Yes, stress can kill us: feeling safe is the first step to healing Transcript

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Introduction and recap of feeling safe

Hello. I'm Lisa Broyles with Way to Hello. I'm Lisa Broyles with Way to Health MD, and this is the sixth video Health MD, and this is the sixth video in my series Biology of Trauma by Dr.

in my series Biology of Trauma by Dr. Aimia Pidgeon. Aimia Pidgeon. In the last video, we talked about the In the last video, we talked about the first step to healing from overwhelm and first step to healing from overwhelm and trauma, trauma, trauma, which is how to feel safe. We talked which is how to feel safe.

Why healing can feel worse before it feels better

We talked about the three ways to feel safe, which about the three ways to feel safe, which is changing our inner filter, connecting is changing our inner filter, connecting with our bodies, and learning to stop with our bodies, and learning to stop dissociating, and starting to feel and dissociating, and starting to feel and experience, as well as how to feel safe experience, as well as how to feel safe on a spiritual level.

on a spiritual level. When you stop dissociating and you start When you stop dissociating and you start feeling and experiencing life in the feeling and experiencing life in the body's cues and emotions, this is body's cues and emotions, this is fantastic cuz it's the first step.

fantastic cuz it's the first step. However, it's often overwhelming. People However, it's often overwhelming. People often start to feel worse at this point often start to feel worse at this point in their journey before they feel in their journey before they feel better. This can manifest as worse in better. This can manifest as worse in physical symptoms of brain fog, fatigue, physical symptoms of brain fog, fatigue, stomach upset.

stomach upset.

Seeking support from people and groups

This is why we need the support of those This is why we need the support of those around us. Reach out to people that you around us. Reach out to people that you enjoy being with, people that love you enjoy being with, people that love you and support you, and people that you and support you, and people that you enjoy doing things with. Spend time with enjoy doing things with. Spend time with family, friends, loved ones that build family, friends, loved ones that build you up and encourage you.

you up and encourage you. If you can, step away from toxic If you can, step away from toxic relationships at this point and focus on relationships at this point and focus on those that nourish you. You can also those that nourish you. You can also join a support group for others who have join a support group for others who have been through similar experiences that been through similar experiences that you have. Also, Dr. Aimia Pidgeon offers you have. Also, Dr. Aimia Pidgeon offers a program Foundational Journey to begin a program Foundational Journey to begin healing from this kind of trauma. You healing from this kind of trauma. You also need spiritual support. In Matthew also need spiritual support. In Matthew 11:28-30, 11:28-30, 11:28-30, Jesus said, "Come to me, all you who Jesus said, "Come to me, all you who labor and are heavy laden, and I will labor and are heavy laden, and I will give you rest. Take my yoke upon you and give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly learn from me, for I am gentle and lowly in heart, and you will find rest for in heart, and you will find rest for your souls. For my yoke is easy and my your souls. For my yoke is easy and my burden is light.

burden is light. I memorized that scripture. I have I memorized that scripture.

Finding spiritual rest and support

I have learned that even when I don't feel the learned that even when I don't feel the support of family or friends, support of family or friends, I can step into a quiet room, open my I can step into a quiet room, open my heart and mind, and experience the heart and mind, and experience the safety and support of my God.

safety and support of my God. A few months ago, I reached the point in A few months ago, I reached the point in my own spiritual journey my own spiritual journey where I realized where I realized that I had been striving that I had been striving and pushing myself, and not resting and and pushing myself, and not resting and listening. When I started truly resting listening. When I started truly resting and abiding in the presence of God, and abiding in the presence of God, starting my day every day starting my day every day listening and developing a relationship listening and developing a relationship with God, centering my thoughts and my with God, centering my thoughts and my focus for the day on what was really focus for the day on what was really important, my relationship with important, my relationship with God God through the Holy Spirit, that's when my through the Holy Spirit, that's when my life changed. I feel safe and supported life changed. I feel safe and supported on a subconscious visceral level. on a subconscious visceral level. I have I have joy deep in my soul that truly does give joy deep in my soul that truly does give me strength. I have peace that me strength. I have peace that transcends whatever the day throws at transcends whatever the day throws at me.

me. me. We all need to feel supported We all need to feel supported and not alone. and not alone. Next week we will discuss the third step Next week we will discuss the third step to healing from overwhelm and to healing from overwhelm and overwhelming trauma.

overwhelming trauma. And that is addressing childhood beliefs And that is addressing childhood beliefs and experiences and experiences that have shaped the way we perceive our that have shaped the way we perceive our environment and how our body responds to environment and how our body responds to