



## TRANSCRIPT

### 21 Day Tune-Up: Day 17 - Healing Our Human Predicament.

Day 17, Healing Our Human Predicament. Today is the final video and the biology of stress video training series. It's an important one. I mean, all of them are important, but what I love about this one is it starts to talk and teach you about how and why trapped traumatic stress gets stuck in the system. I've been talking a lot about how we have been societally induced to hold it all in due to not following our impulses, not knowing how to connect to our body, and that is all very important. There is a few more layers. One of the layers I get into in this fifth biology of stress training video.

So, let's just dive into this introductory video. We need to understand that different trauma means different healing looks, and by "looks," I say that with quotes, I mean, we're not going to see shaking or big emotional release to be always the way someone resolves and heals their traumatic experiences. It's really important to understand this, because sometimes, us resolving trauma and becoming more regulated can be quite benign and not that fancy. For others, there might be some big shaking responses and a lot of emotion being omitted. It really comes down to those types of traumas.

So, were we subjected to a lot of shock trauma? Was it medical trauma? Was it early trauma? Developmental trauma? Was it a chronic stress kind of situation? We were under low level stress for a long period of time. So, depending on our history, depending on how much we've kept inside and how let's say maybe shutdown our system is, it's going to come out in different ways. This is by going back to the basics. I've linked my how to de-stress in seven steps. E-book here on this page just for a simple review.

Those basics have to do with coming back to well, the basics. Pausing, orienting, looking around, feeling the ground under you, noticing your breath, coming back to really the sensation. Now, here's the thing, human nature, it's complex, right? Human nature is complex. It's complex for a lot of reasons, and we won't go into the whole anthropological reasons, but we have different countries and cultures, and religions, and different ways that we eat food, different ways that we raise children.





There are so many different ways in which a human system is brought into the world, how they're taken care of, and really how they become aware of their sense of self in the world and what is right, wrong, et cetera. I think you get it. Because of that, and of course, throwing all the different ways in which we have had adversity and trauma, we can't really look at healing the nervous system in this linear, everybody's going to be in one lane thing.

Now, of course, human healing, human nature, it's not as simple as life in the wild. I've posted below here an additional video for you to watch. It's a vlog that I did a little while back. I make a humorous comparison to cows, and animals in the wild, and geese and how when they have their babies, they all do the same thing. They don't have different parenting tactics. They don't read different books and choose, "I'm going to be this kind of a parent or I'm going to be that kind of a parent." They just do it based on instinct.

There I think is something to pay attention to, because we have to remember that the human animal, the human baby, they all need the exact same kind of care. Therefore, we could say that us as adult humans are no different. So, make sure you check that out when you have a little extra time. Now, not all trauma release requires big shaking. I'm going to show you a video in this biology of stress video training that's just below of a polar bear coming out of shock, coming out of being in a deep, deep shutdown.

I won't give you the whole story right now, but this is a popular video that's shown in a lot of trauma trainings. It makes us think, "Oh, well that's what releasing trauma looks like." The thing is that polar bear had, I'm going to assume, a pretty good early upbringing. It had good attunement with its mama bear. It had good connection. It was probably cared for really well, and it didn't have trouble with regulation. It was in the wild doing its thing.

It's ability to just release, there's no stopping block, it just lets it out. We have to understand that if we had early adversity, dysregulation from the beginning, our capacity to let out that kind of steam may not be online as soon as we start this work. It takes time to build up to that. This is one reason why this 21-day tune-up is 21 days. It's what I would like to call a starter course. In order to sometimes build even more capacity and more regulation and work at the deeper level of the stress chemistry, we need to go a little further, a little deeper.

That's what if you want to continue to work with me, that's what we do in my longer program smart body, smart mind. So, if you're interested in that, just be sure to look out for the next time we run this program. So, suffice it to say,





trauma release is not always big blow out emotional release and physical shaking, but sometimes it is, right? So, everyone's going to be different.

Sometimes, here's another example, tears can get in the way of trickier to get to emotions. So, there's this adage that crying is emotional release, and it might be for someone who has held back the tears, and hasn't been able to really express emotions through let's say crying, and feeling grief and sadness. We may need that. There's some folks that I've worked with where that has been a default, so much so that it in many ways, masks another emotion underneath. Often, it's anger, rage, which again is another very healthy emotion to know that we have to feel and process if it's inside of us.

Sometimes tears will come in the way of processing something like anger. This is a very common, especially often in girls who have been told you're not supposed to get mad and angry. That's what boys are supposed to do. It will be acceptable for a girl to cry. I'm just making an example here, but it's quite common. Whereas the boys are more accept- they are more accepted into anger and fighting responses. If they cry when they're little, what often happens? They are called a cry baby.

Again, how we release is going to be dependent on us, on you. So, this is where comparison can be very, very dangerous in the world of healing trauma. We don't want to always look for that thing that we think. We're supposed to release because say, that's what happen to our friend or our colleague, or our spouse when they had a release of trauma.

Now sometimes, a symptom can be a stress or traumatic release. Things like skin rashes, now, this isn't always the case, but I'm just giving you some examples. Sometimes an outbreak of hives or a little bit of a upset stomach that might seem like a flu, but it really isn't a flu. Sometimes a headache, sometimes a muscle cramp, sometimes tingles just going through our body can be a sign that there's something releasing.

Now, this is where we have to be smart and know our body, and get to know it, and be like, "Is this actually something medically wrong? Or, "Huh, I just felt a really strong emotion and with that strong emotion and I let it move through me, I started to get this sharp pain in my foot." I'm making this up, but this is something that's happened to me, so I'm sharing it. That could be very well in old memory coming up in the symptom of say, a sharp pain.

Know that again, this comes back just to review. Not all release of trauma is going to look like a big shaking polar bear or a big emotional outburst. It can be something like a symptom. I think it's important to track that just so that





you get used to listening to your body from a very multidimensional way. To end, just remember, focus on you. As I said, we can get into comparison games when it comes to healing. I think it's really important to remember as I started at the very beginning of this introductory video today on day 17, that we've all had different histories, we've all had different upbringings, family situations, traumatic past, adversities, accidents, surgeries, you name it.

Because of our complexity and our diversity, it is very important to know that your system and what it is telling you, and what it wants is the best thing to pay attention to. It can be really, really alluring to try to push ourselves to have these big releases and these big shifts. You can only go as far as your system will take you. Sometimes, it'll take you through something really quickly. Sometimes it might give you the sign and the signal to say, "You know what? We need to take this slow right now." This is where you want to go back to that concept of following your biological impulses and really having good self-awareness.

