthless, like a Failure
Different Types of Stress That Impact the Mind and Body

Session 1

The Human Mind and Body absorbs stress in many ways

Environmental
- Noise
- Pollution
- Toxic Smells
- Allergies
- Crowds
- Severe Weather
- Seasons

Psychological or Emotional
- Relationships
- Betrayal
- Loss
  - Beliefs
  - Trauma
  - Spiritual Loss

Physical Health
- Immune System
  - Sickness
  - Disease
  - Broken Bone
- Pain
- Surgery
- Weight

Social Influences
- Family
- Money
- Church
- Community
- Culture

Biological or Chemical
- Nutrition
- Hydration
- Sleep
- Elimination
- Medication
- Substances/
  - Caffeine/Tobacco
Possible Maladaptive Coping Strategies

- Raging
- Drinking
- Drugging
- Eating (Over or Under)
- Gambling
- High Risk Sexual Behavior
- Toxic Relationships
- Violence (Domestic or otherwise)
- Excessive Caregiving
- Shopping
- Sleeping
- Pornography
- Excessive Exercising
- Procrastination or avoidance
- Risky High Speed Activities
- Isolation via Computer, Television or Reading
- Excessive Hours spent at Work
## EXTREME STRESS SYMPTOMS

<table>
<thead>
<tr>
<th>Mental Shutdown (Dissociation)</th>
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<tbody>
<tr>
<td>My mind feels spacey, like I’m in a daze.</td>
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<tr>
<td>I feel detached from the world around me, like people and things are not real, or like it’s all a dream.</td>
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<tr>
<td>I feel as if I don’t know who I am and I’m watching myself from outside, or like there are separate parts of me that take control of my life.</td>
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<table>
<thead>
<tr>
<th>Trying to Feel Safe/In control by Extreme Eating</th>
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<tbody>
<tr>
<td>I won’t let myself eat or I make myself throw up because I am afraid of losing control of my eating and gaining weight.</td>
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<tr>
<td>I find myself eating large amounts of food to help me feel better.</td>
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<tr>
<th>Problems with Sexuality</th>
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<tr>
<td>I feel preoccupied with sex- I think too much about sex.</td>
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<tr>
<td>I find myself avoiding sex, not wanting to think about it or not wanting anyone to touch me at all.</td>
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<tr>
<td>I am more sexually active than I really want to be.</td>
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<tr>
<th>Extreme Risk-Taking or Self Harm</th>
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<tr>
<td>I find myself in dangerous situations, such as driving recklessly or being in places or with people where I could get hurt badly or even killed.</td>
</tr>
<tr>
<td>I get relief from feeling stressed by cutting, punching, or hurting my body in some other way.</td>
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<th>Hopelessness and Self-Blame</th>
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<td>I think about dying as a way of ending the misery I feel.</td>
</tr>
<tr>
<td>I feel that religion and the spiritual aspects of life are worthless, or that they are bad and hurt people.</td>
</tr>
<tr>
<td>I feel I’m a bad person- I’m guilty whenever bad things happen even if they really aren’t my fault.</td>
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<th>Too Much or Too Little Involvement in Relationships</th>
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<tbody>
<tr>
<td>I focus my attention on others in my life, avoiding my own needs and desires.</td>
</tr>
<tr>
<td>I feel I’m really different from everyone around me-no one can understand what I’ve been through.</td>
</tr>
<tr>
<td>I feel no one can be trusted, that everyone lets you down or uses you and hurts you sooner or later.</td>
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</tbody>
</table>

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<tr>
<th>Breakdown of the Body</th>
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<tbody>
<tr>
<td>Physical pain, illnesses, or other physical health problems that doctors can’t explain or help me with.</td>
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</tbody>
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