

Universal Trauma Syndrome (UTS).
Whereas PTSD and so-called Complex Trauma Syndrome are specific pathological conditions, UTS is something we all suffer from. It's not nice but is not exactly "abnormal". It's universal!



UTS basically means we are being stirred up continuously, by both major and minor events, via the re-stimulation mechanism, referred to in chapter 5 (aka. identification thinking). Every day has stressful events, to some degree or other.



Memonemes sit in the background. They bring darkness and shadow. Behind every sudden hurt or upset, unpleasant emotion or irrational behavior lie memonemes: mental imprints with unpleasant force or charge (negative emotional energy).



Stress is one of the most common reasons for consulting a doctor. Ironically, the medical profession has little to offer, we alone are able to control stress for ourselves, with help from Punk Psychology™ piloting.



So What is Stress?
Stress *in its fullest sense* is the world's number one killer.
Any threat or counter-pressure on your survival - anything which limits or opposes your life potential is stress.



There is no universal definition of stress: it means different things to different people. But there is no question that *what the individual perceives as stress is damaging, both mentally and physically* to him or her.



Short-term stress is the classic “fight or flight” mechanism (adrenaline reaction, which increases heart rate and blood pressure). Chronic stress is deadly: cortisol hormone, which wears out the body rapidly.



Chronic stress can manifest in very many ways: heart disease, digestive disturbance, aches and pains, blood pressure, cancer, diabetes, dementia... Eventually mental symptoms develop such as depression or anxiety, loss of appetite and insomnia.



As well as classic mental pressures such as money worries, work pressures, anxiety, failed relationships and bereavements, stress can also come from lack of sleep, poor diet, chemical pollution and viral illness... basically these are OVERLOADS.



Dr. Keith's killer definition of stress: *Stress is the difference between what you have got and what you wanted* - It is measured by the size of the gap. If what you have got it exactly what you wanted, then there is no stress at all.



Our biological defense systems can cope admirably well, but *there is a limit.*
The emergence of signs means it's too late
It means the defense mechanisms have begun to break down. *They can no longer protect you.*



Onset of illness is often a complex process.
It is *wrong* to blame just one factor when illness manifests. It is always the summation of complex interactions, each of which contributes something to the damage.



Life Events Scale (1977):
Holmes and Rahe of the University of Washington School of Medicine was the first attempt to numerically codify stress levels.



They interviewed over 5,000 cases and showed that the more stress you experienced, the more likely it was that you would suffer some kind of health breakdown in the subsequent 2 years.



This was repeated in 1997 and some events had shifted in importance but both scales were remarkably similar.
Both showed that even good things can be stressful, like getting married or getting a raise.



Here are the top 6 events in the 1997 census:

- Death of a spouse
- Divorce
- Death of a Close Family Member
- Marital separation
- Fired from work
- Major illness or injury



Don't forget Professor Bessel van der Kolk (Harvard) also teaches that stress is hard on the body. The body "stores" stressful memories and events (his book *The Body Keeps The Score*).



Punk Psychology™ basic piloting is about removing stressful scars in the mind and body.
We do it rather well.
We also need to be anchored in loving and nourishing relationships, which have been shown repeatedly to reduce the stress index.