

A Guide to Staying Human (Part 2): Navigating Dread and Carrying the Weight of Tomorrow Frankly 142

Show Notes and Links to Learn More

The TGS team puts together these brief references and show notes for the learning and convenience of our listeners. However, most of the points made in episodes hold more nuance than one link can address, and we encourage you to dig deeper into any of these topics and come to your own informed conclusions.

- 00:00 – Frankly Series: [A Guide to Staying Human](#)
- 00:03 – [Art Berman](#), [TGS #220](#) (Recent episode on oil/Iran), [Previous TGS appearances](#)
- 00:07 – [Iran War 2026](#), [Strait of Hormuz Crisis](#)
- 00:38 – [Dread definition](#)
- 02:06 – [Global heating](#), [Net energy decline](#), [Soft feudalism on the horizon](#)
- 03:23 – [Lise Van Susteren](#), [Pre-traumatic stress](#)
- 03:53 – [In-video cartoon source](#)
- 03:54 – [Amygdala](#)
- 05:08 – [Frankly #129 A Guide to Staying Human Part I](#), [Series Playlist](#)
- 06:36 – [More-than-human predicament](#)
- 06:38 – [How amygdala responds to threats](#), [HPA axis](#), [Fight or flight response](#)
- 08:15 – [EROI](#), [Upcoming El Niño](#), [Current global conflicts](#)
- 09:15 – [Allostatic load](#), [In-video insert source](#)
- 09:35 – High [cortisol](#) levels:
 - [Affect hippocampus function](#)
 - [Impair the prefrontal cortex](#)
 - Dysregulate [sleep](#) and [immune function](#)
 - [Push people toward addictive behaviors](#)
 - [Reduces cognitive bandwidth](#)
- 10:30 – [Physiological experience of dread](#)
- 11:00 – [Famous study about dread](#), [“Extreme dreaders”](#)
- 12:00 – [Repeated study on dread](#)
- 14:20 – Types of Dread: [Vigilance](#) vs. [Rumination](#) vs. [Extreme Dread](#)
- 16:10 – [Mental reframing and how to start](#)
- 17:09 – [Viktor Frankl](#), [Man’s Search for Meaning](#)
- 17:38 – [Breathing practices to calm stress](#), [Longer exhales calm the body](#)
- 17:40 – [How to regulate the Vagus Nerve](#)
- 17:45 – [Movement to calm stress](#), [Walking lowers stress hormones](#)
- 18:57 – [Peter Levine](#), [Importance of discharging the stress from fight or flight response](#)

The Great Simplification

- 19:33 – [Agency \(Self-leadership\)](#), [Self-trust is key to agency](#)
 - [Self-efficacy: The exercise of control](#)
 - [Self-efficacy: Toward a unifying theory of behavioral change](#)
- 22:07 – [Holding dread alone is much more difficult than in community](#)
- 22:15 – [How to build community](#), [How to be more vulnerable with others](#), [The Power of Vulnerability](#)
- 22:29 – [Psychological importance of being seen and understood by others](#)
- 23:28 – *If you are in acute mental crisis or having thoughts of suicide dial 988* ([988 Lifeline](#))
- 23:40 – [Buddhism](#), [Stoicism](#), [Mysticism](#), [Francis Weller](#), [Joanna Macy](#) ([The Work That Reconnects](#) (RR #17, TGS #202)): [The way through dread is not around it but into it](#)
- 24:45 – [What happens when you sit with tough feelings](#)
- 25:37 – [Stephen Levine](#), [How alive some of the dying are](#)
- 27:43 – [Importance of naming your fears out loud](#), [Dr. Daniel Siegel](#) – [“Name It to Tame It”](#)
- 28:25 – [How to locate a feeling in your body](#)
- 29:25 – [A Practice for Dread](#) (Guide from video)
- 30:50 – [Ecological overshoot](#), The [peak](#) of the [Carbon Pulse](#) ([More info](#))
- 31:55 – [Presence](#), [Default Mode Network](#) ([TGS Episode on such](#))