

Stress Hard, Recover Harder

Ancestral Tools for
Modern Tradespeople

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Sleep Duration



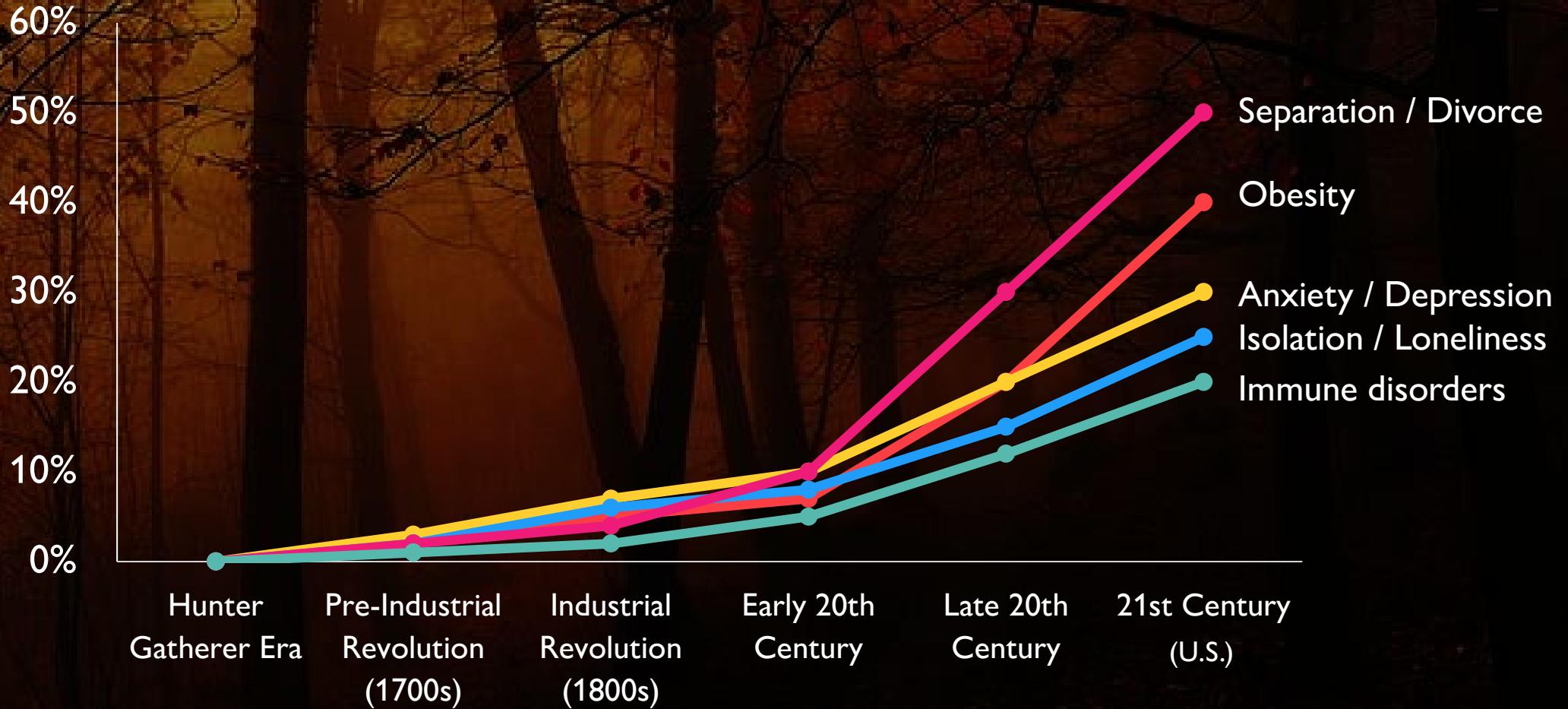
Roger Ekirch, Historian, "At Day's Close: Night in Times Past" (2005)

Obesity Rates



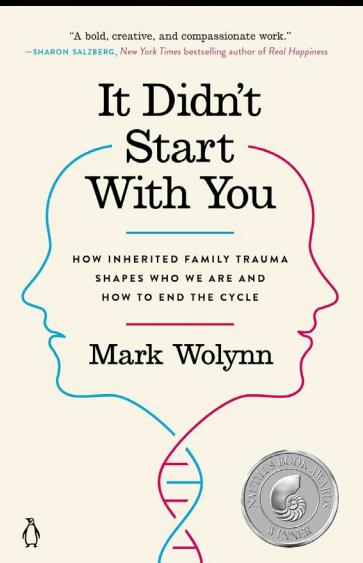
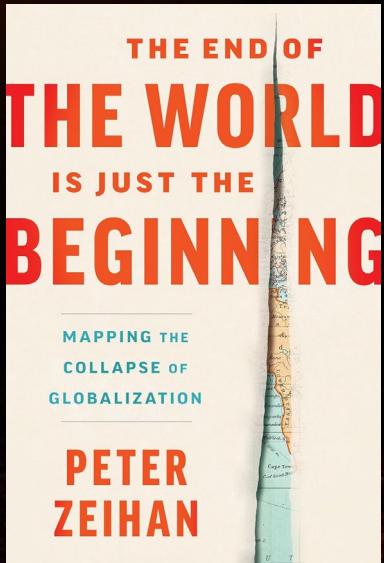
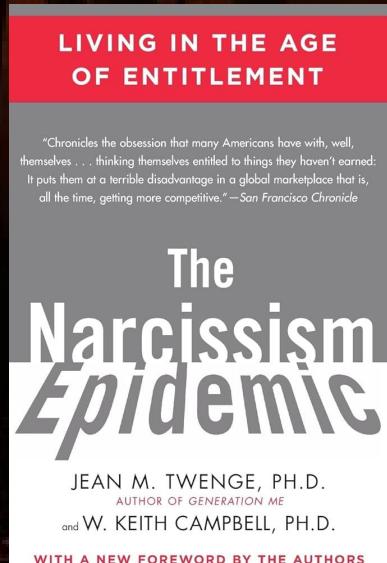
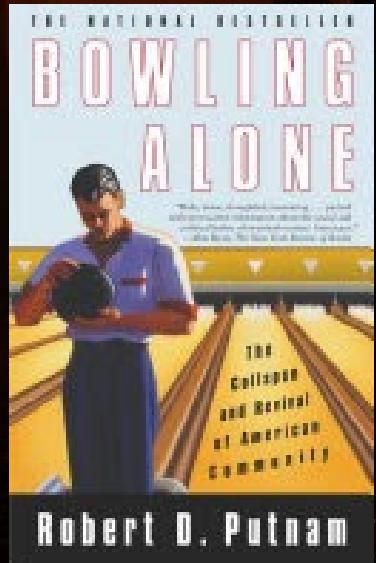
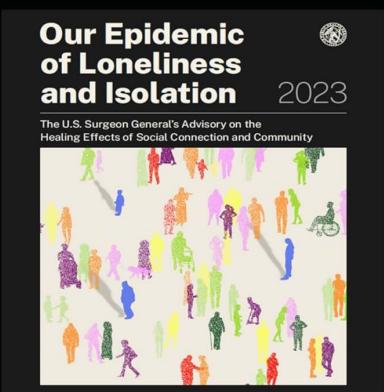
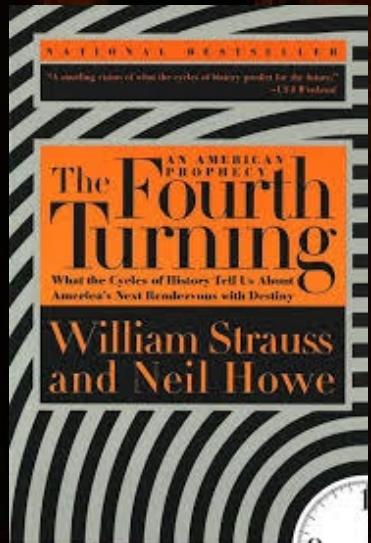
Bellisari, A. (2008). *Evolutionary origins of obesity*. Obesity Reviews.

Evolutionary Mismatch



**“Hard times create strong men,
strong men create good times, good
times create weak men, and weak
men create hard times”**

-G. Michael Hopf



History of Resilience



EVOLUTION OF STRESS



PHYSICAL STRESS

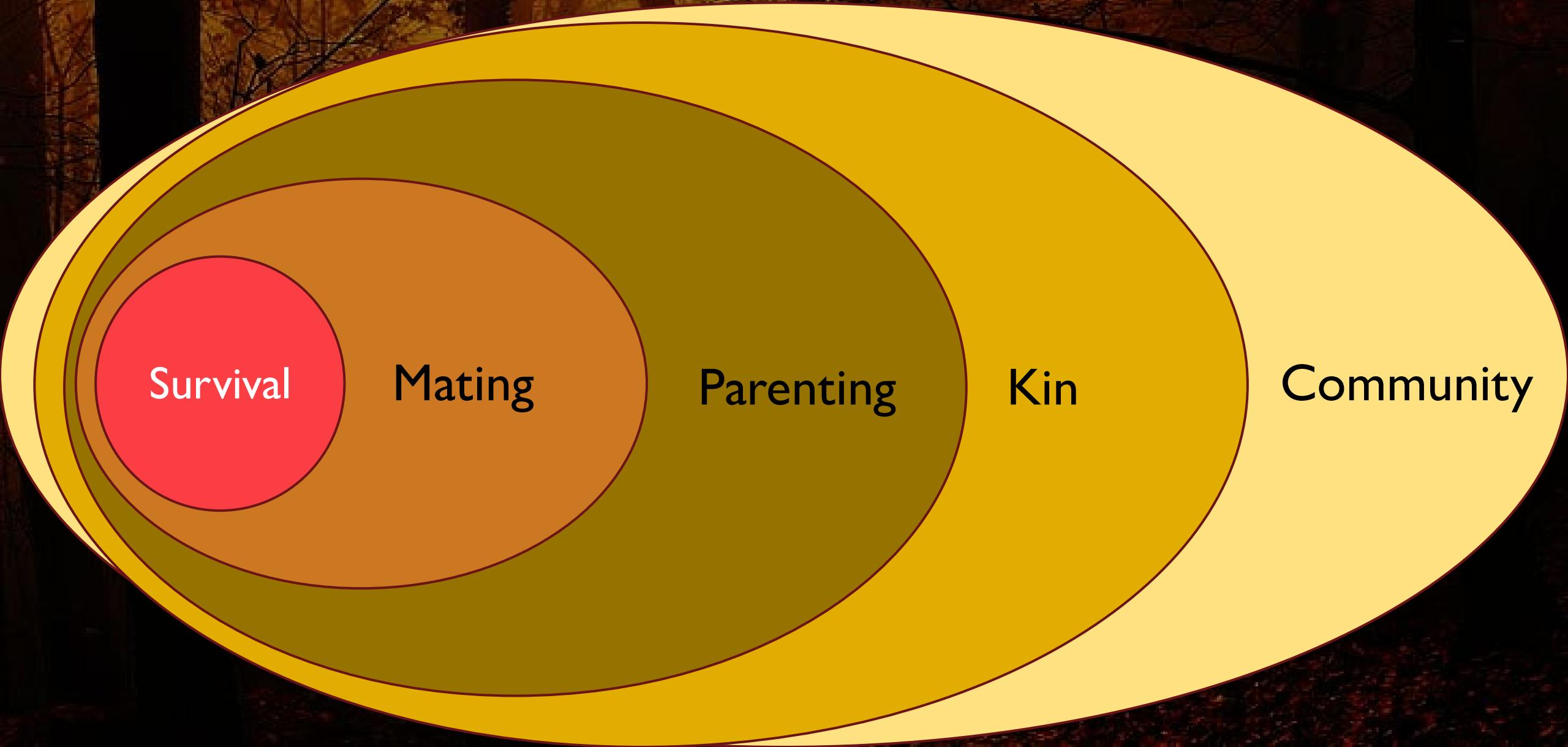
- Food Scarcity
- Environmental Hazards
- Infection
- Predation
- Conflict & Violence
- Reproductive Stress



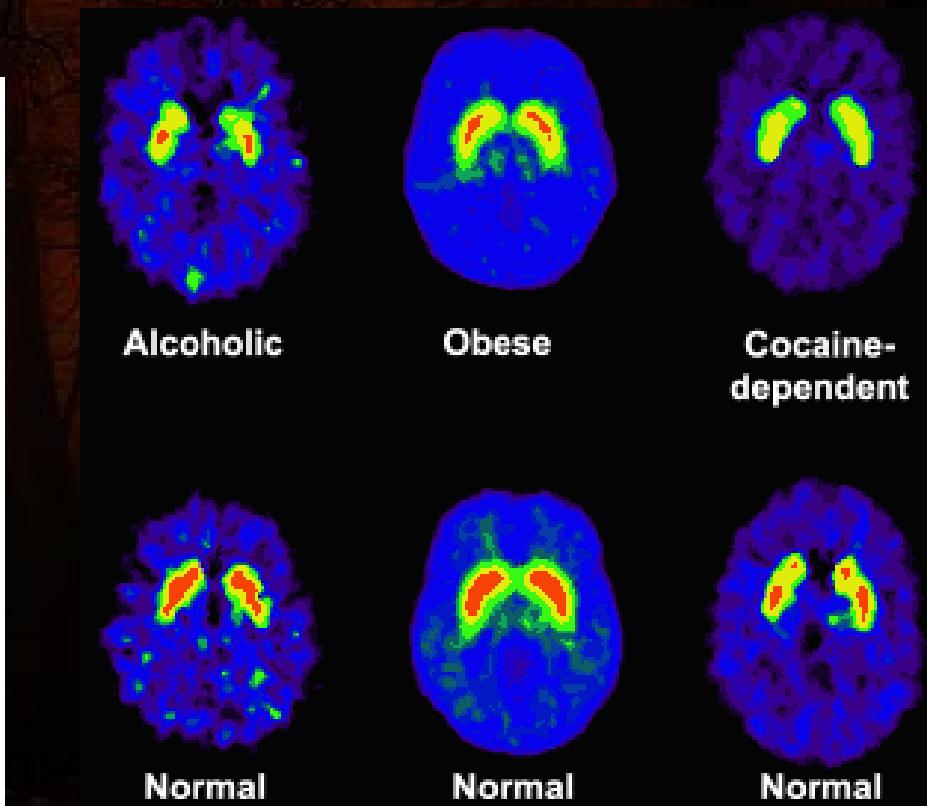
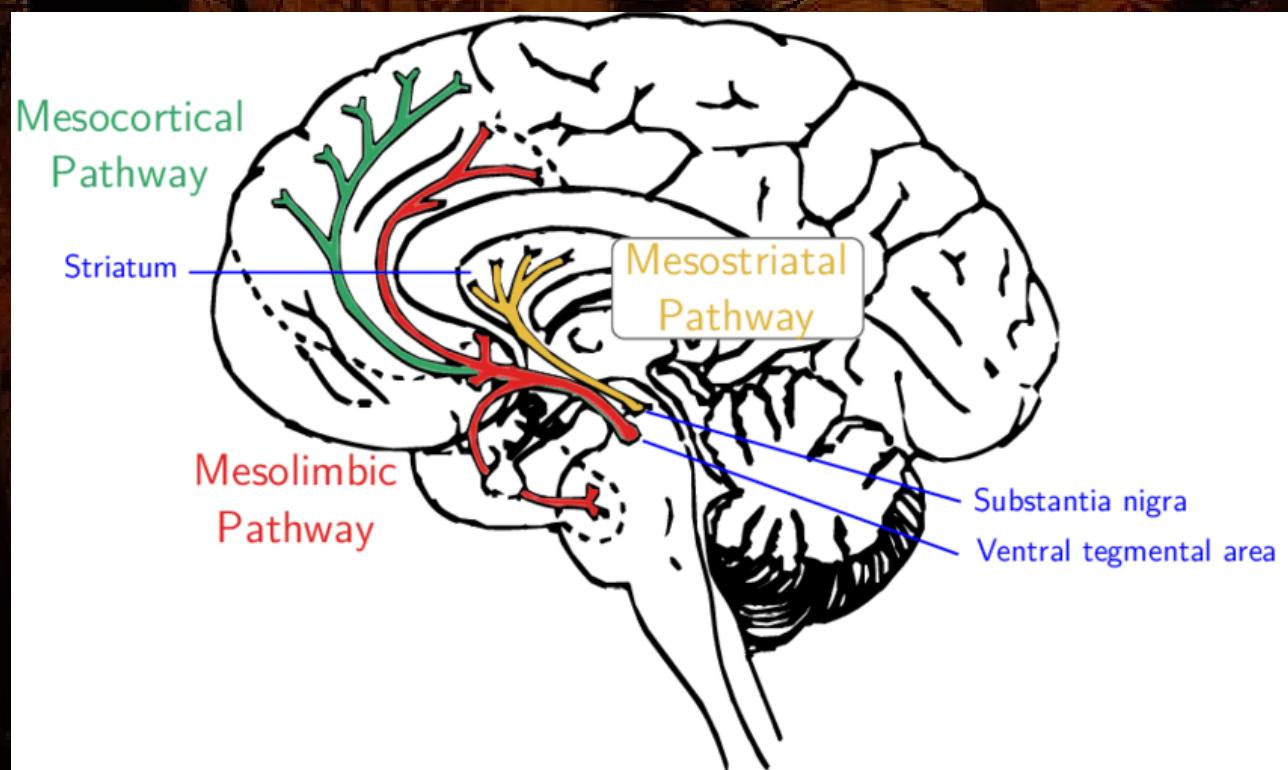
PSYCHOSOCIAL STRESS

- Financial Hardship
- Workplace Stress
 - High work demands
 - Excessive Workload
 - Limited control over tasks
- Interpersonal conflict
 - ↑ Social Fragmentation / Distrust in Institutions
 - ↑ Shallow Relationships / External Validation
 - ↓ Empathy
 - ↑ Individualism / Entitlement

Layers of Evolutionary Pressures



DOPAMINE



STRESS & DOPAMINE



“FAT THOR”
Avengers – Endgame

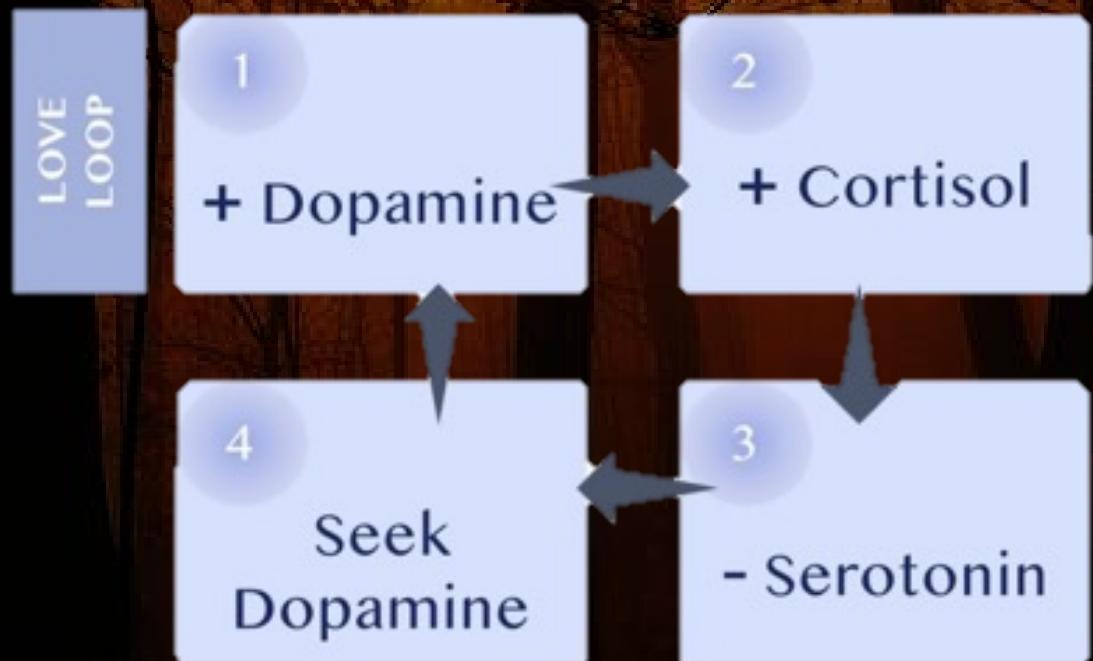
Alcohol
Drugs
Smoking
Sweets / Comfort Food

Social Media
Netflix
Video Games
Gambling
Porn
Work
Complaining
Toxic Relationships



↓ Will Power
↑ Procrastination
↑ Tolerance to pleasure

OPERANT CONDITIONING



REAL DOPAMINE



- Good Sleep
- Sunlight / Outdoors
- Physical Activity / Exercise
- Social Support
- Sense of Purpose
- New Experiences

ANCESTRAL SLEEP



Calming
rhythmic
nocturnal
sounds

Cool
temperatures
between 16
and 19 °C

Fire emits
calming **red light**
wavelengths

Co-sleeping
offers added
security and
comfort

Sleep was
fragmented, but
high quality and
aligned with
circadian rhythm

MODERN SLEEP

Nocturnal
Silence

Full control
over room
temperature

Alarms
rupture sleep
cycles

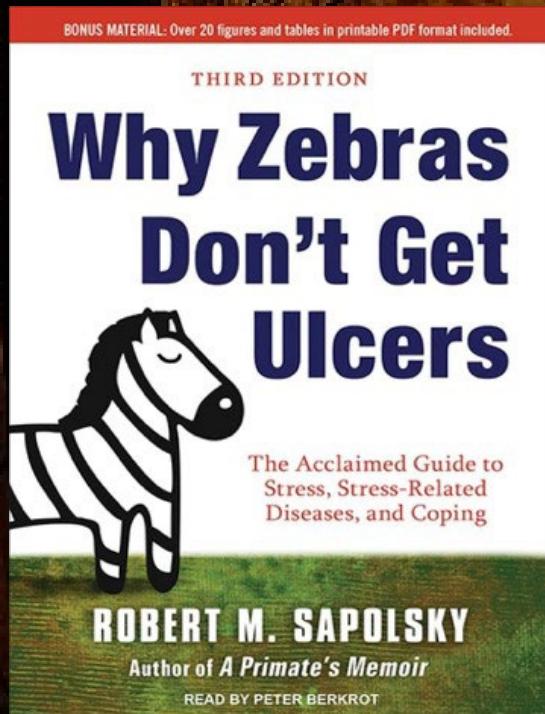


Screen emits
stimulating **blue**
light wavelengths

Children sleep
independently

↑ Psychosocial
stress increases
rumination

RUMINATION



- The purpose of rumination is to find a solution.
- Rumination without a solution = depression.

SCREENS



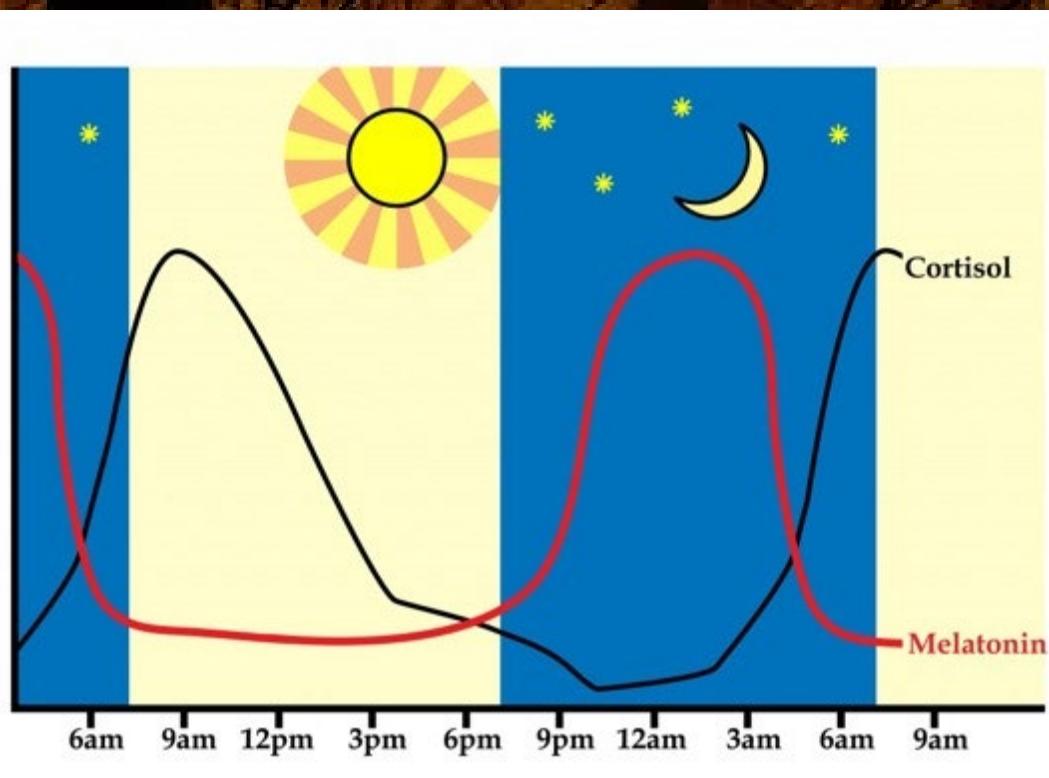
- Modern screens emit more stimulatory blue light
- Screen time correlates with ↑ obesity, hypertension, diabetes, myopia, depression, and sleep disorders.

ZOOM

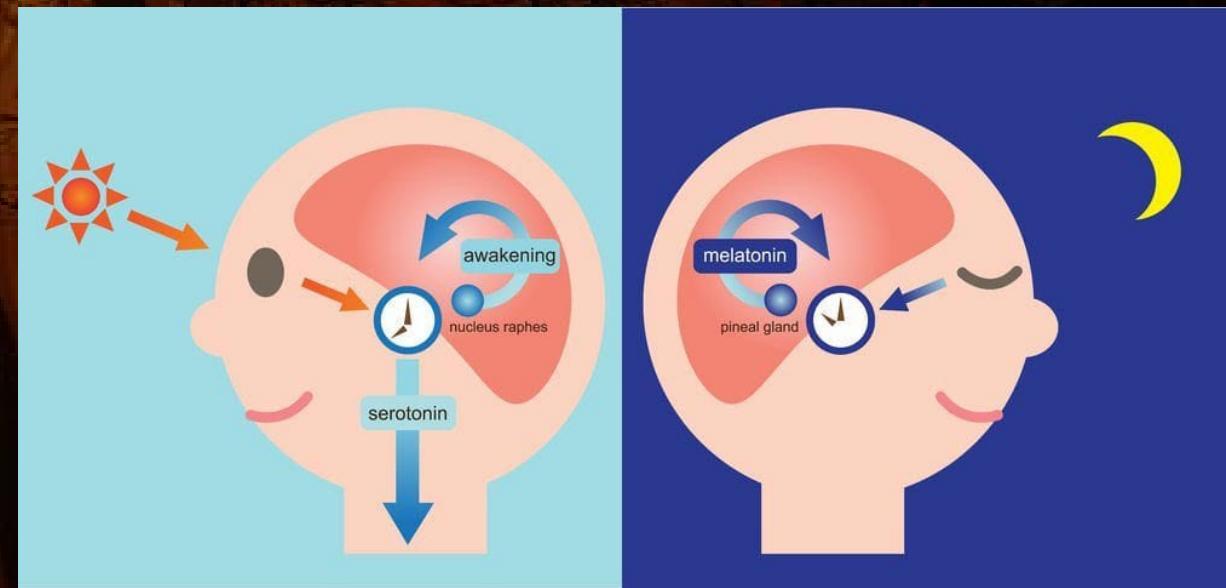


- Close Self-View
- Take breaks between meetings
- Turn your video off
- Look outside the window periodically

ARCADIAN RHYTHM

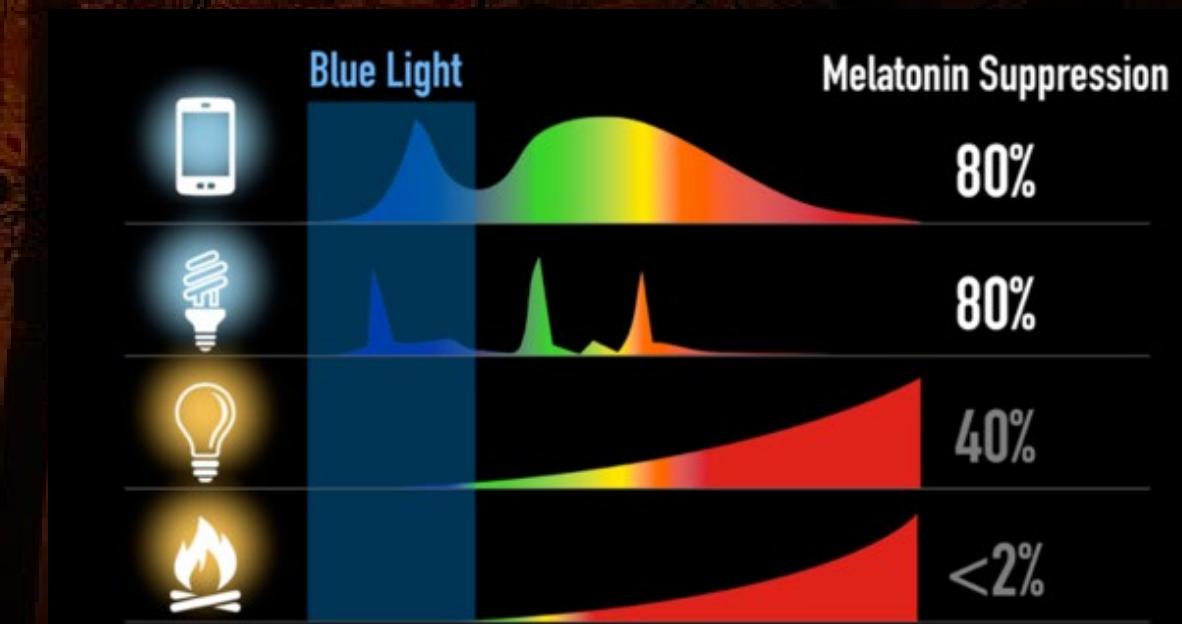
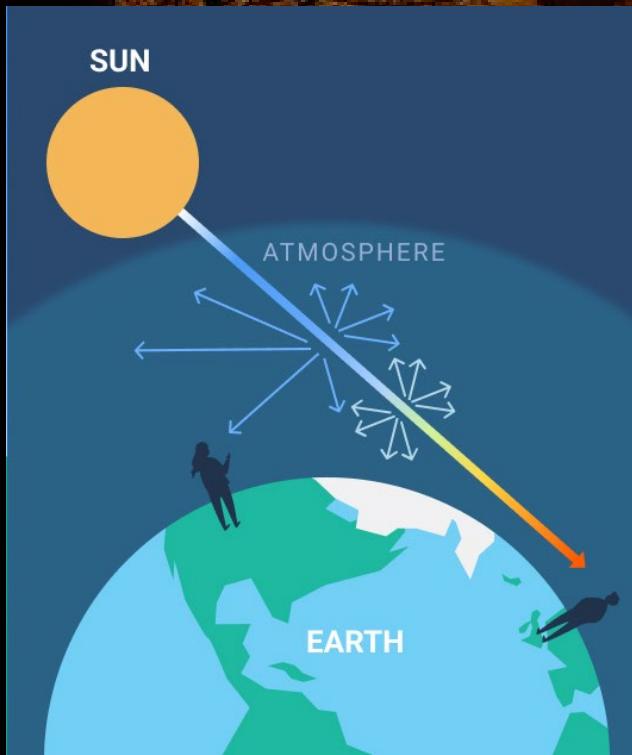


- Cortisol Awakening Response (CAR) wakes us naturally
- Blue light activates CAR



- Sun exposure increases serotonin production
- Darkness converts Serotonin to Melatonin
- More Melatonin = Deeper Sleep
- Happier people get better sleep

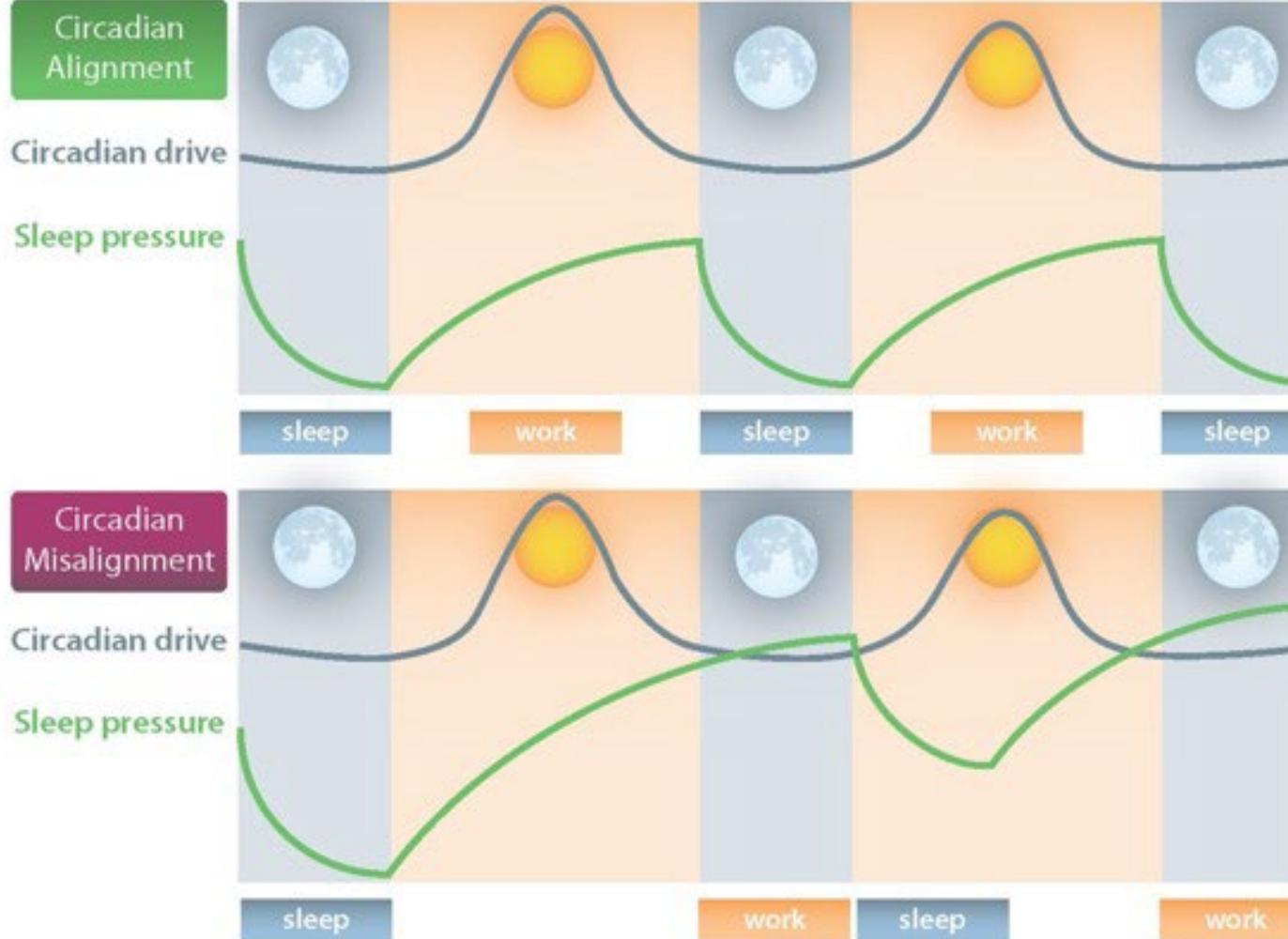
ARCADIAN RHYTHM



- Atmospheric particles refract short wavelengths (blue).
- At horizon, blue doesn't reach your eyes, and you see its **complimentary** colours

- Blue is the most potent **ZEITGEBER**
- Pituitary cannot differentiate between artificial and natural sources of blue light.

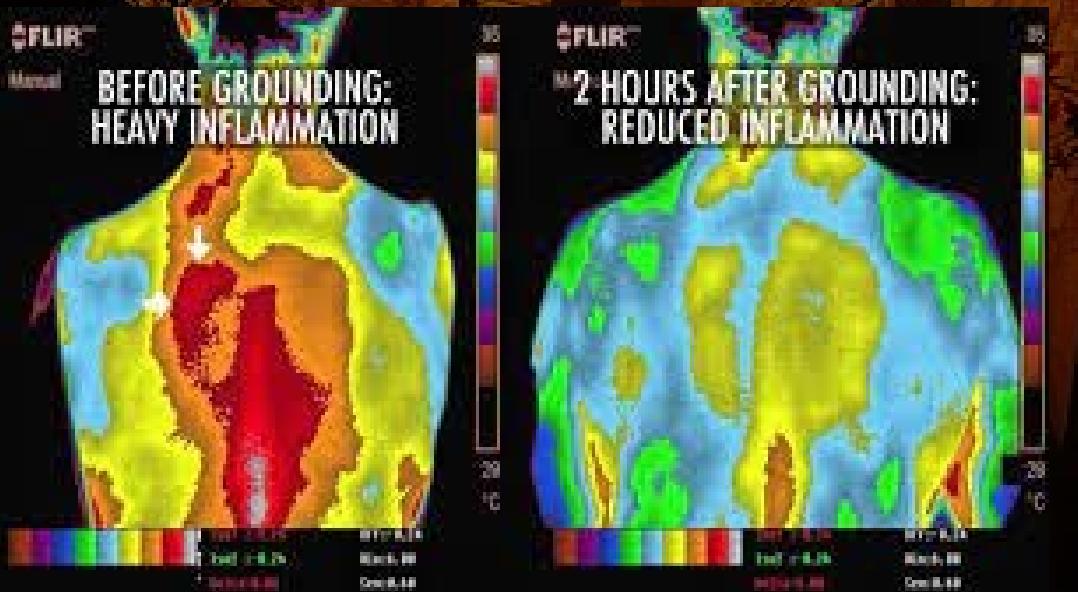
SLEEP PRESSURE



Circadian
Misalignment =
STRESS

TRY THIS....

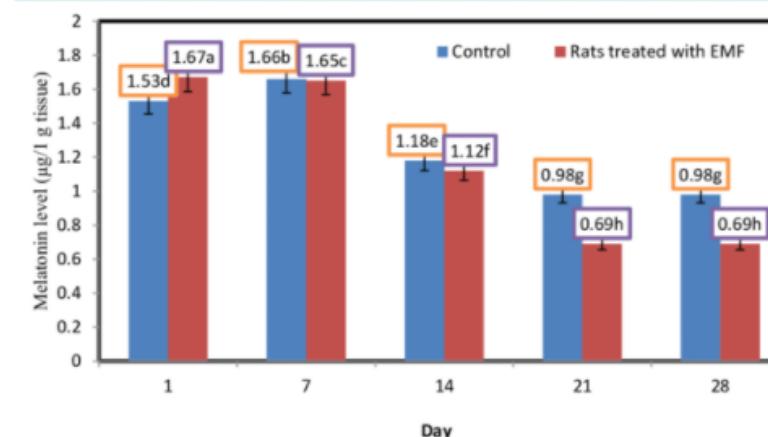
GROUNDING



"Grounding for 1 hour improved mood significantly more than other relaxation techniques."

Chevalier G. 2015 The effect of grounding the human body on mood
Psychol Rep 116(2):534-42.

REDUCE EMFs



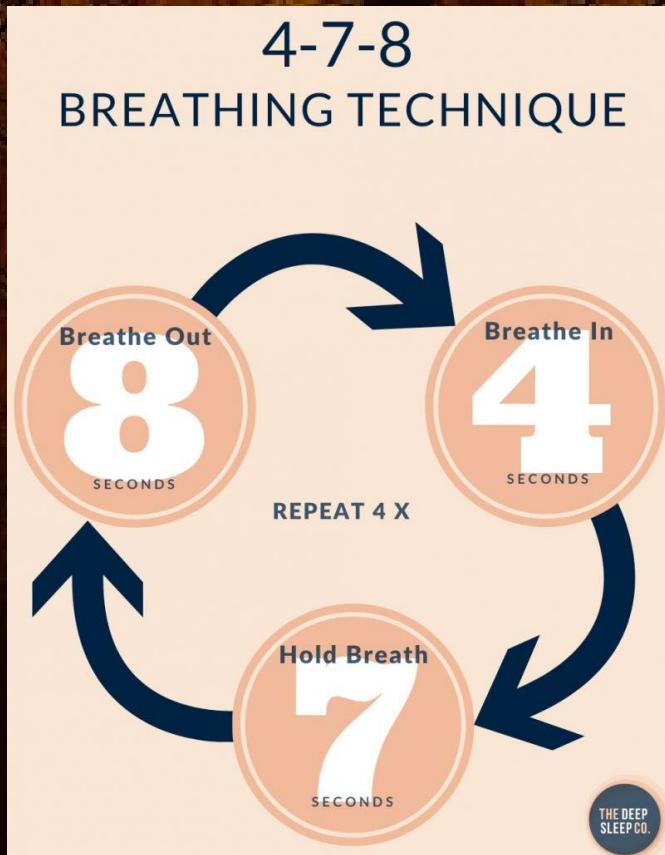
Influence of exposure to EMF on Melatonin level ($\mu\text{g}/1 \text{ g tissue}$) of newborn rats. Values are means of three determinations. Values followed by the same letter (a, b, c, d, e) are not significantly different ($p < 0.05$) by Duncan's multiple range test. Least significant difference (LSD) at 5% level = 0.007.

- Pineal gland *might* mistake EMF for stimulatory short wave blue light.
- Workers with longer daily EMF exposure had a significantly higher risk of poor sleep quality.

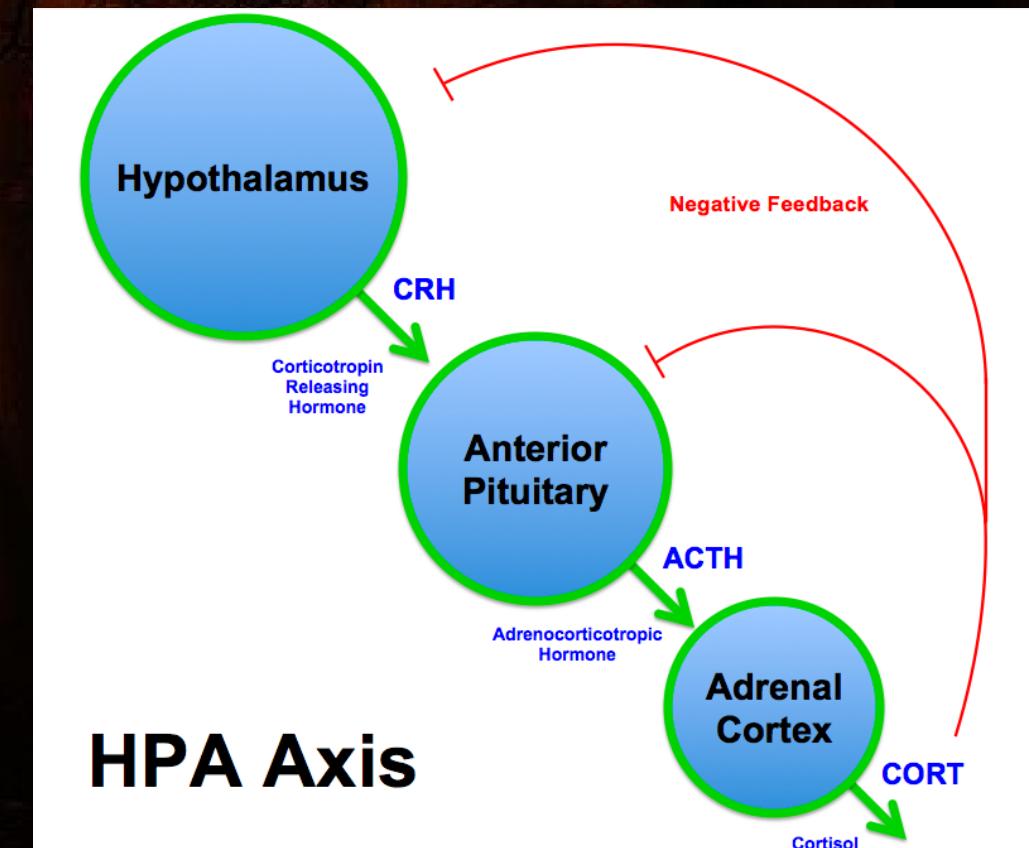
Liu H, Chen G, Pan Y, Chen Z, Jin W, Sun C, et al. (2014) Occupational Electromagnetic Field Exposures Associated with Sleep Quality: A Cross-Sectional Study. PLoS ONE 9(10): e110825.

TRY THIS....

BREATHWORK

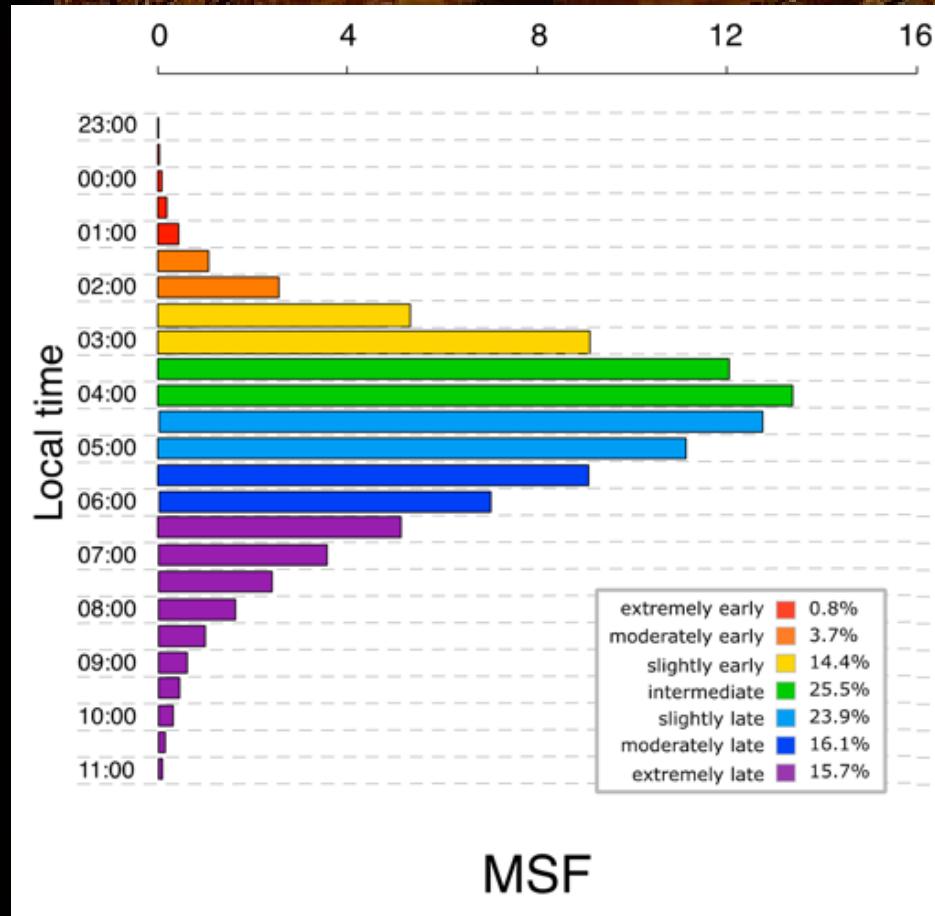


COLD THERAPY



CHRONOTYPE

% of the population



Midsleep on Free Day



Sentry Hypothesis

STRESS & WEIGHT GAIN

Susceptibility to carb cravings and fat gain
during times of **stress / sleep deprivation.**



Ectomorph



Mesomorph



Endomorph



Ecto-Meso
6.10%

Meso
16.70%

Endo
17.10%

Ecto
3%

Meso-Endo
51.60%



SLEEP OPTIMIZATION

CONSISTENCY

Go to bed and wake up at the same hour, every day. NO SNOOZE.

WIND-DOWN

No screens 1h before bedtime
Relax, journal, light yoga, read, meditate, hot shower, converse

ZEITGEBERS!

Make your room as dark as possible
Keep temperature at 16-19 °C
Sound machine

NUTRITION

Avoid sweets, simple carbs, or heavy meals prior to going to bed.
Alcohol negatively affects REM.



SHIFT WORK

LIGHT EXPOSURE TIMING

Use BRIGHT LIGHT (daylight or sunlamp) early in your shift.

Avoid bright lights 1-2 hrs before sleep

ANCHOR SLEEP

Consistent 4+ hour sleep at the same time, even on off days.

Nap before or after shift to restore total sleep time.

TIMED NUTRITION

Avoid large meals during night shifts. Eat protein- and fat-rich snacks

Try time-restricting eating by eating most of your meals during daylight hours

POST-SHIFT WIND-DOWN

Avoid screens before bedtime, establish a relaxing ritual that signals sleep



GO OUTSIDE

Doctors in Scotland can now prescribe nature to their patients

Take one long stroll, four times a week.

EVAN FLEISCHER 12 October, 2018



Spending time outdoors can decrease blood pressure, anxiety, and increase happiness for those with diabetes, mental illness, stress, heart disease, and more.

Sun exposure for vitamin D synthesis

Skin tone						
June to August	10 minutes	15 minutes	20 minutes	25 minutes	30 minutes	35 minutes
April, May, September, October	20 minutes	30 minutes	40 minutes	50 minutes	60 minutes	70 minutes

EXERCISE & PHYSICAL ACTIVITY



Increase in cortisol,
adrenaline, noradrenaline,
and endorphins

Few hormonal changes

STRENGTH

Science Says Strength Training Twice a Week Dramatically Reduces Anxiety and Stress

Another example of the ripple effect of positive outcomes.

BY JEFF HADEN, CONTRIBUTING EDITOR, INC. @JEFF_HADEN

MAY 13, 2022

1. Strong bodies contend better with adversity
2. Stress IS adversity
3. Strength is an independent predictor of longevity



SOCIAL SUPPORT

WOMEN



MEN



- More likely to seek social support ("tend and befriend") response.
- Emotional tone of voice, vocal warmth, empathetic language, and feeling of being truly "heard" are more important than the words.
- Testosterone rises when competitive or asserting dominance.
- Oxytocin rises during cooperation (not as much as in women).

NUTRITION

FOODS

- Water
- Fatty Fish (Omega-3)
- Dark Chocolate (Theobromine)
- Cruciferous Vegetables (Sulforaphanes)
- Green or Black Tea (EGCG)
- Yogurt (Probiotics)
- Grass-fed beef (Tryptophan)
- Eggs (Choline)
- Turmeric (Curcumin)

HERBS

- Ashwagandha
- Rhodiola
- St. John's Wort
- Cordyceps
- Valerian
- Chamomile
- Lavender
- Passionflower

SUPPLEMENTS

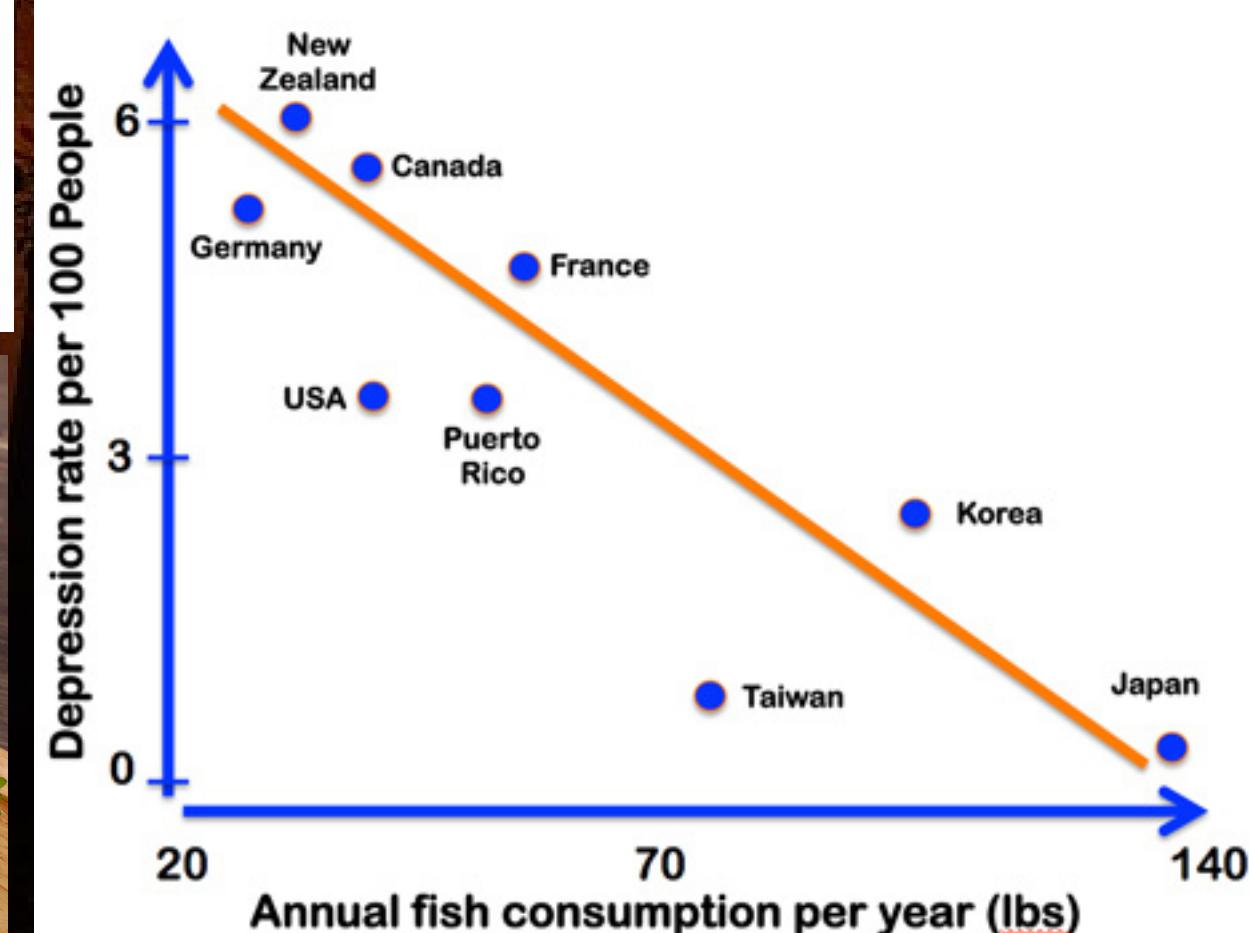
- **Magnesium**
 - L-Tryptophan & 5-HTP
 - GABA
- **Vitamin D**
 - Phosphatidylserine (Brain Phospholipid)
 - L-Glycine (Bone broth)
 - L-Theanine (Green Tea)
- **Cod Liver Oil (Omega-3)**
 - Vitamin C
 - Vitamin B1, B2, B3

OMEGA-3

Review Article

Omega-3 Fatty Acids and Depression: Scientific Evidence and Biological Mechanisms

Giuseppe Grosso,¹ Fabio Galvano,¹ Stefano Marventano,² Michele Malaguarnera,¹ Claudio Bucolo,¹ Filippo Drago,¹ and Filippo Caraci^{3,4}

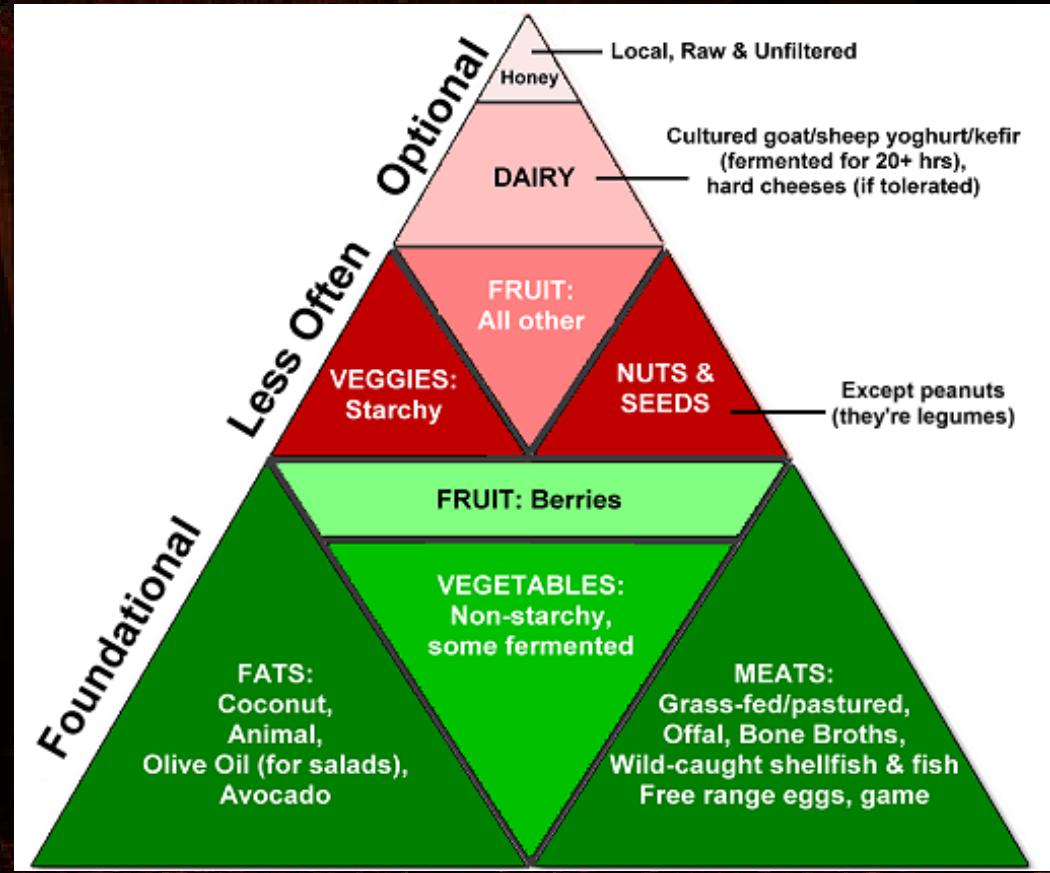


Adapted from Hibbeln, J. 1998. Fish Consumption and major depression. The Lancet, Volume 351, 9110, Page 1213.

MODERN Food Pyramid



ANCESTRAL Food Pyramid



BUILDING TRUE RESILIENCE

1. MICRODOSE ADVERSITY

- Exercise, Cold Therapy, Fasting, Learning New Skills

2. RESTORE TRIBAL REFLECTION

- Build small, high-trust groups where radical honesty is normalized

3. IDENTITY BASED ON CONTRIBUTION

- NOT on VALIDATION or how you are PERCEIVED
- Identity is stronger and healthier if you contribute

BUILDING TRUE RESILIENCE

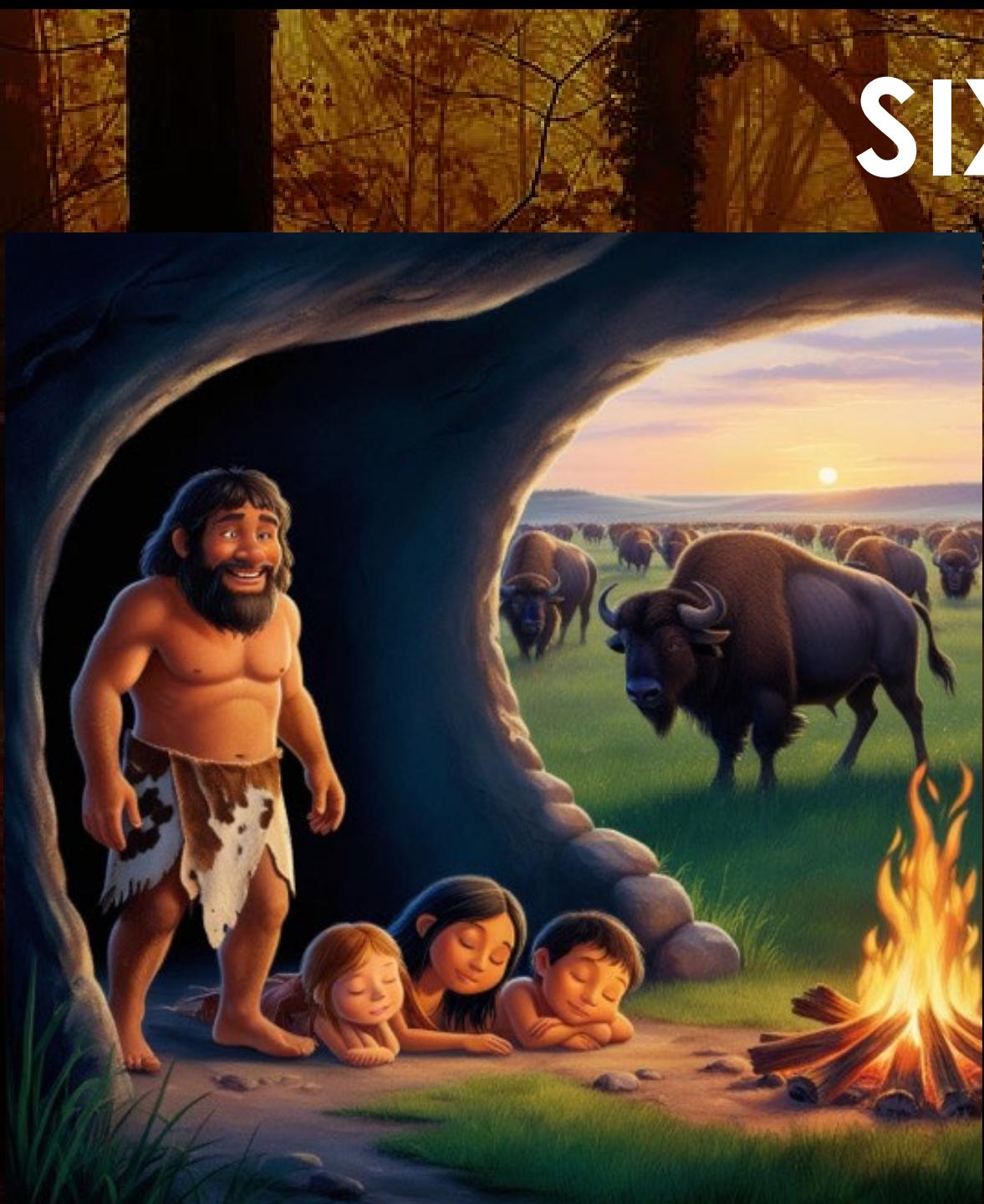
4. PHYSICAL RE-ANCHORING

- Emotional regulation is built through the body first, not the mind
- Poor sleep, no movement, bad food = fragile emotions.

5. RITUALIZED ACCOUNTABILITY

- Not Shame-Based, but Standard-Based
- Use "ritualized" accountability systems where feedback is normalized and expected, not personal.



A vibrant illustration of a caveman family in a dark, rocky cave. A man with a beard and a woman with a young child are resting on the ground near a small campfire. Outside the cave, a herd of bison grazes on a grassy plain under a warm sunset sky.

SIX “S”

1. SLEEP
2. SUN
3. SWEAT
4. STEAK
5. SOCIAL
6. SUPPLEMENT

THANK YOU!



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