

LIFE DEFENSE & TRAUMA

The **STRESS** *REDIRECTION* Factor
by Allen Hughes

Disclaimer

Stress redirection is for everyday conflict.

Always seek professional help if you are experiencing feelings of self-harm, severe anxiety or depression.

We are Life Defense Coaches not Therapists.

Trauma Defense

TRANSPARENCY

Trauma Defenso



“Power in defense of freedom is greater than power in behalf of tyranny and oppression, because power, real power, comes from our conviction which produces action, uncompromising action.

–Malcom X

The Problem

At any given point is trauma
defensible?



YES or NO?

A close-up, black and white photograph of a person's hands covering their face. The person's fingers are spread across their forehead and eyes, suggesting a state of distress, grief, or trauma. The lighting is dramatic, with strong highlights on the hands and deep shadows elsewhere. The background is dark and out of focus.

Is this person experiencing
TRAUMA?

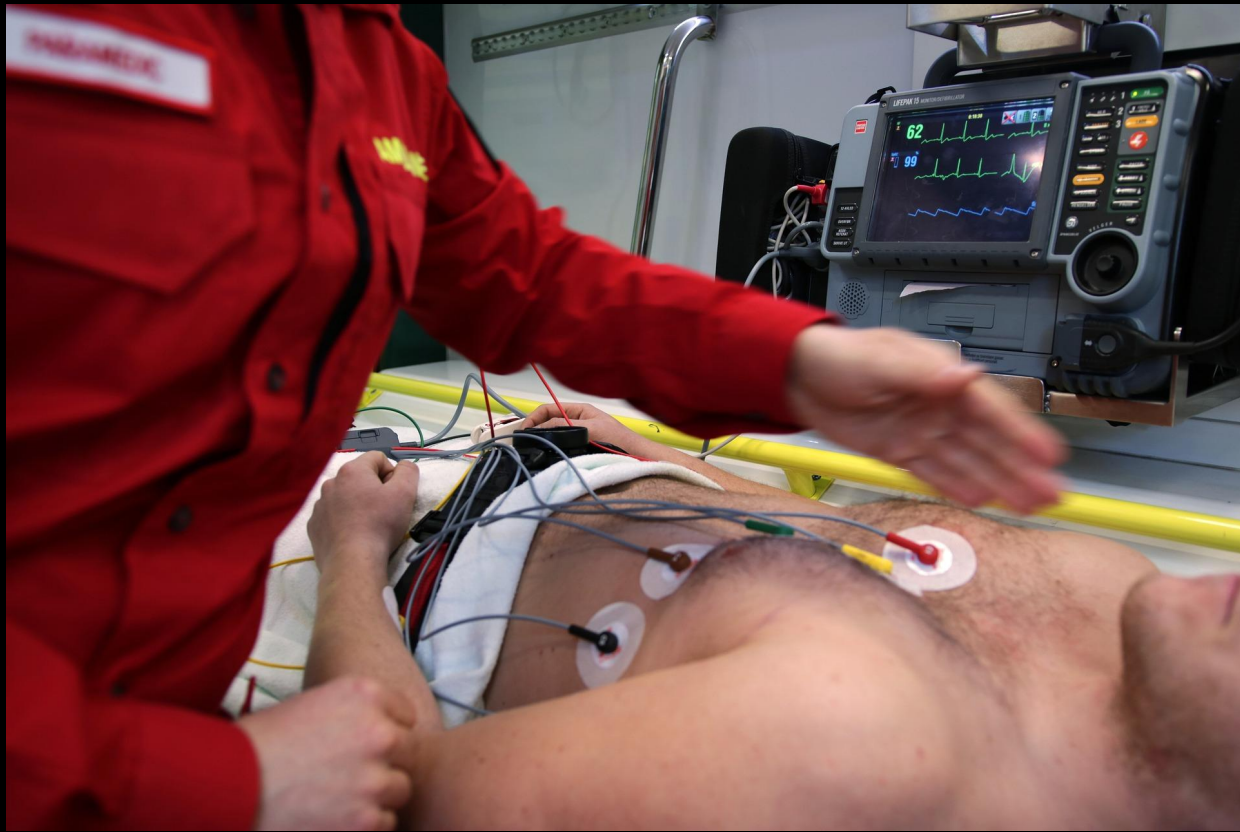
YES or NO?



DEFENSELESS

TRAUMA

WARRIOR WAY



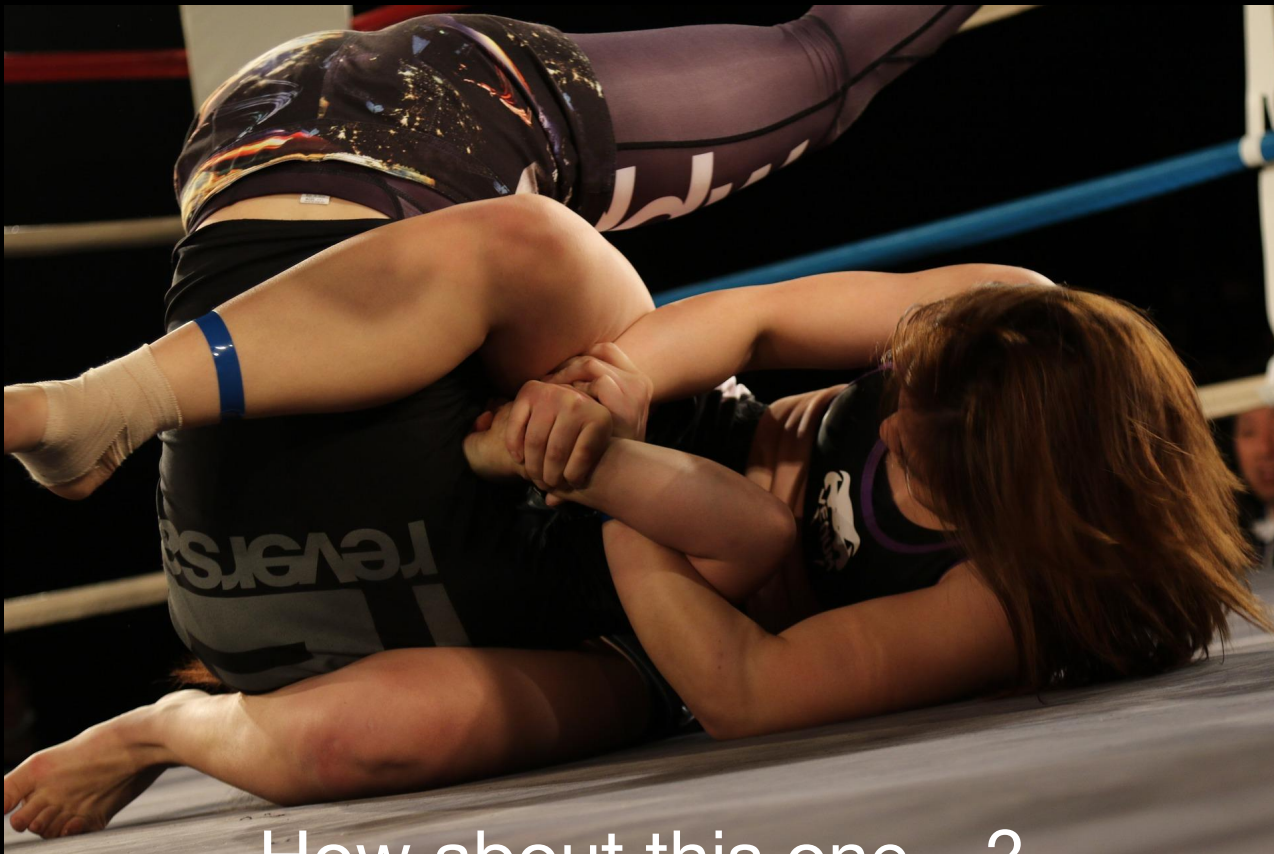
Is this person experiencing
TRAUMA?

YES or NO?



DEFENSELESS

TRAUMA



How about this one...?

TRANSPARENCY

WARRIOR WAY

RADICAL
TRANSPARENCY

-Ray Dalio

What is Trauma?

The definition in its simplest
form is...



trauma noun

trau·ma | \ 'trò-mə

Definition of *trauma*

: an injury (such as a wound) to living tissue caused by an extrinsic agent

: a disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury

: an emotional upset

the personal *trauma* of an executive who is not living up to his own expectations

CONFLICT



and

CONFLICT

causes

STRESS

EXTREME STRESS



RADICAL
TRANSPARENCY

-Ray Dalio

STRESS

Does anybody know...?

Kelly McGonigal Phd

“The Upside of Stress”

“The New Science of Stress”



Stress is...

A. Harmful and should be avoided, reduced, and managed.

B. Helpful and should be accepted, utilized, and embraced.

Study

30K adults
8 years



Question 1

“How much stress have you had in the last year?”

Question 1

“How much stress have you had in the last year?”

Question 2

“Do you believe stress is harmful?”

43%



Belief

182,000

Hans Selye's Rats

1939 the birth of STRESS



Test

“This stress is stressing me out and...

I already have a lot of stress and...

I get stressed out from just thinking about it!”



British Medical Journal

The **British Medical Journal** in **1951** added its contribution to the morass of **medical** conundrums: “Stress, in addition to being itself, was also the cause of itself, and the result of itself.”





“Does anybody know what **stress** is?”

Stress noun

Definition of *stress*

: pressure or tension exerted on a material object:

“the distribution of stress is uniform across the bar”

synonyms:

pressure, tension, strain, tightness, tautness

: a state of mental or emotional strain or tension resulting from demanding circumstances:

“he’s obviously under a lot of stress”

synonyms:

strain, pressure, tension, nervous tension, worry

antonyms:

relaxation

LOAD
or
ENERGY?

36M lbs



WARRIOR WAY

36M lbs

STRESS



WARRIOR WAY

...and why can't **STRESS** be
REDIRECTED?

RADICAL
TRANSPARENCY

-Ray Dalio

100%

50%

10%

3%



WARRIOR WAY

Pareto Principle



WARRIOR WAY

How

...do we redirect anything?





Principle based Training

Peer Supported Collaboration

WARRIOR WAY

Trauma caused by Conflict

Conflict causes Stress

Stress is *Redirectable*

SELF DEFENSE

VS

LIFE DEFENSE



Remember this one?

Peer supported, collaborative
STRESS REDIRECTION is the
answer.

Why not...

- be 3-20% more efficient with our energy?
- have access through simple ways of thinking and principles?
- practice ***“STRESS REDIRECTION”*** as standard curriculum?

Principles of Learning

Intellectualization

“Intellectualization is a transition to reason, where the person avoids uncomfortable emotions by focusing on facts and logic.

The situation is treated as an interesting problem that engages the person on a rational basis, whilst the emotional aspects are completely ignored as being irrelevant.”

-Wikipedia

Auditory

Auditory learning is a learning style in which a person learns through listening. An auditory learner depends on listening and speaking as a main way of learning. Wikipedia

Observational

Relating to the action or process of closely observing or watching something or someone:
"long-term observational data suggested an improvement in survival" -**Oxford Dictionaries**

Visual

Visual learning is a style in which a learner utilizes graphs, charts, maps and diagrams. It is one of the three basic types of learning styles in the Fleming VAK/VARK model that also includes kinesthetic learning and auditory learning. -Wikipedia

Kinesthetic

Kinesthetic learning, or tactile **learning** is a **learning** style in which **learning** takes place by the students carrying out physical activities, rather than listening to a lecture or watching demonstrations. Wikipedia



Real

**Learning
is
Doing**

“The single most important issue for traumatized people is to find a sense of safety in their own bodies.”

–Bessel van der Kolk

“Programs with physical impact, like model mugging (a form of self-defense training) martial arts or kickboxing, or an activity that requires a range of physical effort where you actually learn to defend yourself, stand up for yourself, and feel power in your body, would be very, very effective treatments. Basically, they reinstate a sense that your organism is not a helpless (tool) of fate.”

Bessel van der Kolk

Principles

“Create Space”



WARRIOR WAY

“Get Offline”



photo by [Bahman Adlou](#) [Unsplash](#)



“Get Offline”



What is the *Difference?*

DOING

Training in Principles of Conflict

PEER SUPPORTED
SAFE ENVIRONMENT
of
TRUST

EMPOWERMENT

WHY is **STRESS...**

Essential

Powerful

Re-purpose-able



WHAT would you do with...

More energy?

Better health?

Higher performance?



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