

# RIDING the NEW STRESS WAVE

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.

# WAVES





# POWER



WARRIOR WAY

# Ride the Wave



[Jeremy Bishop/Unsplash](#)

# What is Trauma?

The definition in its simplest  
form is...



# trauma noun

trau·ma | \ 'trô-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





Agree or Disagree?

and

**CONFLICT**

causes

***STRESS***

# ***EXTREME STRESS***

BAD STRESS  
GOOD STRESS



Agree or Disagree?

# WAVES





# WIPEOUT



# Hans Selye's Rats

1939 the birth of STRESS





# Transparency

# RADICAL TRANSPARENCY

*–Ray Dalio*

“Hans Selye the Grandfather of Stress”

# STRESS is TOXIC

Lab Rats  
and  
Humans





Agree or Disagree?



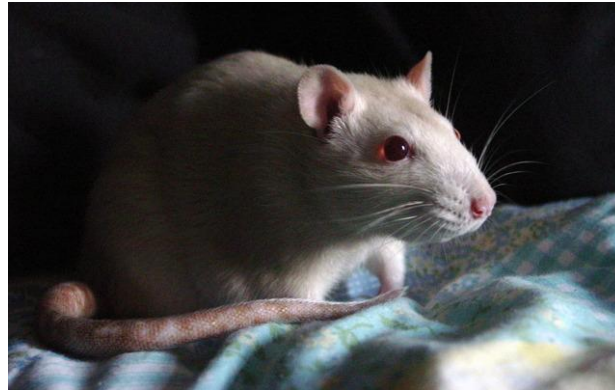
BAD STRESS  
GOOD STRESS

~~BAD STRESS~~

~~GOOD STRESS~~

# 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.”





# 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!”





WARRIOR WAY

# 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.

Agree or Disagree?



# 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*

# Stress noun, or adjective, or verb... or...?

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*relaxation*

What is it?

***STRESS***



WARRIOR WAY

Agree or Disagree?

# RADICAL TRANSPARENCY

*–Ray Dalio*

***STRESS =***  
***LOAD***  
***ENERGY***



# POWER



WARRIOR WAY

# WAVES



[Jeremy Bishop/Unsplash](#)

Trauma is caused by Conflict

Conflict causes Stress

Stress is *Redirectable*



# WAVES

A dramatic, low-angle shot of a massive ocean wave curling over. The water is a deep, vibrant blue, and the crest is a thick, white foam. In the background, a sandy beach with palm trees and a few buildings is visible under a grey, overcast sky. The overall mood is powerful and dynamic.

WARRIOR WAY

...and why can't **stress** be

***REDIRECTED?***

100%

50%

10%

3%



# How?

...do we redirect anything?



***CONFLICT***

# Pareto Principle



WARRIOR WAY





What is the *Difference?*



# Belief



# EMPOWERMENT

Peer supported, collaborative  
*stress redirection*

# Principles of Conflict

# SELF DEFENSE

VS

# LIFE DEFENSE

STRESS is...

Essential

Powerful

Re-purpose-able

DOING



**Learning  
is  
Doing**

# 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



WHAT would you do with...

More energy?

Better health?

Higher performance?



# STRESS *REDIRECTION*



“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*



WARRIOR WAY

PEER SUPPORTED  
SAFE ENVIRONMENT  
of  
TRUST



# Why not...

- be 3-7% more efficient with our energy?
- have access through simple ways of thinking and principles?
- practice “**stress redirection**” as standard curriculum?



# WAVES



WARRIOR WAY



# POWER



WARRIOR WAY

# Ride the Wave



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