A Bountiful Life

TRAUMA + THE FOUR F'S

CLICK TO MOVE ON

BEFRIENDING YOUR NATURAL DEFENCE MECHANISMS

You're the expert in you!

you don't need a medical degree or a white coat

This short course will help you understand your triggers and help you to befriend your body's natural response to forms of stress and in case of emergency.

Anxiety - Mood swings - Overwhelm - Numbness - Depression

Introducing the Four F's

In an emergency your body has a range of responses

You might FIGHT

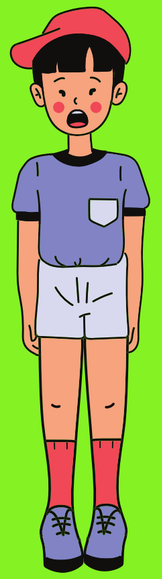
You might take FLIGHT

The lesser known F's

You might FLOP

Maybe you feel confused or want to hide under your duvet

The lesser known F's



You might be FROZEN to the spot!

It's Natural

So our four natural defence responses are:

Fight

Flight

Flop

Freeze

Good Health

Your brain is always looking out for you

So that it can take action to protect you when something in your environment is dangerous

Danger Everywhere!

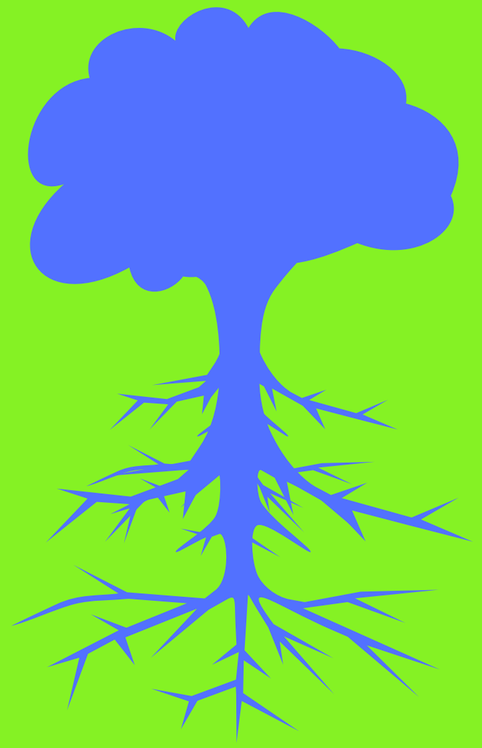
The High Alert System in your body is primitive

It was designed to protect you from sabre toothed tigers

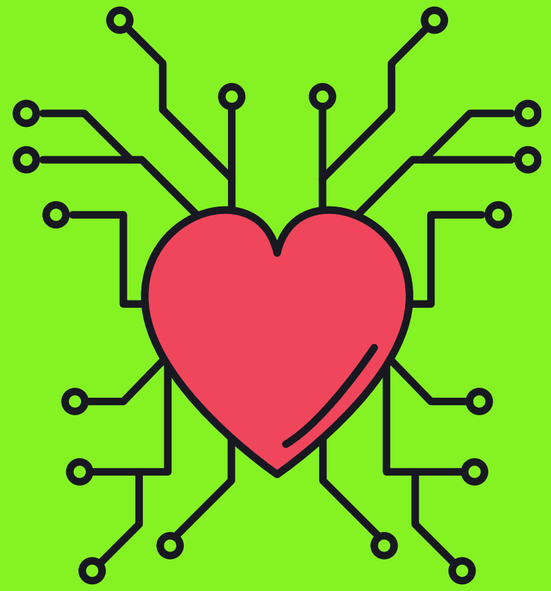
Anything that stresses you out is interpreted as a threat to your safety




Your safety system is made of components



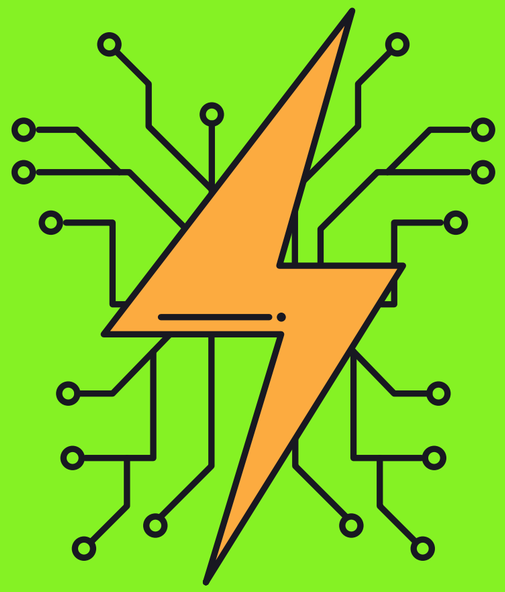
Your brain &
nervous system



Your major organs

Chemicals
e.g. Adrenalin & Cortisol

When Danger Strikes



Your safety system reacts before you can think

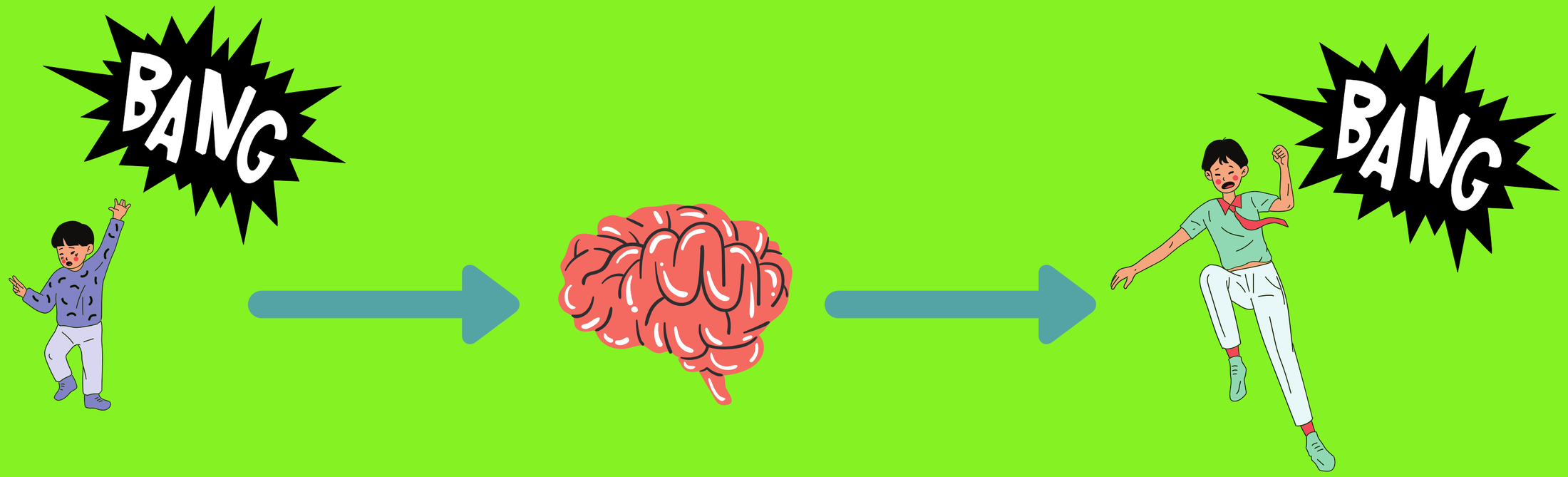
In a process called neuroception

One of the Four F's are activated

Your body is always looking after you

React!

Your body activates before you can think



When your body responds to a threat for the first time & you survive, that response becomes hard wired as the way to survive a similar threat in your future

Fight, flight, flop, freeze

Consider the following scenarios

If you have experienced them, how did you respond?

Your Body is Amazing

Whatever response your body makes in any given circumstance is **always** about your **survival**

ERROR!!!

Sometimes our bodies choose a response that is disproportionate

Have you ever over-reacted in the heat of the moment?

Sometimes we get stuck in unhelpful patterns of response

Like being angry with everyone, wanting to stay in bed for days,
numbing pain with alcohol or drugs,
distracting ourselves with work or running away from intimacy

Stuck Responses

After prolonged exposure to danger, our bodies may behave as if we are still in a dangerous environment

We remain on high alert

Neuroplasticity

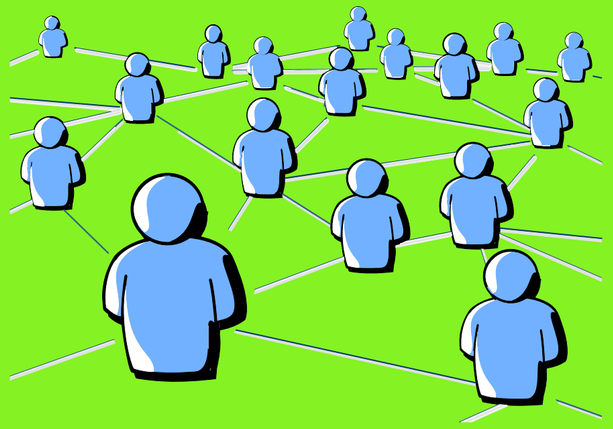
Just like any hard wired system,
we can re-design it
so that it works more appropriately

What helps us heal?

Trauma informed therapy

Learning to trust your body

Practicing controlled alternative responses



Meaningful connection with others

What helps moment by moment?

Connect with someone you trust

Take a walk.
Connection with nature is shown to moderate anxiety & depression

Yoga can help you feel grounded & in control

Being in water soothes our nervous systems

Whatever you do

1- Breathe through your nose, if you can

2- Count slowly. Breathe in to the count of 5

3- Breathe out to the count of 7

4- Repeat 3 to 5 times. What do you notice?

Thank you for visiting!

I HOPE YOU FOUND SOMETHING HELPFUL HERE

HELEN CLARKE

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