



## **Building Your Tool Kit: Understanding the Discharge**

### **The Lion and Gazelle**

“Stop, Breathe, and Shake”

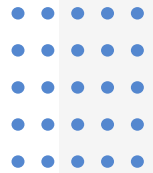
Jonathan Bundt, LMFT, MN-CEM  
Metro Regional Preparedness Coordinator



Discovery of the Animal  
Kingdom to Survive

# The Freeze, Discharge, and the Return to the Herd





# What does that all mean to us humans?

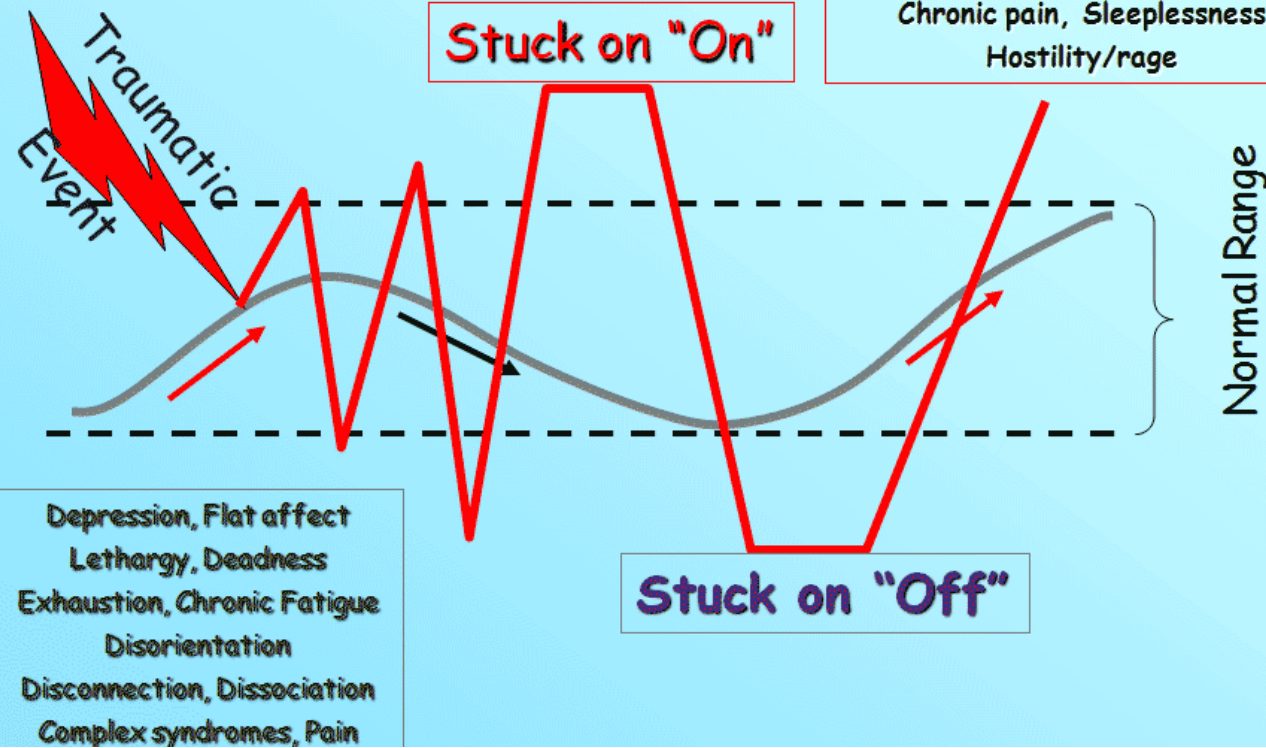
- We are all have similar wiring like the gazelle.
  - Can we use the Serengeti survival techniques?
  - We can't think out our distress-We will lose that battle!





How are we  
different than  
the Gazelle:  
Storage of the  
experience

# Symptoms of Un-Discharged Traumatic Stress

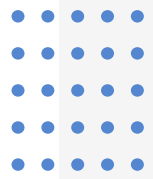




# Survival Tactics of the Serengeti

We must have **knowledge**, that can drive our **awareness**, that can drive **action**!

- Understanding the physical body's pathway of experiencing threat
  - 80% body to brain, 20% brain to body
  - Reminder--We can't think out of distress!
  - Know your body!



# Body Awareness of Tension

- Watching your breathing
  - Tight, rapid, shallow
  - Or holding your breathe
- Muscle tension
  - Head
  - Shoulders and neck
  - Arms and legs





# Taking Action

- Managing the body
  - Relaxing response-inhale and exhale
  - Important Key-The shake your body!  
Release the muscle tension

Take care of your physical body-Eat,  
hydrate, rest

***DISCHARGE!***



# Reference

- *Peter Levine, PhD author--Waking Tiger and In an Unspoken Voice*
  - *Developer of Somatic experience therapy*
- *Questions [Jonathan@masaconsulting.com](mailto:Jonathan@masaconsulting.com)*