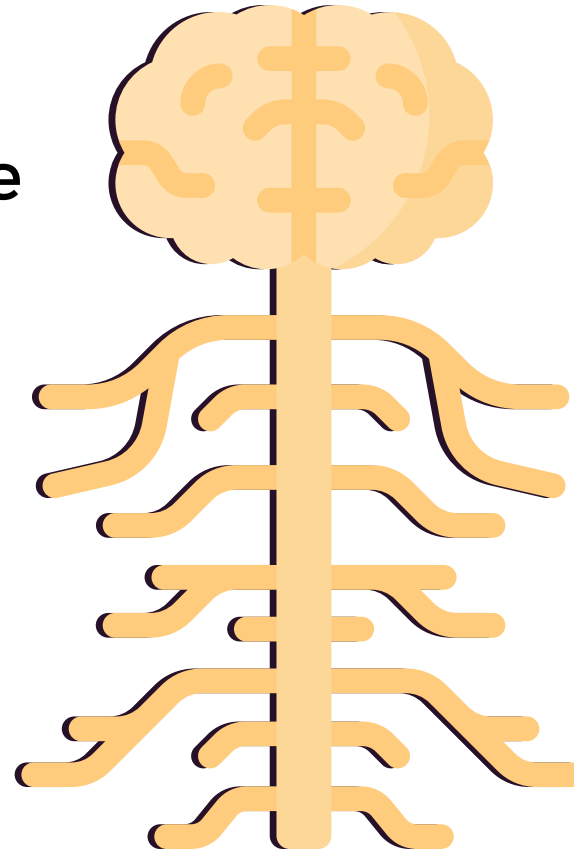


# TRAUMA & THE NERVOUS SYSTEM

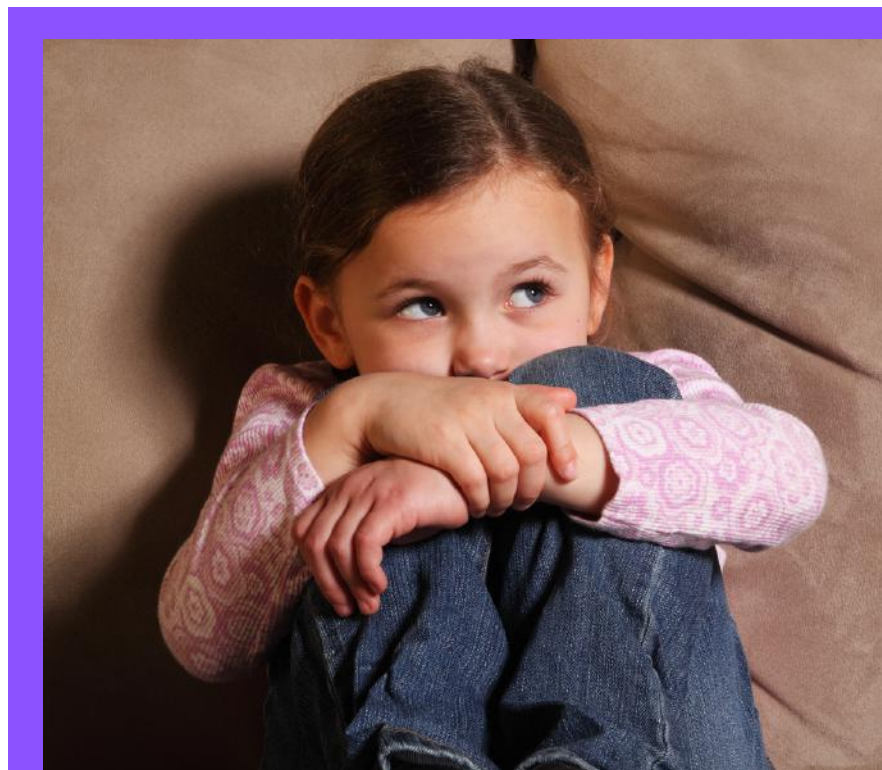
The brain-body connection  
role in better health and  
behavior.



Body sensations from traumatic events like a knotted gut, a racing heart or gripping in your chest are stored as interoceptive memories (internal sensations in the body).



- These memories are formed, stored and retrieved automatically, without our control or awareness.
- They become your child's reference point for understanding new experiences.
- They play a profound role in our body's health, our thoughts and behavior.



# IF YOU CAN'T "FOLLOW THROUGH" ON THOSE INSTINCTS AND COMPLETE THE STRESS RESPONSE:

- you keep your nervous system attuned to that stress (**its pending so a general state of alarm remains**)
- you may respond to future stress with **excess fight impulses**
- you **learn to shut off impulses for action** which leads to general apathy and lack of motivation



Having a lot of these negative reference points can lead a child to:

- Assume all new/different things are just like the negative things experienced before
- Confuse healthy excitement as anxiety
- Become hyper-vigilant or fearful
- Help them feel “I don’t deserve that (positive thing)”

**INSTEAD, TEACHING  
YOUR CHILD HOW TO  
BEFRIEND THEIR  
NERVOUS SYSTEM  
ALSO GIVES THEM  
THE TOOLS TO TRAIN  
IT WITH NEW  
MESSAGES AND  
MEMORIES.**





# ANGER AND DYSREGULATION

Suppressing your child's anger also increases their nervous system dysregulation, often leading to chronic **shut down, freeze states** (disassociation), burnout based **tantrums**.

That's because

- anger,
- the fight response,
- what gives you energy,
- and motivation:

**are all found in the very same system in the body.**

Our nervous system is **wired to fight in response to a threat**. It's when our mobilizing energy is released and our survival forces ask us to take important actions.



# WHAT IS HAPPENING IN THE NERVOUS SYSTEM GIVES US THE FULL STORY.

When we shut down anger, it remains:

**Pending!** When our body is angry, it tenses up in a certain area (jaw, hands, shoulders etc) and when that process is paused the movement or release of tension NEVER OCCURS. "Wanting to act" remains as a memory we place in the body until it is removed by completing it.



**Active!** When our nervous system feels that tension is still pending, future reactions to similar situations are full of BLOW UPS or overwhelm. We have extra fuel emotionally and extra alarm physically in the body.



**Stagnant!** Training your body to stop itself when it's naturally programmed to act leads to a life of apathy. It also develops shame as a coping strategy to weaken anger. The brain labels anger as "wrong" or "bad" and tells you that you shouldn't feel annoyed, frustrated or irritated. It also turns into a loud inner critic, helps you remain stuck, and tells you that there is something wrong with you when it may be the situation that is wrong.



# INSTEAD TRY THIS:

**Name the emotion + complete the physical reaction = train better behavior.**

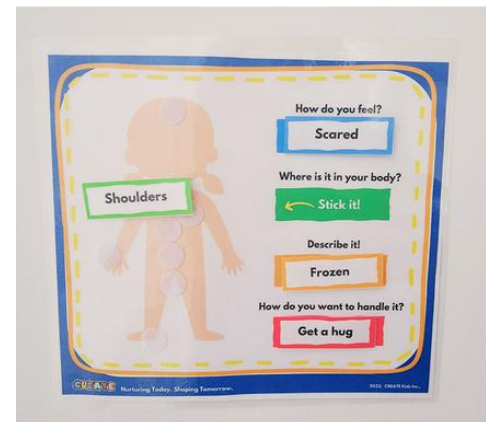
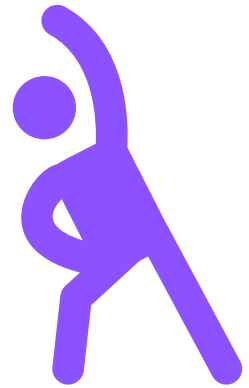
Help your child move through the physical sensations of anger and see if that helps.

The truth is that we need to express emotions physically, just like we need to emotionally and intellectually.

We need to SQUEEZE, PUSH, JUMP and COOL DOWN when we are angry because that helps our body feel powerful. It helps keep that nervous system reaction healthy and flowing with appropriate responses.

That's why we are so excited for the difference our learning tool can make. Teach your child to name the emotion, find it in the body, describe it and pick a coping strategy. It teaches your child the awareness and coping process needed to live a healthy and empowered life.

**Check out the tool at:**  
[createkidsedu.org/product/body-awareness-learning-tool/](http://createkidsedu.org/product/body-awareness-learning-tool/)



# Thank you for learning about your body with us!

We hope you learned valuable information about your body and ways you can support it during stressful moments.

CREATE has many free resources for parents like explaining modern parenting techniques backed by science, a somatics skill building basketball program for public schools and free live workshops on important parenting topics like punishment.

Get our learning tools to help your child learn **the entire cycle of emotional intelligence.**



1. Name the feeling,
2. Find it in the body,
3. Describe how it feels in the body,
4. Choose a coping techniques that matches



Educational Workshops feat. industry professionals

Join our community online by scanning the QR code or searching @create\_kids\_edu on IG



Nurturing Today, Shaping Tomorrow.