

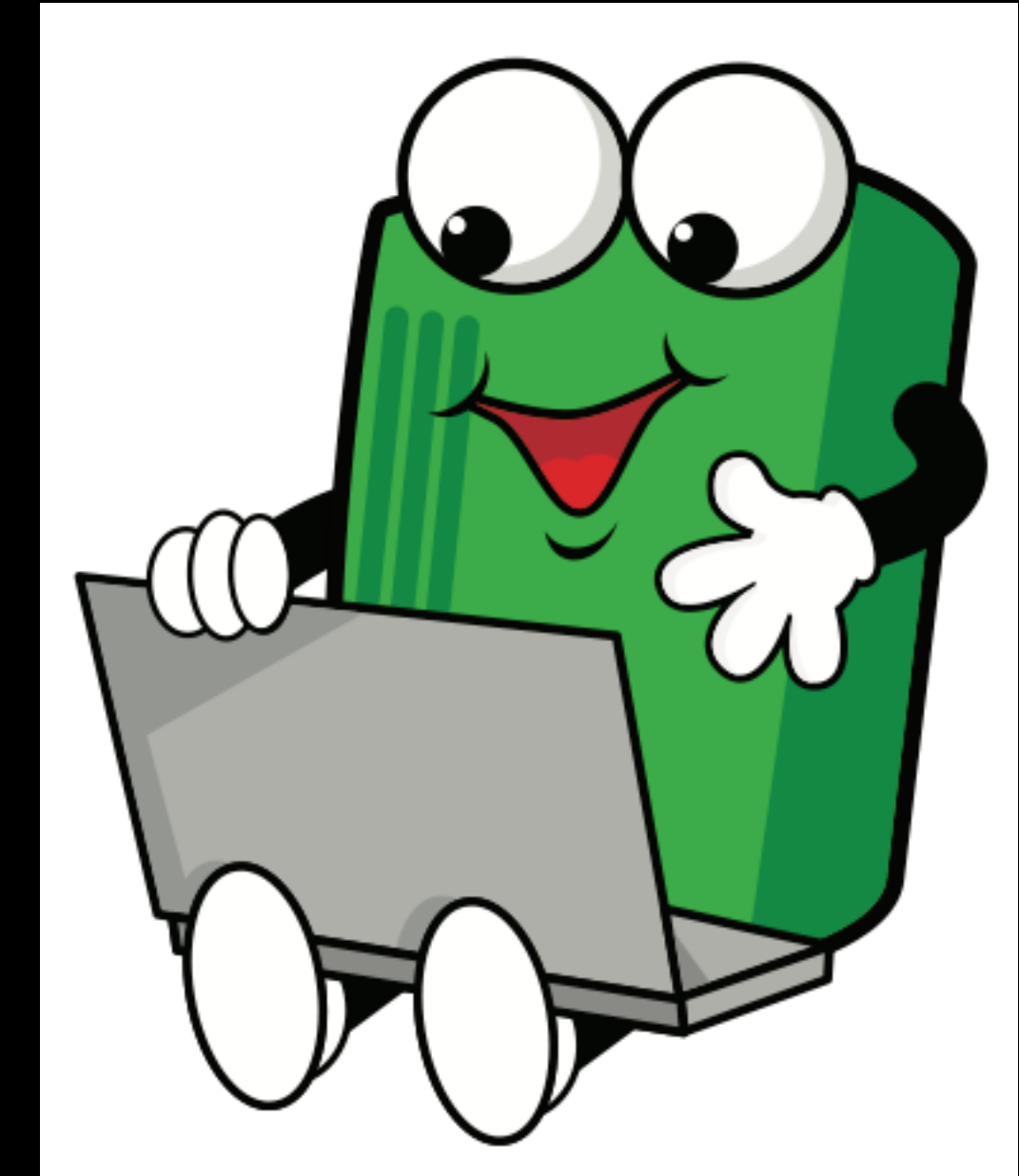
Fight, Flight, or Freeze

Releasing Organizational Trauma

Content Warning:
**Discussion of trauma and post-
traumatic stress**

I am a trauma survivor

I am *not* a mental health
professional



Kitchens

@this_hits_home

.@mattstratton has the best hair of any developer advocate 🌟😊

fite me

4:14 PM · Feb 13, 2019 · [Twitter for iPhone](#)

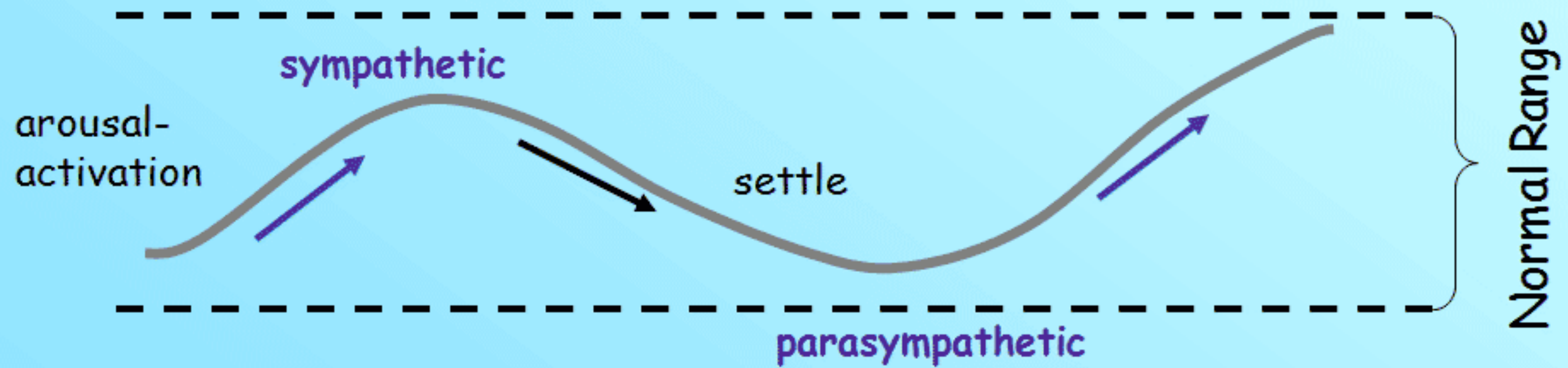


Humans are not zebras

“Animals in the wild are not traumatized by routine threats to their lives, while humans, on the other hand, are readily overwhelmed and often subject to the traumatic symptoms of hyper arousal, shutdown and dysregulation.”

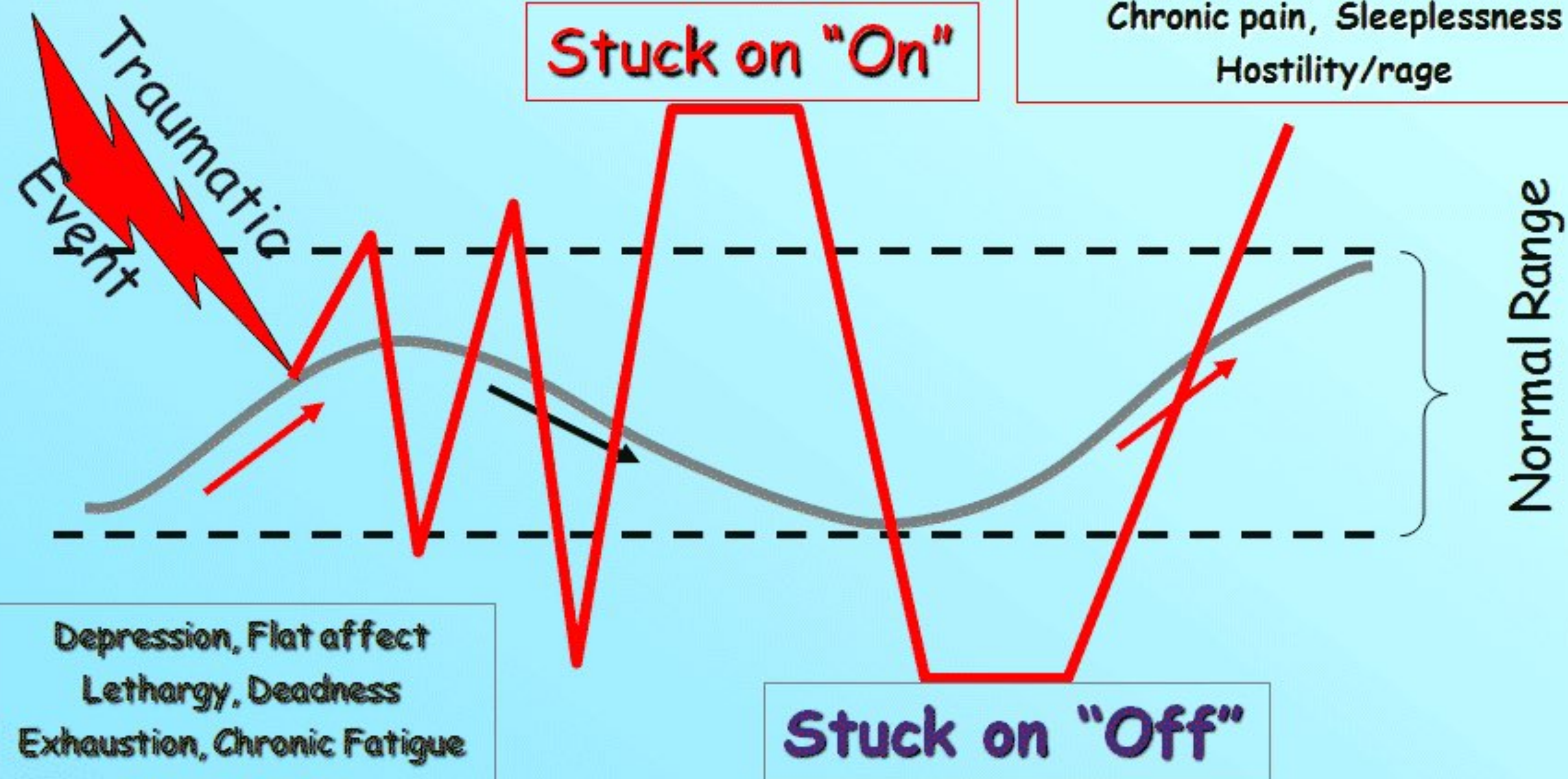
– Dr. Peter Levine

A Healthy Nervous System



Symptoms of Un-Discharged Traumatic Stress

Anxiety, Panic, Hyperactivity
Exaggerated Startle
Inability to relax, Restlessness
Hyper-vigilance, Digestive problems
Emotional flooding
Chronic pain, Sleeplessness
Hostility/rage



Depression, Flat affect
Lethargy, Deadness
Exhaustion, Chronic Fatigue
Disorientation
Disconnection, Dissociation
Complex syndromes, Pain
Low Blood Pressure
Poor digestion

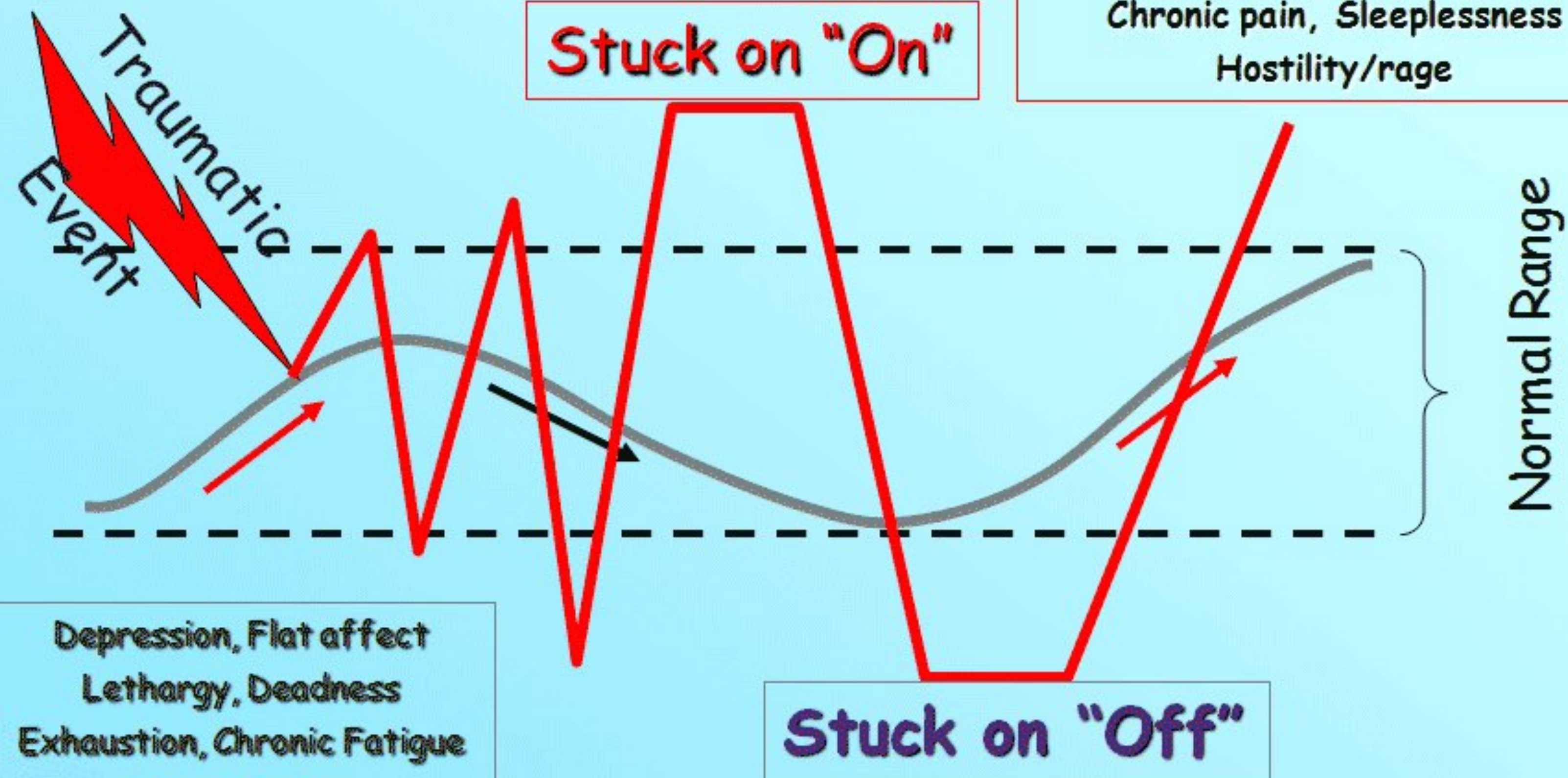
Nuanced

- Trauma occurs when one's solution (active response to threat) does not work
- Trauma can result from real or perceived threats
- Trauma is subjective and relative

**How does this apply to an
organization?**

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Poor digestion

Hyperarousal

fight or flight

Hypoarousal *freeze*

Inappropriate response





Jennifer Brea ✓

@jenbrea



"We have a saying in medicine that when you hear hoofbeats, the first thing that should come to mind is a horse, not a zebra." This too cute by half phrase has killed so many zebras. [@raf_ideas](#) [#Afflicted](#)

10:35 PM · Aug 13, 2018

**Identify your organization's
window of tolerance**

“Resilient organizations are not traumatized by routine threats to their mission or business. Non-resilient organizations are readily overwhelmed and often subject to the symptoms of overreaction, shutdown and lack of regulated effort.”

*– Matty Stratton
(Not a doctor)*

Regulate



Organizational somatic experiencing

Game days



Planned failure injection

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THIS
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Process failure



Cognitive distortions

Polarized thinking

Overgeneralization

Fortune telling

Control fallacies

“Resilient strength is the opposite of helplessness.”

–Dr. Peter Levine

<https://speaking.mattstratton.com>