



A Guide For The Chronic Freeze Response: Part 1

How To Support Your Body Through The Biology of The Freeze

~by Dr. Aimie, MD MS MPH

For decades, I would go in and out of a functional freeze state without ever even knowing what a chronic freeze response was!

Not until I started attending trainings with Dr. Peter Levine and then started my training in Somatic Experiencing™ did I even have language for my patterns in and out of chronic functional freeze responses.

Once I understood what it was, I started experimenting to see what I could do about it. Likely because of my medical background, I discovered the Chronic Functional Freeze Response is a Biology of Trauma™. I set out to find the leverage points in my biology that would help change this biology of the freeze response. My goal was both to find ways to decrease how frequently I was going into the chronic freeze and to decrease the amount of time in the freeze.

This is Part 1 of a Comprehensive Guide for decreasing the amount of time your system is in a functional freeze response. Here is what I have learned about some specific ways to support the Biology of Trauma to guide it through a chronic freeze response and out the other side!



Things To Do While In The Freeze Response:

1. **Stay warm.**

Do not let yourself get cold or even cool for a period of time. Even though you look silly all bundled up, do whatever it takes to stay warm!

2. **Clear your schedule.**

For the next 3-4 days, clear your schedule as much as is possible. You will find you are slower at doing everything, and you also want to allow for more rest in between activities.

3. **Take naps.**

Ideally, let your system have all the rest that it needs, but get what you can. If you can only sneak in a 15-minute nap, take it! Take a minute to ensure the best rest, for example, getting the pillows, temperature or background white noise just right will help your system get the deepest restorative sleep.

4. **Be gentle with your eyes.**

Even use sunglasses indoors if you need to help your eyes not strain and get fatigued due to being more sensitive to lights at this time.

5. **Eat soups or smoothies.**

Your digestive system is not working as well. Your vagus nerve has shut it down. You likely may not even feel hungry during this time though can feel faint and tired. Make sure that what you are eating/drinking is easy to digest. Liquids and soups are easier for the system to digest.

6. **Take in nutrient-dense soups/smoothies.**

Healthy fats, proteins, and carbohydrates are all important during this time. Carbohydrates are important during a freeze response because the brain and nervous system cannot run on anything else but sugars during a time of stress. Make sure you are getting healthy sources of simple and complex carbohydrates. Healthy fats are very important and you may want to order an Alaskan Wild-Caught Salmon in a Coconut-base soup to get those healthy fats for stabilizing the cell membrane of the nervous system! Proteins are important to be building dopamine and serotonin, 2 important brain chemicals that are low during the freeze response. Make your food easy to digest but nutrient-dense.



7. **Communicate with others before you snap.**

Let people know that you are not your best today. Your brain is just not online like it usually is. Let them know that you may appear more withdrawn and that this has nothing to do with them. By trying to still do everything, being worried about what people are thinking of you, and then snapping at them when they are taking too much of your energy is only going to keep your system in overwhelm and freeze longer. You have no expectation of them doing something different just for you, but just for them to know that your smiles will not be as big as they usually are (or that you may not be as engaged in the conversation, etc.) because your body is conserving energy.

8. **Take a bath with Epsom salt (magnesium sulfate).**

Magnesium sulfate is particularly helpful in filling up your cells' energy tank. (Tip: make sure you have some on hand before you go into the freeze.)

9. **When resting, listen to music or an audiobook.**

Avoid T.V., social media, or screen time. Even reading a book requires too much energy that you could use elsewhere during a freeze. You may not even feel like you have the energy to hold up a book! Engaging your eyes to read or follow the movement on a screen and asking your brain to process that stimulation or information will use up energy.

10. **Prioritize your limited energy.**

It is normal to expect to have the energy to do things, but when the time comes, you have used up your energy to do even simple things. Decide what are the most important things you can do to help support your body and do those first rather than trying to do everything else first.

11. **Start a list of things to have on hand before going into the next freeze.**

Simple things feel insurmountable during a trigger into a chronic functional freeze. Start a list of those things that would have really helped you get through your day and get those things ready once you come out of this freeze! (Specific groceries, Epsom salt, an audiobook, etc.).

12. **Address oxidative stress and inflammation!**

More on this in the Part 2 Guide, but a dropperful of C60 daily lowers oxidative stress, and nutraceuticals that target active brain inflammation address the cellular overwhelm.

13. **Do somatic practices that create a felt sense of safety and support.**

Grounding, Orienting, Marking Your Territory, Push-Away, Containment, and gentle Voo's are excellent practices. Support your body so that your head and back can completely relax into the support while also providing a sense of protection over your belly and chest. If you are not familiar with these specific exercises, consider taking the [21 Day Journey](#) to be guided through the Essential Sequence of rewiring a chronic pattern to the freeze response or addressing stored trauma in the body.

Things To NOT Do During A Freeze Response:

1. **Do not take cold showers, cryotherapy, or cold water jumping.**

Do not do any form of physical stress on your body at this time. (When you are out of the freeze, these are great things to do!)

2. **Do not push yourself with caffeine, busyness, or distractions.**

By staying aware of the minute-by-minute exhaustion level of your body during the freeze, it will help you know when it absolutely has to step away for a rest or when you can keep plugging along safely.

3. **Do not make any major decisions.**

Your brain has inflammation while in the freeze response. Your autonomic nervous system is in overwhelm and in a place of insecurity and survival mode. Let the freeze response pass before making any decisions if at all possible, and certainly any major decisions. These are decisions you will regret making later.

4. **Do not exercise.**

You may crave the feeling you have when you exercise and that is because you feel very alive and with lots of dopamine when you exercise. However, the cost to your energy would be more than what your system can handle and it will overwhelm it. You can do movement based on your energy level, but do not exercise.

5. **Do not have important conversations with other people if at all possible.**

You can feel so down and unhappy with life in general while you are in a freeze, that you will say things you don't really mean but feel so real in the moment.

6. **Do not eat heavy meals, processed foods, or comfort foods high in sugars or gluten.**
7. **Do not do intermittent fasting or a ketogenic diet during a freeze response.**
8. **Do not do somatic (or any) practices that are to promote, joy, expansion, and growth.**
Your system has been overwhelmed and needs to feel safe and supported first.

Additional resources:

- [Learn More About C60 Oil For Oxidative Stress](#)
- [See Dr. Aimie's Tackling Brain Inflammation Protocol](#)

***To Your Best Health &
Your Best Self,***

Dr. Aimie

