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COVID Psychological Stress Being Applied to Break Resistance to Vaccine

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By Makia Freeman (<https://thefreedomarticles.com/author/makia/>)

AT A GLANCE...

- > **THE STORY:** All the COVID lockdown restrictions result in long-term, low-grade stress and fear – which takes a toll on people's mental health.
- > **THE IMPLICATIONS:** The Agenda is to deliberately apply pressure to people to make them crack and elicit their acquiescence to the pending COVID vaccine. However, awareness of this scheme itself can thwart it.

COVID psychological stress

is being coldly and calculatedly applied to the entire world population as many nations enter their 6th or 7th month of coronavirus lockdowns and restrictions. **Operation Coronavirus** is, first and foremost, a **psychological operation (psy op)**. It's



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about fooling you with stories of a killer virus exploiting the widely held but incomplete concept of germ theory. It's about tricking you into thinking there are enemies out there – even tiny invisible enemies whose existence has never been proven – against which you need protection, kindly provided to you by Big Pharma and Big Government. It's about conditioning you into accepting the horrific reality of current society – masks, social distancing, isolation, quarantines, lockdowns, deep fear, plus the violation of unalienable, sovereign, inherent human rights – as the **New Normal**. It's about cracking you with **COVID psychological stress** until you break down, defeated, and acquiesce to the planned solution all along of surveillance and vaccines, in a desperate attempt to return to normal, healthy and free life of unconstrained social interaction.

COVID Psychological Stress

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content/uploads/2020/09/COVID-psychological-stress.jpg

COVID psychological stress is being coldly applied to maximize pressure on the masses so as to break resistance to the coming vaccine

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In recent months many free and powerful voices have pointed out that the draconian restrictions, resulting in what I'm calling COVID psychological stress, are in fact akin to torture methods refined by organizations and agencies such as the CIA. All the lockdown policies – social distancing, quarantine, mandatory mask wearing, isolation, fear of contagion, fear of everyone being a suspected asymptomatic carrier, being unable to visit elderly family members in person, and more – are forms of torture. By deeming things such as concerts, sports, pubs, bars, clubs and other forms of entertainment as “non-essential”, governments have been able to restrict, ban and/or permanently shut down businesses and organizations running such facilities and activities. The idea is to stop people from relaxing and blowing off steam, thus increasing the pressure and stress. Then, with everyone under this low grade stress, some people will inevitably crack, due to economic and psychological manipulation, and either commit crime, lash at those around them, commit suicide or come begging to the government to save them.

Munchausen Syndrome and Stockholm Syndrome

Along these lines, it is worth understanding the concept of Munchausen syndrome. This is a factitious disorder, a mental disorder in which a person repeatedly and deliberately acts as if he or she has a physical or mental illness when he or she is not really sick. This video (<https://www.youtube.com/watch?v=eMRys3gxiZU>) introduces the idea that an aspect of Munchausen syndrome is the parent who gets so much attention from having a sick child that they deliberately make them sick. That is a fitting description of the COVID situation – government officials acting as though the entire population of citizens are contagious and dangerous, and pretending they are doctors and the rest of the citizenry are their patients. It's a sick and twisted psychological game, and in fact, as Jon Rappoport points out in a recent article *How Many People Have 'Psychological COVID?'* (<https://www.wakingtimes.com/2020/09/04/how-many-people-have-psychological-covid/>), may even lead to people 'acquiring' what they think is 'COVID' just through false belief, via convincing themselves that they have the virus when they don't.

Munchausen syndrome is one thing, but Stockholm syndrome is something else. It describes the psychological phenomenon whereby captured, entrapped or enslaved people grow feelings of affection and appreciation for their captors. They develop an

attachment to, loyalty for or even a perverse love for their oppressors. Why? One

explanation is because they seem to have a subconscious level, the surreal world they inhabit makes no sense at all unless their rulers are omniscient and

benevolent. So, they convince themselves that their leaders must be right. In many ways, we are suffering from **societal Stockholm syndrome**.

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The Roots of COVID Psychological Stress are Steeped in Torture

The article *Children Have 0.00% Chance of Dying from COVID but are Harmed for Life by Social Distancing, Which has its Roots in CIA Torture Techniques*

(<https://vaccineimpact.com/2020/children-have-0-00-chance-of-dying-from-covid-but-are-harmed-for-life-by-social-distancing-which-has-its-roots-in-cia-torture-techniques/>),

written by Brian Shilhavy and based on a video Leigh Dundas, exposes the torturous background behind isolation, which is the basis for things such as solitary confinement:

Here are some lesser known facts about social distancing and ^{isolation} [\(https://thefreedomarticles.com/\)](https://thefreedomarticles.com/)

- It was developed 70 years ago by the CIA to break down enemies of state.
- It is the equivalent of smoking 15 cigarettes a day AND being an alcoholic.
- It doubles the risk of death, and destroys the part of the brain responsible for learning.

It continues:

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“... social isolation is a humanly violation which is on par with torture and other war crimes. Indeed, social isolation is the primary protocol deployed against enemies in times of war, regardless of time period or country in question. This is due in large part to the fact that it is so successful in psychologically destroying the individual, without need of more bloody and difficult physical interventions. The studies of social isolation against enemies of state began in the 1950's and 1960's by the CIA:

*It has long been the custom of captors, police, and inquisitors, to isolate their prisoners. But which of these methods, Hinkle asked, is most effective? All the standard interrogation techniques have varying... impacts on the brain's functioning... [But] of all the possible techniques, **isolation is the ideal way of “breaking down” a prisoner...***

...

*Already, we are seeing the effect of just a few weeks of social isolation on students: teen suicides have risen, and last week, OC Sheriff's reported a 25% increase in domestic violence calls, a 24% increase in family disputes, and a 30% increase in child custody calls. So deleterious are these effects that in recent years the United Nations promulgated what have come to be called the Mandela rules. These rules prohibit social isolation for longer than 15 days, **noting that any longer period of social isolation “constitutes cruel, degrading and inhumane treatment, or torture.”** Other organizations, like the American Psychiatric Association, have held similarly. Perhaps most ironic, what cold hard science shows is that social isolation employed*

continuously – as California is suggesting doing – will actually undermine the alleged health goals because such isolation

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depresses the immune system”

In this video (<https://www.youtube.com/watch?v=Hotgujv3cPA>), Amazing Polly proposes that what we are being put through with draconian COVID restrictions is a near perfect parallel to the Amnesty International definition of torture and Biderman’s ‘Chart of Coercion.’ Additionally, this video clip (<https://www.youtube.com/watch?v=Xh-C69sILtk>) highlights how sensory deprivation (a byproduct of COVID restrictions which promote isolation) can lead to **increased susceptibility to persuasion**. Think about that for a minute – increased susceptibility to persuasion. Isn’t that precisely what governments have always wanted, a docile, compliant and obedient population that can be molded in the way they wish?

Halloween Canceled, Christmas Canceled, No Work at the Office Until You’re Vaxed

The plan is nothing if not blatant. All around the world, local, regional and national leaders keep reading their lines from the script. Recently Los Angeles in California announced they would be canceling Halloween, despite the fact it’s around 50 days away and they couldn’t possibly know the status of the virus then (and that’s assuming you even buy the mainstream narrative). It appears they are now backtracking that (<https://www.latimes.com/california/story/2020-09-09/no-trick-or-treating-in-los-angeles-county>), but only because enough people stood up and refused to accept it. In a similar vein, UK PM Boris Johnson is psychologically preparing the British people that Christmas may be canceled (<https://www.aol.co.uk/news/2020/09/09/pm-cannot-say-whether-families-will-be-able-to-celebrate-christm/>) this year. To cancel traditional social events like Halloween and Christmas is more coldly calculated manipulation aiming to increase COVID psychological stress. The endgame, just as Bill Gates keeps repeating ad nauseam (<https://thefreedomarticles.com/bill-gates-no-mass-gatherings-unless-youre-vaccinated/>), is no return to normalcy until 7+ billion people are vaccinated, which is being echoed by the Corporatocracy too (e.g. Netflix CEO Reed Hastings who stated that there will be no return to work in the offices

(<https://www.theverge.com/2020/9/8/21426956/netflix-ceo-reed-hastings-return-to-office-vaccine-work-from-home-negative>) and employees are vaccinated). Finally, the NWO (New World Order) controllers have a backup plan if their blackmail-manipulation via stress doesn't persuade the masses to get the shot: bribery. Globalist think tank *The Brookings Institute* recently ran an article (<https://www.brookings.edu/opinions/want-herd-immunity-pay-people-to-take-the-vaccine/>) suggesting that the USG pay each American \$1000 to take the COVID vaccine. Vaccines are inherently toxic and dangerous (<https://thefreedomarticles.com/toxic-vaccine-adjuvants-the-top-10/>), and this goes all the more for the pending COVID vaccines, where in some cases clinical trials have been stopped after participants fell ill (<https://www.bbc.com/news/world-54082192>), and where we must be prepared for the possibility they are implanted with nanotechnology, e.g. hydrogel implants (<https://thefreedomarticles.com/hydrogel-biosensor-darpa-gates-implantable-nanotech-covid-vaccine/>).

Perpetual Fear Lowers Our Intelligence and Immunity

As the article *The Caustic Wages Of Perpetual Fear* (<https://www.technocracy.news/the-caustic-wages-of-perpetual-fear/>) states, the kind of long-term, chronic, low-grade fear we are being subjected to can have a devastating effect on us:

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"I'm going to quote from Sapolsky, who is one of the best neuroscientists of our time. "During sustained stress, we're more fearful, our thinking is muddled, we assess risks poorly, and act impulsively out of habit, rather than incorporating new data." ... "Stress weakens connections that are essential for incorporating new information that should prompt shifting to a new strategy—while strengthening connections with habitual brain circuits." In other words, fear locks you into your habits and your previous choices. It literally diminishes the brain pathways that allow you to change your mind ... "Under sustained stress we process emotionally prominent information rapidly and automatically, but less accurately. Working memory, impulse control, decision-making, risk-assessment and task shifting are impaired." Again, prolonged fear locks people into whatever path they're already on. And again, this is biological. The brain circuits are directly affected."

Make no mistake about it – this is a war of attrition and the NWO conspirators are in for the long haul. They are going to keep milking this manufactured crisis and keep pushing it as far as they can, to bring people to such exasperation and exhaustion that they willingly line up to get the vaccine: *"I'll do anything not to keep having to wear this stupid mask and not being able to breathe properly. Fine – just gimme the damn vaccine and leave me alone!"*

Final Thoughts

2020 has been thus far the Year of Fear. We need to accept the cold hard truth: COVID psychological stress is deliberately being applied and extended in order to produce conditions ripe for vaccine acceptance. We are all being stewed in a pressure cooker, designed to mentally and emotionally break people down. The point of this article is to raise awareness of what is happening so that we can rise above it. It is not

predetermined; it is not a fait accompli. We do not have to submit to further violations of our bodily integrity and our medical sovereignty. We can see the science for what it is.

We can take every moment we can to socialize, bond, dance, touch, have fun and connect; in other words, to be fully human in the face of this sinister dehumanizing agenda. Some of already risen up, and I suspect once authorities attempt to roll out the vaccine in the next 2-3 months, they will wake a sleeping giant, and many more will rise to defend the spirit of truth and freedom throughout the world. Please spread this article far and wide to help make that happen.

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