

When the war continues in your head: First aid for anxiety and stress

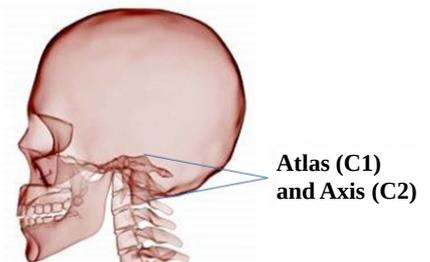
Fear triggers the stress response in the body - the entire body goes into emergency mode:

- Highest mobilization of energy in the fight or flight response - or, if that doesn't help:
- Switching off the energy in the play-dead reflex. Once the danger is over, everything relaxes again. The Feeling of security is back.

But if the horror doesn't stop, the stress remains:

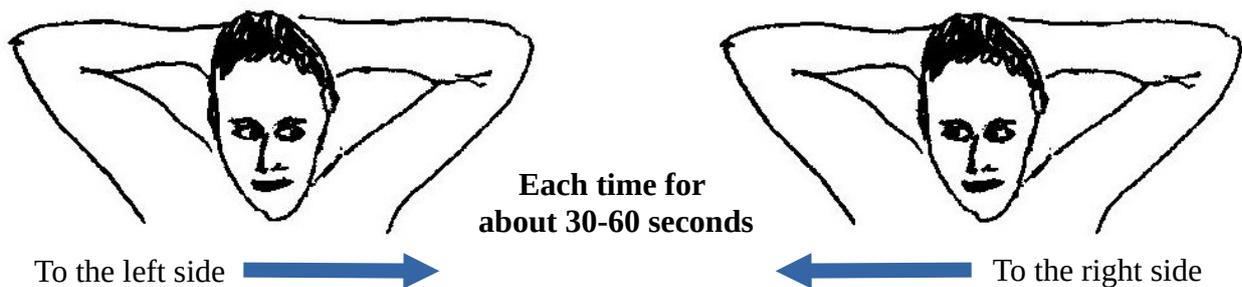
The heart races, the head pounds, the stomach turns, the breath becomes shallow as soon as the fear arises. When fleeing war and bombs, all the security of life, loved ones are still in danger and the terrible experiences of brutal violence follow you everywhere, into your dreams. Such stress robs you of sleep, strength and makes clear thinking impossible. If the stress lasts too long, then the body and soul can even fall into shock.

When an **emergency alarm occurs in the brain**, a part of the vagus cranial nerve switches off, due to a **very slight movement of the top two cervical vertebrae**, Atlas (C1) and Axis (C2), which support the head. This **triggers the fight or flight response**. The therapist Stanley Rosenberg developed a **simple exercise** that reactivates the cranial nerve again: with the help of the eye muscles! This can **create a feeling of security in the brain again**.



First aid for anxiety and stress:

The exercise regulates the nervous system in acute fear and chronic stress (= constant fear) Clasp your hands behind your head and place them on your back. Then with your eyes look to one side as far as possible, then to the other side. Each time for about 30-60 seconds, preferably until you feel relief (e.g. a sigh). Important: The head does not move! If so: hold on to your head! The strong eye muscles should only pull the cervical vertebrae back into the correct position!



Do this exercise regularly and often! If it doesn't work immediately, repeat the exercise. And teach it to children too, they can easily learn it and help themselves when they get scared!

What else helps calm you down:

Breathe in and out consciously: breathe in for 4 seconds, breathe out for 6 seconds (this is the sleep rhythm). Make sure your immediate surroundings are safe for you.

Anything that strengthens the feeling of personal security weakens fear. This also includes daily routines, they help signal security to the emotional brain!