

Fastest Way To Prepare

Psychology for Survival and Preventing Post Traumatic Stress Disorder

You Can Survive WITHOUT...

- Food for 3 weeks
- Water for 3 days
- Air for 3 minutes
- Clear Head for 3 seconds

Which is why psychology is SO vital
in a survival situation

Three Keys To Survival Psychology

1. Positive/Realistic Mental Attitude
2. Goals
3. Adequate Sleep

Positive/Realistic Mental Attitude

- Throw away your rose colored glasses
- "Survivor's Club"
- Accept reality & focus on what you have, what you've got control over, and what you CAN do to affect change in your environment.
- Practice being thankful

Goals

- Have a reason for living that's bigger than your reasons for giving up
- Golfing in prison in Vietnam
- Time for disassociation (happy place)
- Specific
- Measurable
- Achievable
- Realistic
- Tangible

Sleep—Indulgement or Necessity?

"It is time to critically reexamine our love affair with stoic self-denial, starting with the service academies.

If an adversary can turn our commanders into sleepwalking zombies, from a moral point of view the adversary has done nothing fundamentally different than destroying supplies of food, water, or ammunition.

Such could be the outcome, despite our best efforts to counter it.

But we must stop doing it to ourselves and handing the enemy a dangerous and unearned advantage."

Shay, J. (1998) "Ethical Standing for Commander Self-Care: The Need for Sleep"

Sleep—Sweet Elixer of Survival

Impacts

- Judgment
- Immune function
- Ability to heal
- Brain and muscle speed
- Latency / reaction times
- Complex thought and motor skills
- Memory
- Learning ability
- Mood & interpersonal skills

Do you want to try to make it through a survival situation while drunk or sober?

24 hours without sleep = .08% Blood Alcohol
2-3 weeks with 6 hours per night = .08% BAC

Stimulants

Nicotine
Caffeine
Dextroamphetamine (Dexedrine)
Adderall
Modafinil (Provigil)

Best Solution?

SLEEP

Dark
Quiet
Comfortable Temperature
Safe

**How to Turn Off The “Demons”
Keeping You From Sleeping**

(without drugs or alcohol)

Free Writing
Deep Breathing
Meridian Tapping

Meridian Tapping

One of the Craziest, “Whack Job,” Hokey Things
I've Ever Seen That Actually Works

EFT (Emotional Freedom Technique)
and
TFT (Thought Field Technique)

Basic Sequence (multiple)

Focus on what's bothering you. Rate intensity 1-10.

Tap the following points rapidly for 5-10 seconds each, in order:

- Eyebrow
- Side of Eye
- Under Eye on Bone
- Under Nose
- Soft Spot By Collarbone
- Under Arm
- Karate Chop (against other hand or anything)
- (continued)



Yes...It DOES Seems Quite Odd...

Continue to focus on the problem while you tap under the collarbone one inch outside of the sternum.

- Tap continuously while you close your eyes.
- Look down and to the right, up and to the left.
- Look down and to the left, up and to the right.
- Roll your eyes in one direction, then roll them in the other direction.
- Hum 5-10 seconds of any tune (Happy Birthday or Mary Had a Little Lamb), count out loud to 5, hum another 5-10 seconds.

Finer Points

- Focus on the specific thing that's causing you anxiety.
- I DON'T say affirmations. It's too corny for me and it works without using them.
- Repeat as necessary on the same issue or multiple issues.
- I don't know why it works. I don't "believe" it should work. I just know it does work and it has meant being able to go to sleep without drugs or alcohol for many friends.
- I've used it for stress, free diving, precision shooting, allergic reactions, and to trigger endorphin releases on multi-hour runs.
- Eft.Mercola.com

Post Traumatic Stress Disorder

- Shell Shock, Battle Fatigue, PTSD
- Combat, Accident, Disaster, Loss
- Immediate, 6 weeks, 6 months, 18 weeks, 18 months

How to reduce PTSD incidents by 80%

- Writing and Talking
- CISM (Critical Incident Stress Management) = Psychological First Aid

Force Multiplier

- People's efficiency, productivity, and level of judgment is affected by their psychological state.
- The difference between being with 5 lifeless, energy sucking, emotional vampires and being with 5 positive can-do people in a survival situation could easily determine whether you live or die.
- Focus on what influences your mood, then figure out how you can use that knowledge to influence others...
- Blood sugar, sleep, goals, gratitude, encouragement, respect, etc.
