

# The c-PTSD at Work Landscape

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## c-PTSD at Work: An Overview

The lingering effects of stress can mark the brain and body the way a stroke leaves a lesion on the brain. Often, the person is unaware that their entire reality is now distorted, because their brain and body is dysregulated.

What they believe is 'just life' is in fact the result of their stress altered physiology. Thought or mindset alone is futile in changing physiology, leaving many in the workforce as Highly Functioning, Secretly in Despair.



## Glossary of Terms:

- Brain Terminology**
- Brain-Body
  - Brain-Gut Axis
  - Brain Stem
  - Hippocampus
  - Limbic
  - Memory
  - Neuroplasticity
  - Pre Frontal Cortex

- Neurological Responses**
- Dissociation
  - Dysregulation: brain, body, emotion
  - Interoception offline
  - Neuroception distorted
  - Nervous System locked in survival
  - Perception incomplete
  - Perspective distorted
  - Polyvagal compromised

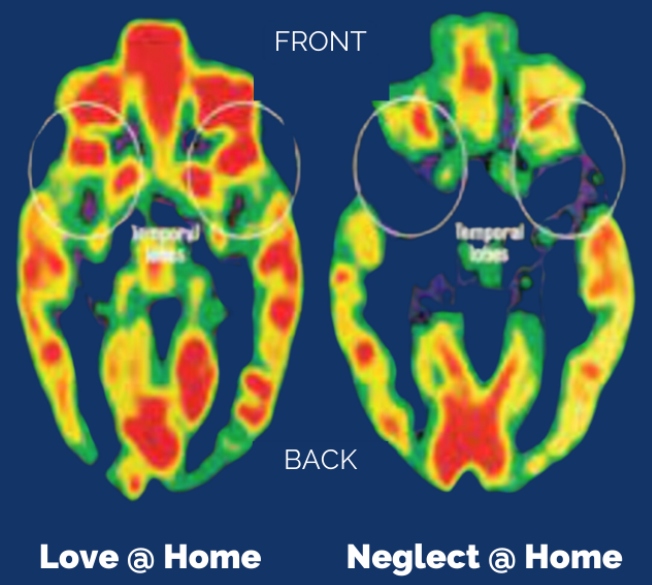
- Psychological Concepts**
- Bottom Up Therapy
  - Stress that lingers
  - Top Down Therapy
  - Window of Tolerance

- Symptoms**
- Addictions
  - Anger
  - Anxiety
  - Avoidance Behaviour
  - Coping Strategies
  - Depression
  - Disorganised Attachment
  - Fear
  - Grief
  - Guilt
  - Shame
  - Stress
  - Worry

- Trauma-Related Terms**
- c-PTSD
  - Complex Trauma
  - Post Traumatic Growth
  - Survival Mode
  - Trauma (Chronic Stress)
  - Trauma Response
  - Trauma-Informed
  - Trauma-Informed Growth

Trauma Informed Business Growth > [shannoneastman.com](http://shannoneastman.com)

### Brain scan of 2 children age 5



### Interesting Stats:

- 30% of the workforce is Highly Functioning, Secretly-in-Despair
- 50% of overachievers are sprinting those mountains to outrun a past that is leading the way
- 80% of entrepreneurs have at least one mental health condition

### c-PTSD at Work Looks Like:

- The problems today are years old, work is the addiction to hide in:
1. Fear of Being Seen
  2. Toxic Leadership
  3. Chaotic relationship with money
  4. Doing the jobs of 3 people
  5. Over reactions to seemingly normal situations
  6. Glossing over details that has severe consequences
  7. Self-Isolating behaviour