RIDING the NEW STRESS WAVE

The STRESS REDIRECTION Factor by Allen Hughes
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.
What is Trauma?

The definition in its simplest form is...
trauma

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?
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
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!”
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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What is it? STRESS
Agree or Disagree?
RADICAL TRANSPARENCY

–Ray Dalio
STRESS = LOAD ENERGY
Trauma is caused by Conflict
Conflict causes Stress
Stress is *Redirectable*
...and why can’t stress beRedirected?
How?

...do we redirect anything?
CONFICT
Pareto Principle
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 isDoing
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, very effective treatments. Basically, they reinstate a sense that your organism is not a helpless (tool) of fate.”

_Bessel van der Kolk_
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?
POWER
Ride the Wave
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