

# Stress Overload/ Sympathetic Dominance

When we experience prolonged stress from one or more sources without emptying our stress bucket and bringing the body back to homeostasis. Our bucket becomes full and our nervous system becomes overloaded causing Sympathetic dominance. If this occurs we may experience some of the symptoms below.

## We don't all have the same size stress bucket

The capacity of your stress bucket is dependent upon:  
 Genetics i.e. gene mutations such as those that control methylation, temperament & inherited stress responses  
 Non integrated primitive reflexes, such as the Fear Paralysis and Moro Reflexes  
 Birth or acquired Disorders/Disabilities eg Spectrum disorders

### Stressors

- Trauma
- Abuse
- Bullying
- Work/school/ family pressures
- Food/chemical allergies/intolerance/sensitivities
- Isolation
- Lack of sleep

### Stressors

- Inadequate diet
- Inadequate hydration
- Stimulants, caffeine, alcohol, smoking
- Illnesses
- Accidents
- Relationship breakups
- Loss/ death of loved
- Operations
- Having a baby
- Hormone imbalances
- Lack of adequate nutrition
- Environmental toxicity
- Electromagnetic frequencies
- Stuck/blocked emotions from early childhood/ womb/DNA/ Past lives

### Symptoms

- Shoulder and neck muscle tightness
- Back pain and headaches
- Sensitivity to light and sound
- Light sleep and vivid dreams
- Difficulty getting or staying asleep
- High blood pressure
- Digestive issues
- Increased blood clotting factors
- Tiredness
- Feeling cold
- Difficulty losing weight
- Sugar and salt cravings
- Hormonal imbalances
- Gallbladder problems
- Uterine fibroids
- Hair loss
- Irritability
- Thyroid imbalances
- Water retention
- Anxiety or depression



### Body based therapies

- Kinesiology
- Massage
- Bowen

### Learning Calming Modalities

- Mediation
- Tai Chi
- Mindfulness

### Exercise

- Tension Releasing Exercises

### Healthy lifestyle

- Food/ Nutrition
- Environment
- Supplements
- Adequate hydration

### Stress release tool kit

- Deep breathing
- EFT
- Grounding
- Brushing
- ETC

- Addressing Wounds from Early childhood
- The Womb
- Genetic heritage
- Past lives

Reference:

Dr W Todd. 2015. *SD Protocol*.  
 Todd Wellness Group. Sale VIC