

MASTERCLASS
08.27.24

HOLISTIC HEALTH BY MELISSA

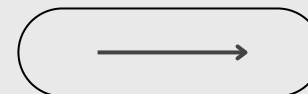
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TRAUMA & STRESS

Understanding Their Impact on the Body
and Pathways to Healing

Exploring the Connection Between Mind, Body, and Healing



DEFINING TRAUMA AND STRESS

Trauma: An **emotional response** to a distressing event, often leaving lasting effects on mental and physical health.

Stress: The body's **reaction** to any change that requires an adjustment or response, which can be acute or chronic.

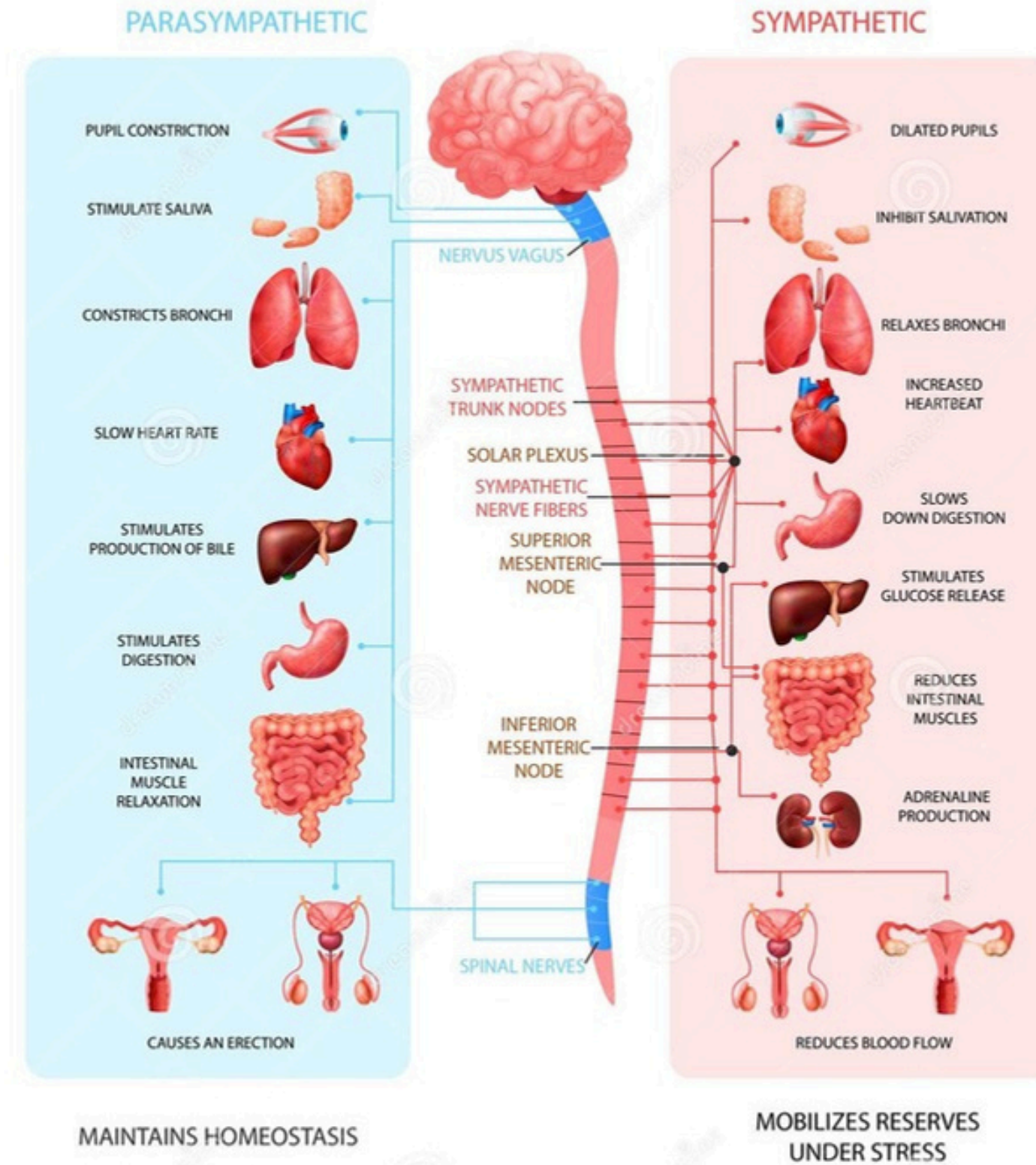


THE BODY'S RESPONSE TO STRESS

Impact on Nervous System: Sympathetic (fight, flight, freeze, fawn) vs. Parasympathetic (rest, digest, heal).

Fight, Flight, Freeze: How the body instinctively responds to perceived threats (Familiar hell vs Unfamiliar heaven)
The body releases stress hormones, increasing heart rate, breathing, and muscle tension to prepare for immediate action. This response enhances survival in the short term but can lead to chronic stress if constantly activated.

PERIPHERAL AUTONOMIC NERVOUS SYSTEM

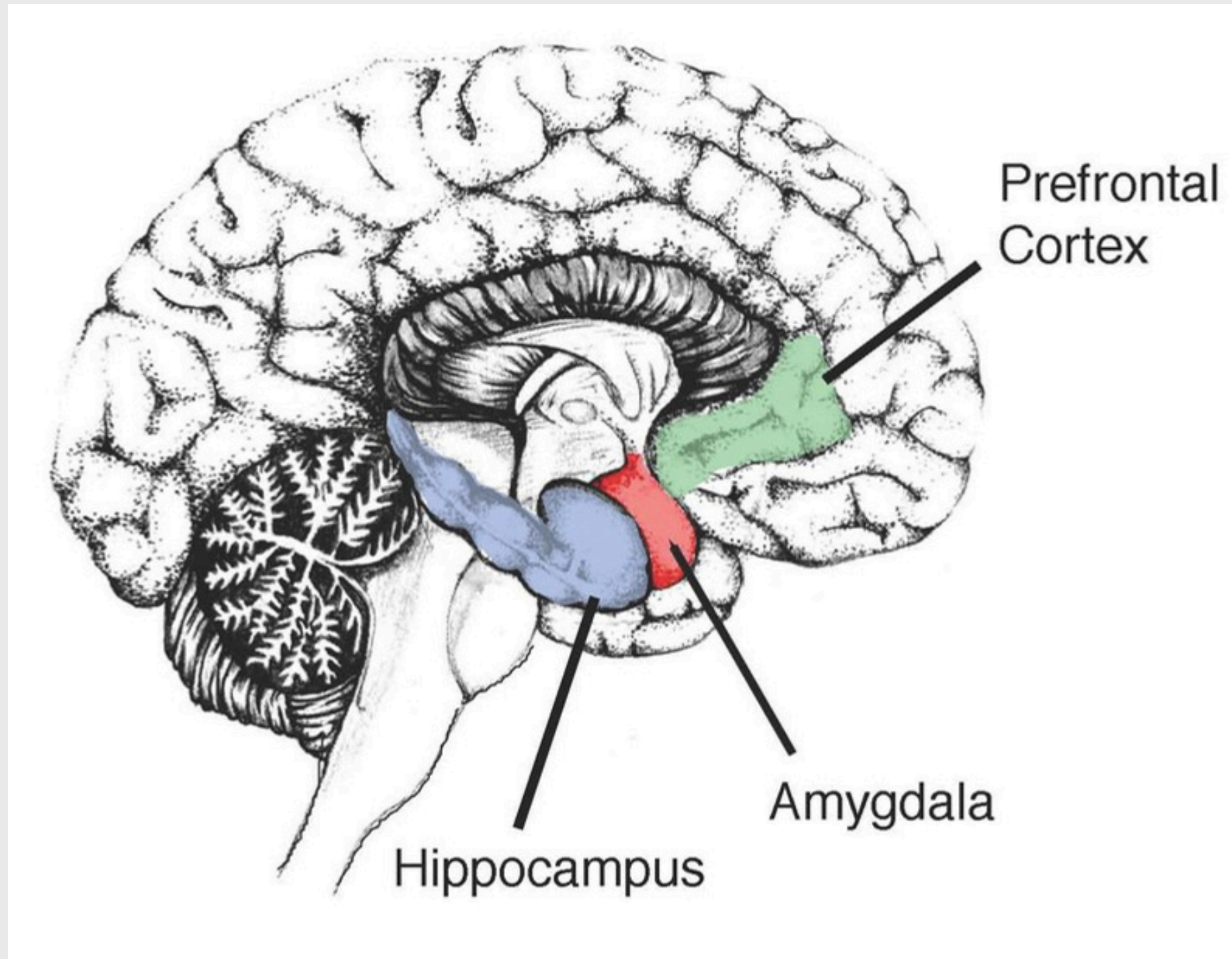


THE ROLE OF THE BRAIN IN TRAUMA AND STRESS

Amygdala: Activates the fight-or-flight and fear response, becomes hyperactive.

Hippocampus: Affects memory formation and retrieval, especially traumatic memories, leading to memory issues.

Prefrontal Cortex: Responsible for decision-making, emotional regulation, and impulse control, may become less active, affecting our ability to think clearly and make rational decisions.

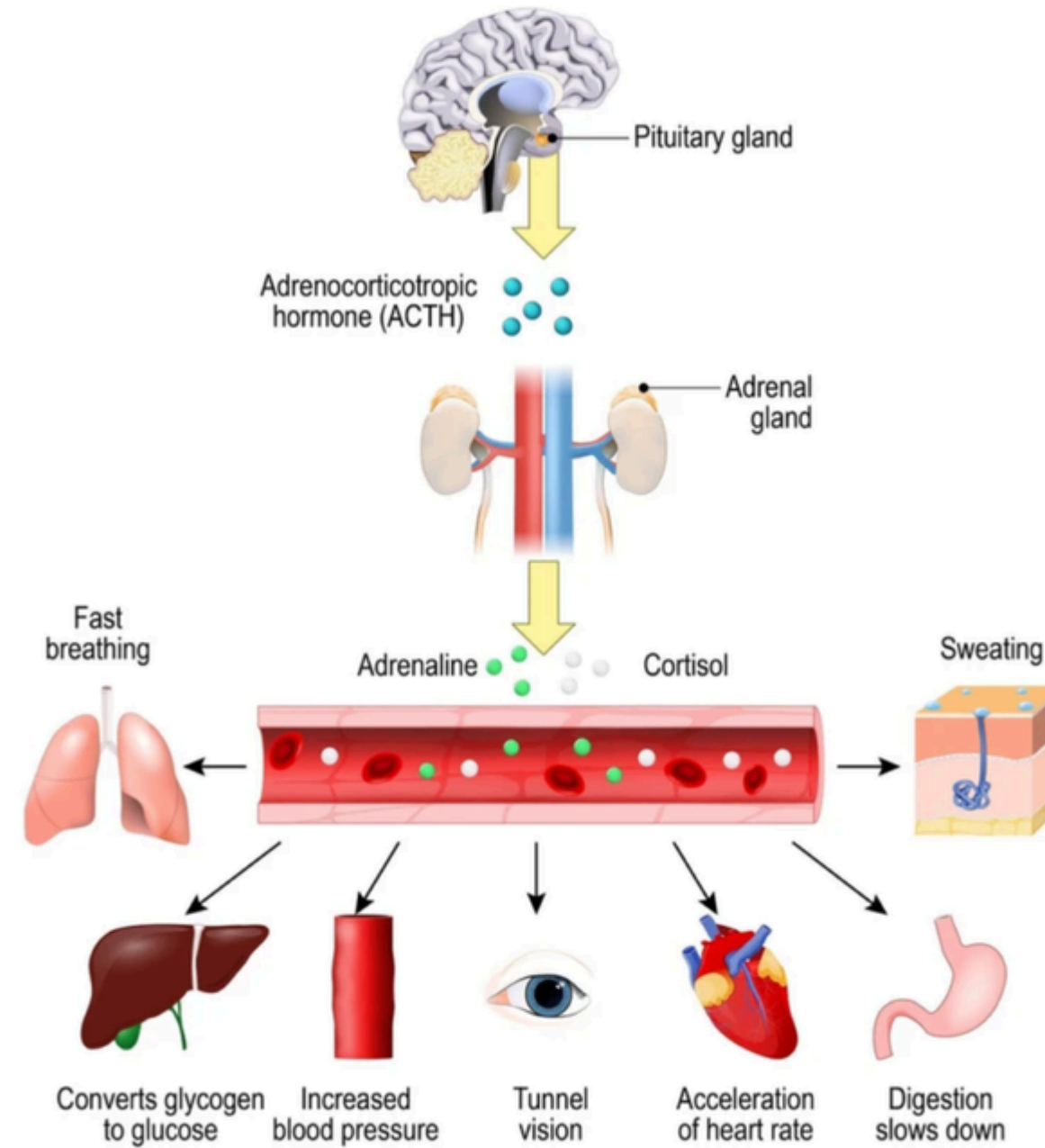


HORMONE RESPONSE

Cortisol: is a stress hormone produced by the adrenal glands that helps regulate metabolism, blood sugar, and the body's response to stress.

Adrenaline: a hormone released by the adrenal glands during stress or excitement. It increases heart rate, boosts energy, and prepares the body for quick action in response to perceived danger.

STRESS RESPONSE



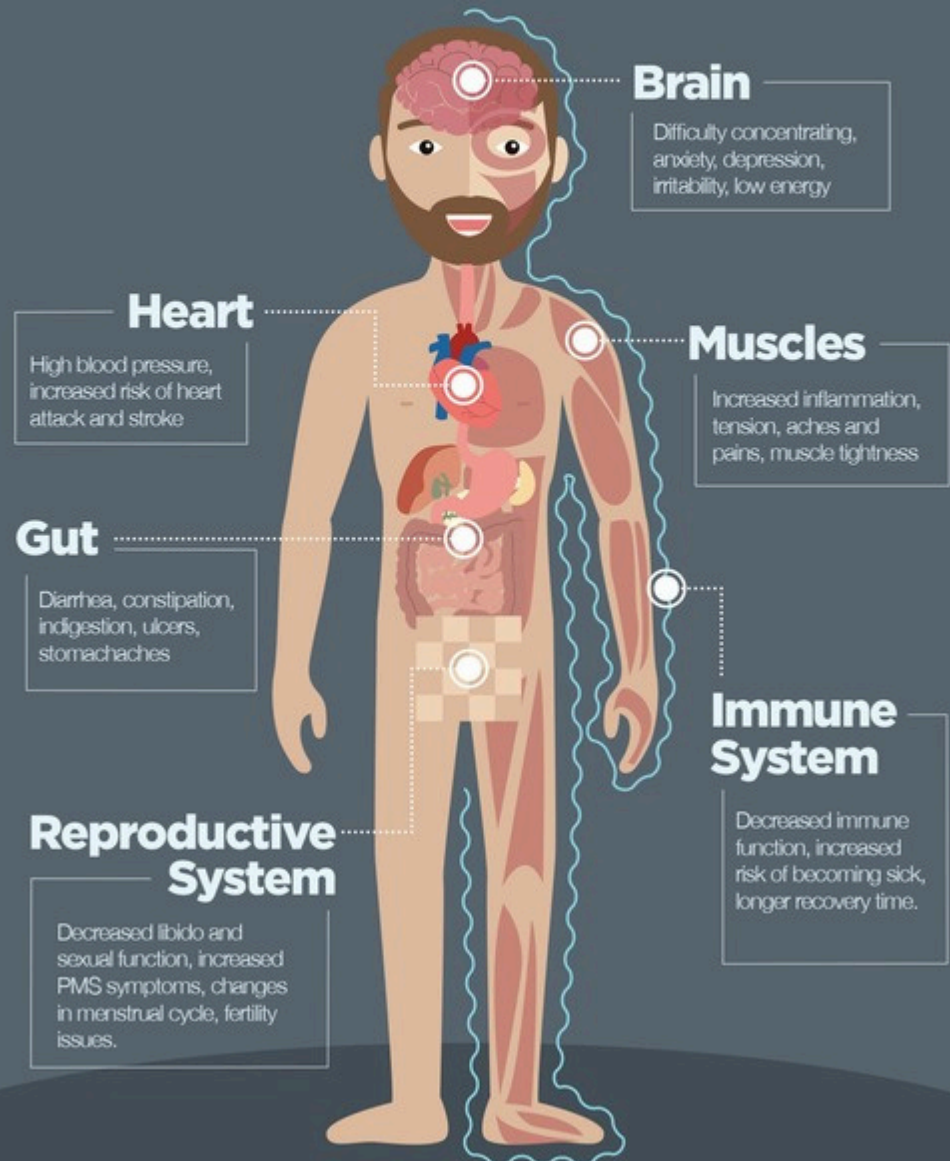
HOW TRAUMA AND STRESS MANIFEST IN THE BODY

Physical Symptoms: Chronic pain, fatigue, digestive issues.

Emotional Symptoms: Anxiety, depression, irritability.

Behavioral Symptoms: Avoidance, hypervigilance, substance abuse.

STRESS EFFECTS ON YOUR BODY AND BEHAVIOR



ADVERSE CHILDHOOD EVENTS (ACES)

Definition: Traumatic experiences in childhood, including abuse, neglect, and household dysfunction.

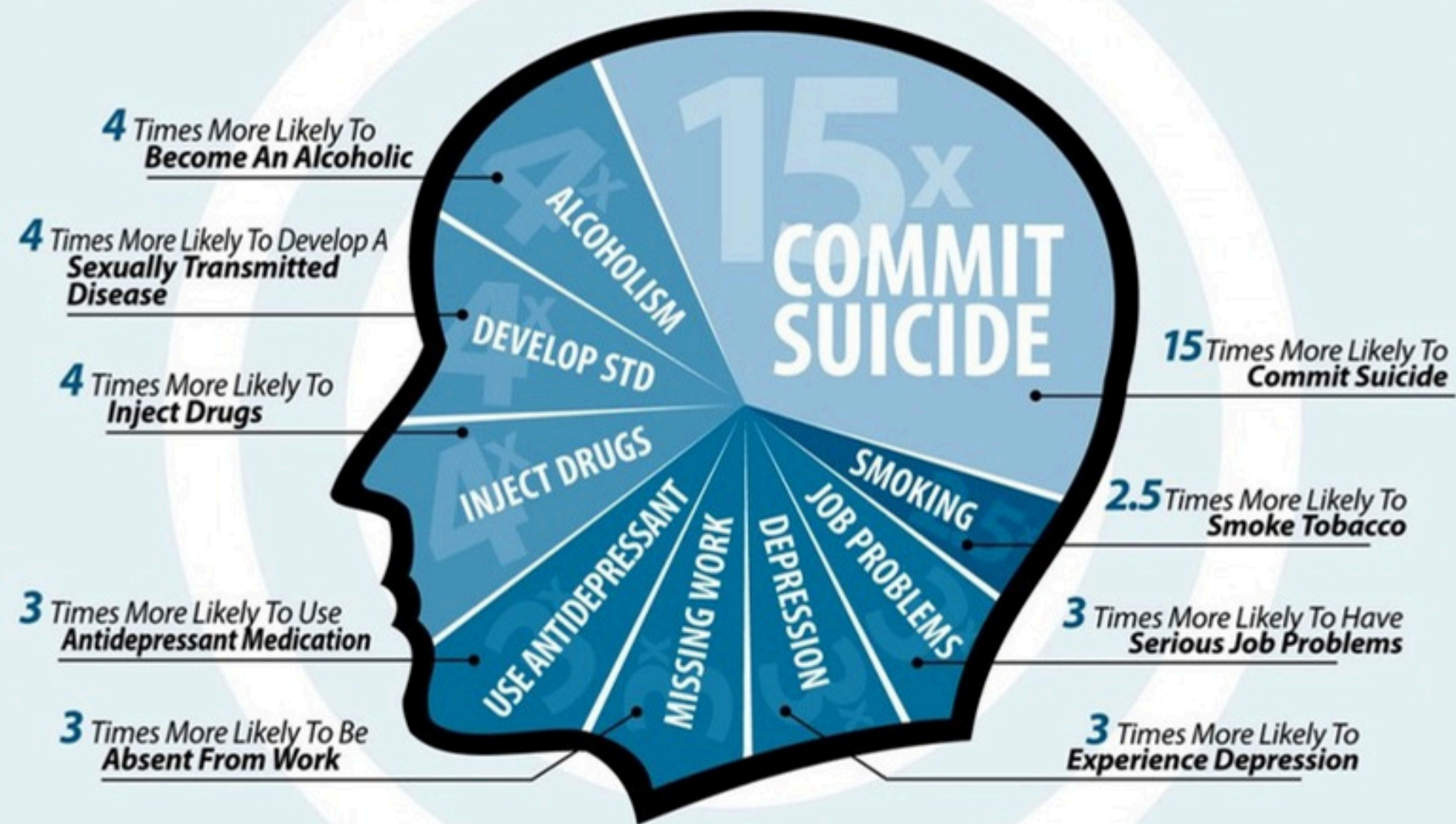
Health Risks: Increased likelihood of chronic diseases and mental health issues.

Developmental Effects: Disrupts brain development and emotional skills.

ADVERSE CHILDHOOD EVENTS (ACES)

ACEs quiz [here](#)

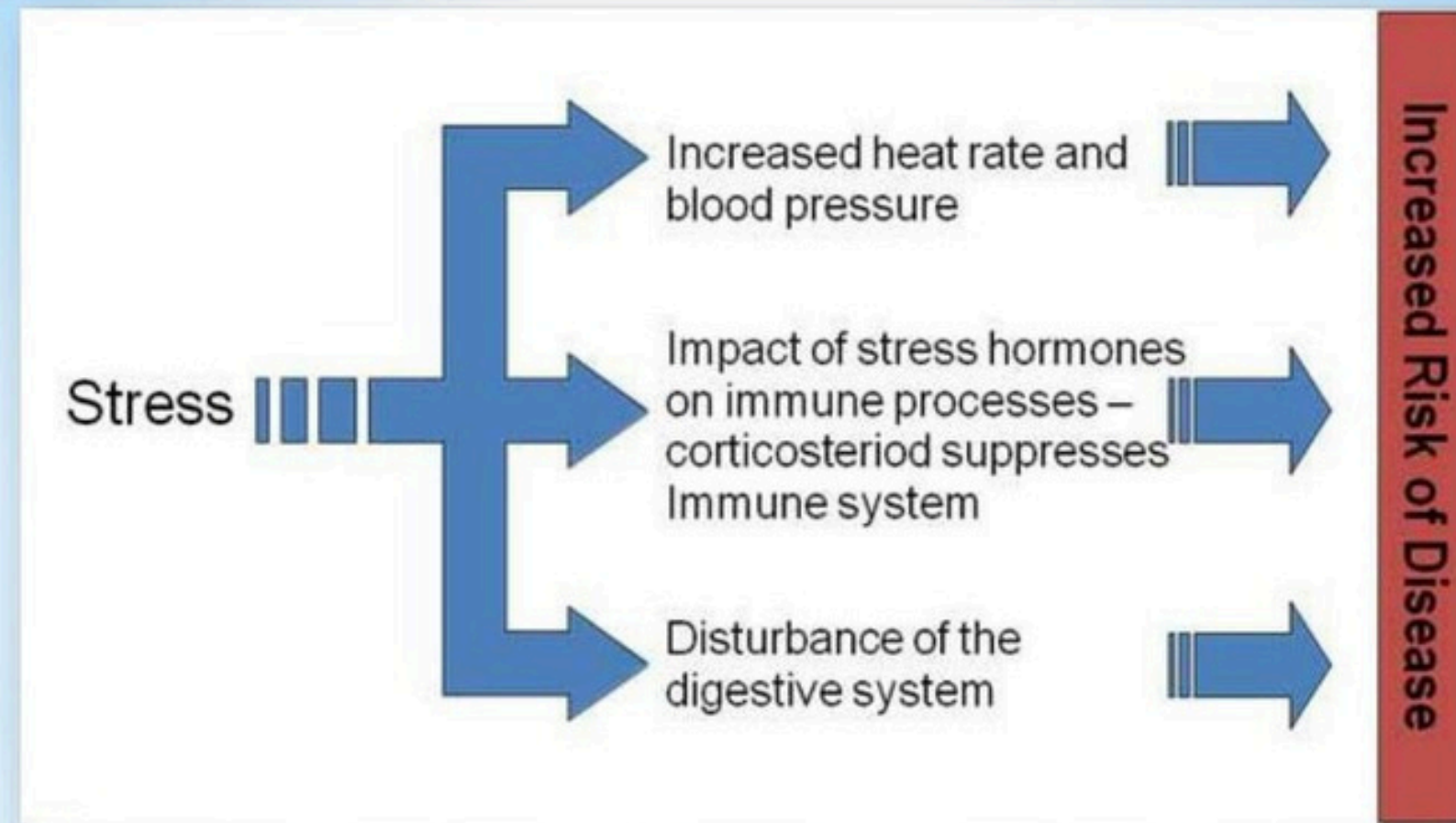
PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



THE IMPACT ON IMMUNE FUNCTION

Chronic Inflammation: prolonged stress weakens the immune system.

Autoimmune Disorders: The connection between trauma and conditions like lupus, rheumatoid arthritis.



Stress and the Immune System

THE ROLE OF SOMATIC WORK IN HEALING

Somatic Work: Focus on body awareness to release tension and trauma.

Importance: Helps in reconnecting with the body and calming the nervous system.

Mind-body connection: illustrates how mental and emotional states can profoundly influence physical health, with stress and emotions impacting everything from immune function to chronic disease risk.



TECHNIQUES FOR REGULATING THE NERVOUS SYSTEM

Breathing Exercises: Deep, diaphragmatic breathing to activate the parasympathetic system.

Grounding Techniques: Simple practices to bring awareness back to the present moment.

Progressive Muscle Relaxation: Systematic tension and release of muscle groups.

Tapping: Involves tapping on specific acupressure points on the body while focusing on stressors or negative emotions to reduce their impact and promote emotional balance.

Vagal nerve stimulation: Techniques such as deep breathing, cold exposure, and certain mindfulness practices can stimulate the vagus nerve, promoting relaxation, reducing stress, and enhancing emotional regulation.

LET'S TRY TAPPING!

HOW TO INTEGRATE

1. **Create a Routine:** Establishing a daily routine that incorporates self-care, breathwork, and mindfulness practices can create a sense of stability and normalcy. This routine becomes a foundation upon which healing can take place.
2. **Build Support Systems:** Surround yourself with a network of supportive individuals, whether friends, family, or mental health professionals. Sharing your journey with others can provide emotional support and practical advice.
3. **Practice Self-Compassion:** Be kind to yourself throughout the healing process. Understand that recovery is not linear, and setbacks are a natural part of the journey. Treat yourself with the same compassion you would offer a loved one.

IMPORTANCE OF CONSISTENCY AND PATIENCE

Consistency: Regular practice of somatic techniques.

Patience: Understanding that healing is a gradual process, a lifelong journey.

LIFESTYLE ADJUSTMENTS FOR LONG-TERM HEALTH

Nutrition/hydration

Movement

Sleep

Fun/joy

Gratitude

RESOURCES

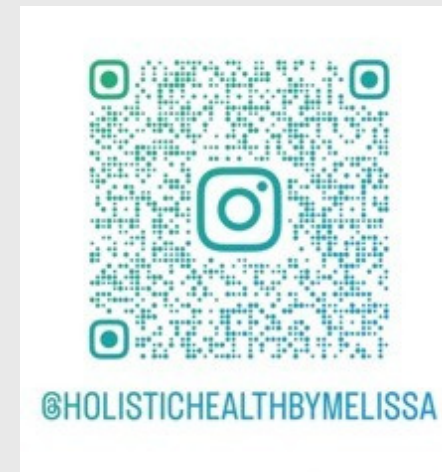
The Body Keeps the Score by Bessel van der Kolk

The Secret by Rhonda Byrne

Mindset by Dr. Carol Dwek

Break The Cycle by Dr Mariel Buque

THANK YOU!



Remember, HEALING IS ALWAYS possible!

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