

TRE®- Tension Releasing Exercises is a series of easy to learn exercises designed to release stress, tension and trauma. Created by Dr. David Berceli, PhD, these exercises **activate a natural reflex mechanism of tremoring (shaking or vibrating) that releases muscular tension, calming down the nervous system, encouraging the body back to a state of balance.** This level of deep release is not accessed in regular exercise.

Aerobic exercise is under the direct control of the brain's cortex. Hence, the body can only relax as much as the thinking brain allows.

Stress is a daily occurrence and accumulates over a lifetime. Trauma from the small t to the capital T is considered stress by the body. Stress triggers the body's defense mechanism, the sympathetic nervous branch of the autonomic nervous system, the fight or flight response. This triggers the release of cortisol and adrenaline to ready us for survival. If survival is threatened, the body releases opioids to induce a numbing or freeze response. These chemical responses may become habitual patterns causing deep muscular tension, hormonal imbalance, organ dysfunction and unhealthy neural pathways.

TRE® tremors access the brain stem, limbic system and the cortex... interrupting the hypothalamus-pituitary-adrenal axis, reducing stress without conscious control or awareness of the process.

The problem with the stressors of daily life and the spectrum of traumas we are a part of is this fight or flight response becomes stuck in the "ON" position. This "ON" position becomes debilitating...stress related illness, inability to concentrate, insomnia, anxiety, chronic pain, PTSD, depression and more are symptoms of this dysfunction in the autonomic nervous system. The innate balancing mechanism of the autonomic nervous system requires reinstating.

TRE® offers the individual an opportunity to "shake it off" naturally. This tremor response activated in the exercises resets the body towards homeostasis: muscular tension relaxes, organs function more efficiently, hormones are balanced and healthier neural pathways can be established. A reorganizational behavior emerges...an experience of inner calm and self-regulation which allows for enhanced social engagement and relationships.

Who Can Benefit From TRE®?

Everyone of course! Life is stressful with or without added trauma.

For a more detailed explanation by Dr. David Berceli, please view this video

<https://youtu.be/eQkwLrSxd5w>