

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](#)

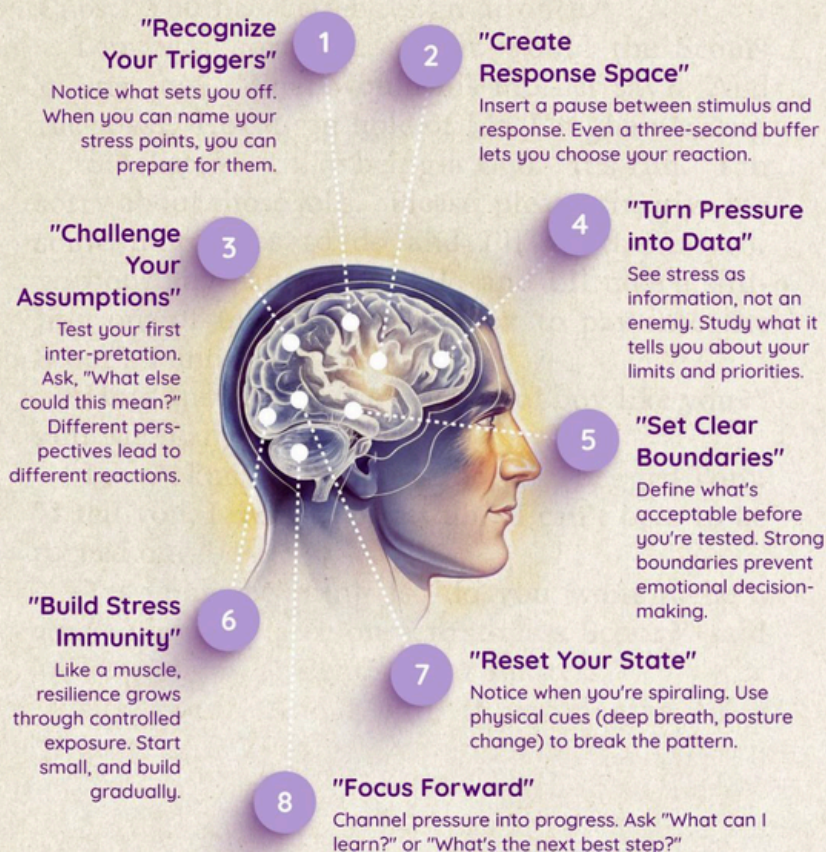
Articles

- [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 Reactions

8 Mental Strategies to Stay Strong Under Pressure



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

