# UNDERSTANDING AND MANAGING THE INTERNALIZATION OF STRESS

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### **Books**

Mind Your Body | 10 Minutes to Slim and Sober | Think Away Your Pain | Bold Move Radical Compassion | The Divided Mind: The Epidemic of MindBody Disorders

#### **Articles**

- Your high-intensity feelings may be tiring you out Harvard Business Review, February 2016.
- How expectation influences perception MIT News, July 2019. Marquez, L.
- What is psychological avoidance Psychology Today, May 2023.
- Physiological feelings National Institute of Health May 2019.
- Know your brain: The amygdala- unlocking your reptilian brain Brain World Magazine, December 2021.

FOOD FOR THOUGHT These 8 steps will help to process what could be stressful situations. These strategies help to keep stress "out there" and not "in here." **Rewire Your Reaction** 8 Mental Strategies to Stay Strong Under Pressure "Recognize "Create Your Triggers" Response Space" Notice what sets you off. Insert a pause between stimulus and When you can name your response. Even a three-second buffer stress points, you can lets you choose your reaction. prepare for them. "Turn Pressure "Challenge into Data" Your See stress as Assumptions" information, not an enemy. Study what it Test your first tells you about your inter-pretation. limits and priorities. Ask, "What else could this mean?" Different pers-"Set Clear pectives lead to Boundaries" different reactions. Define what's acceptable before you're tested. Strong boundaries prevent emotional decision-"Build Stress Immunity" "Reset Your State" Like a muscle. resilience grows Notice when you're spiraling. Use physical cues (deep breath, posture through controlled exposure. Start change) to break the pattern. small, and build "Focus Forward" gradually. Channel pressure into progress. Ask "What can I learn?" or "What's the next best step?"

## **4 TRAUMA RESPONSES**

Do you know which (or which combo) you tend to activate when your sympathetic nervous system is stimulated?

#### **FIGHT**

Anger outburst, Controlling, Bullying, Explosive behavior, Irritability, Judgement, Self harm

#### **FLIGHT**

Workaholic, Overthinker, Anxiety, Panic, OCD, Perfectionist, Avoidance, Hyperactivity

#### **FREEZE**

Indecisive, Stuck, Dissociation, Isolation, Shut Down, Exhaustion, Indecision, Sleep

#### **FAWN**

People-pleaser, Overwhelmed, No boundaries, Codependent, Appeasing, Self-critical



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