

Mastering Your Autonomic Nervous System

Today's Gameplan

- 1 Mysterious Yogis, Icemen and Voluntary Goosebumps**
- 2 The What of Our Nervous System**
- 3 Chronic Stress**
- 4 Tools to Master the ANS**

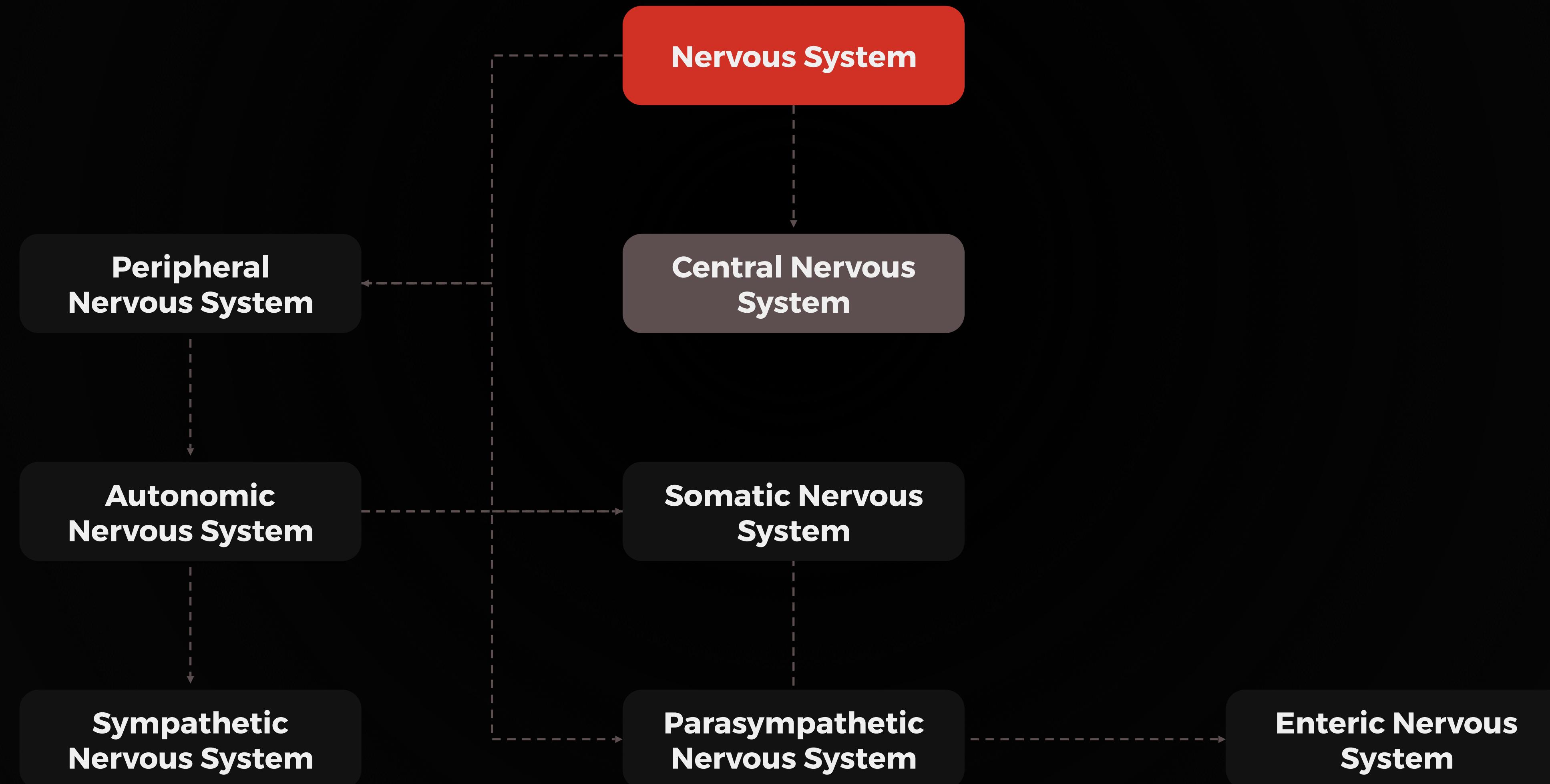
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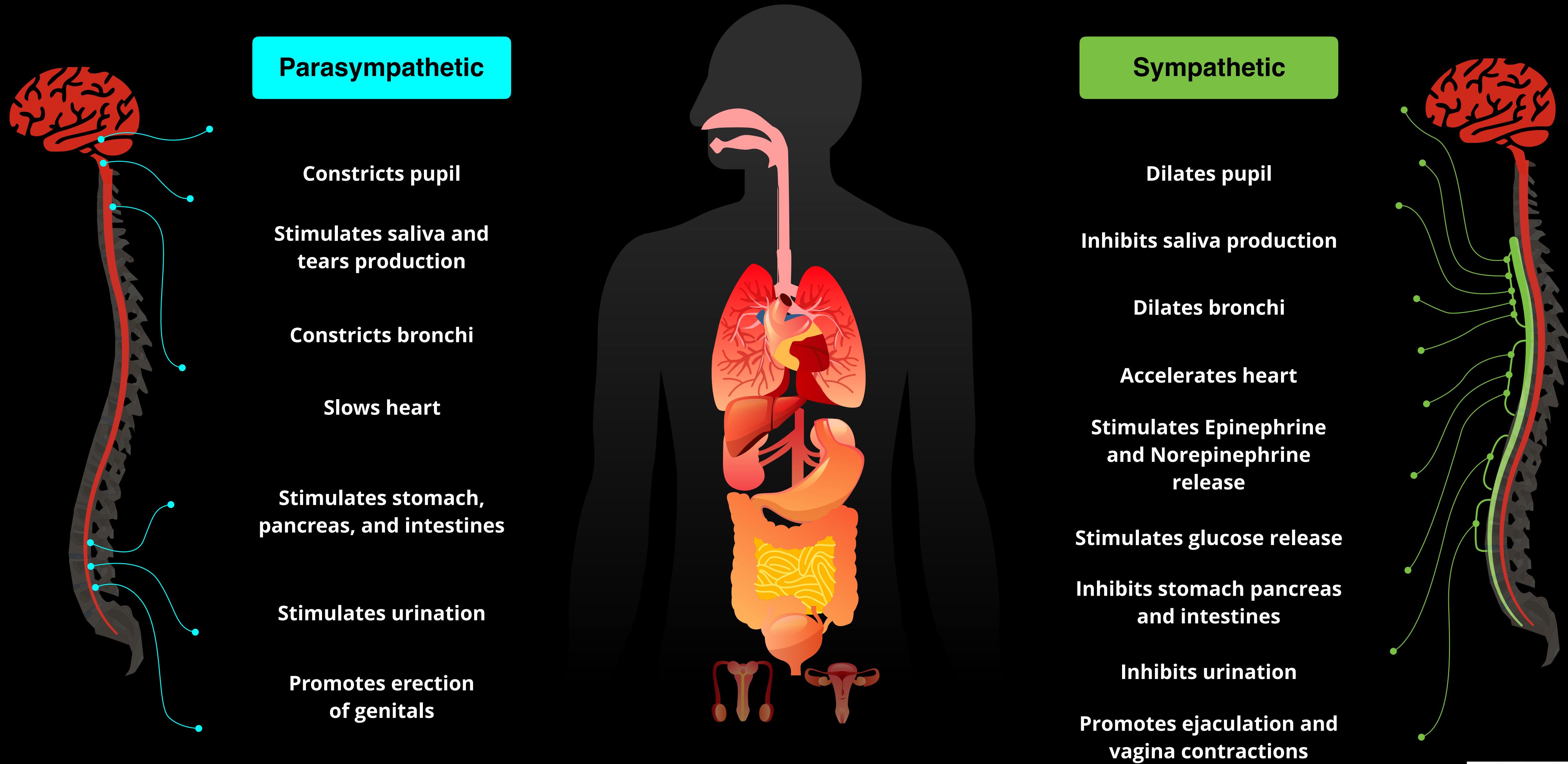
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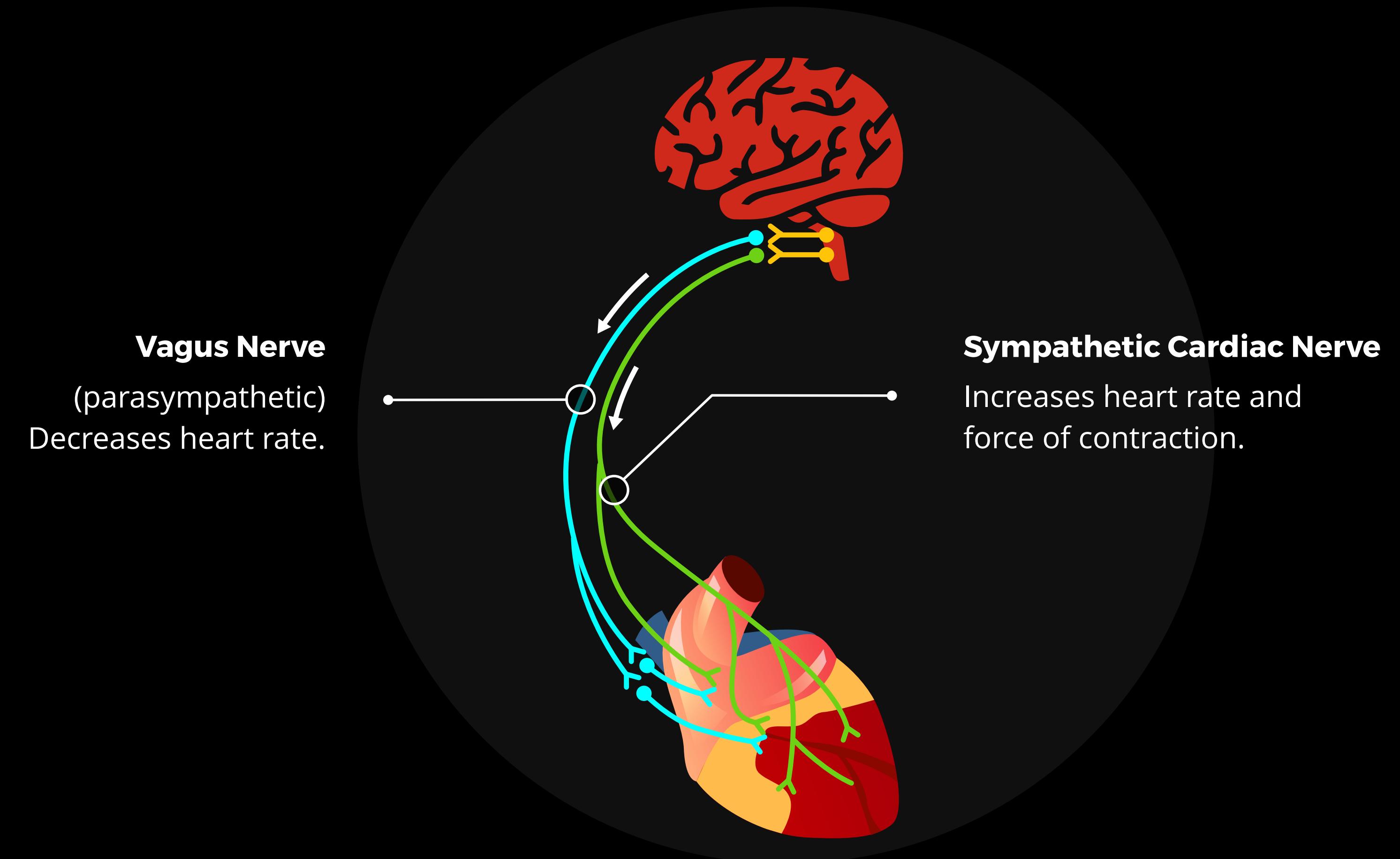
The What of Our Nervous System



The Two Branches of The ANS:

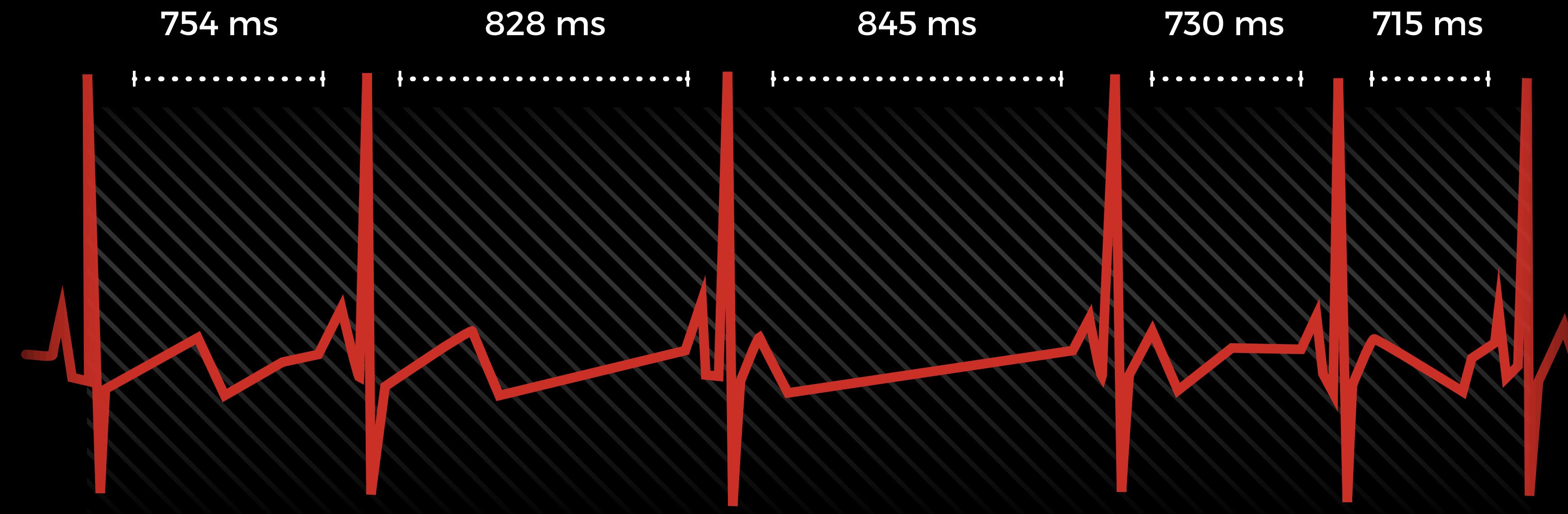


The Vagus Nerve and Vagal Tone

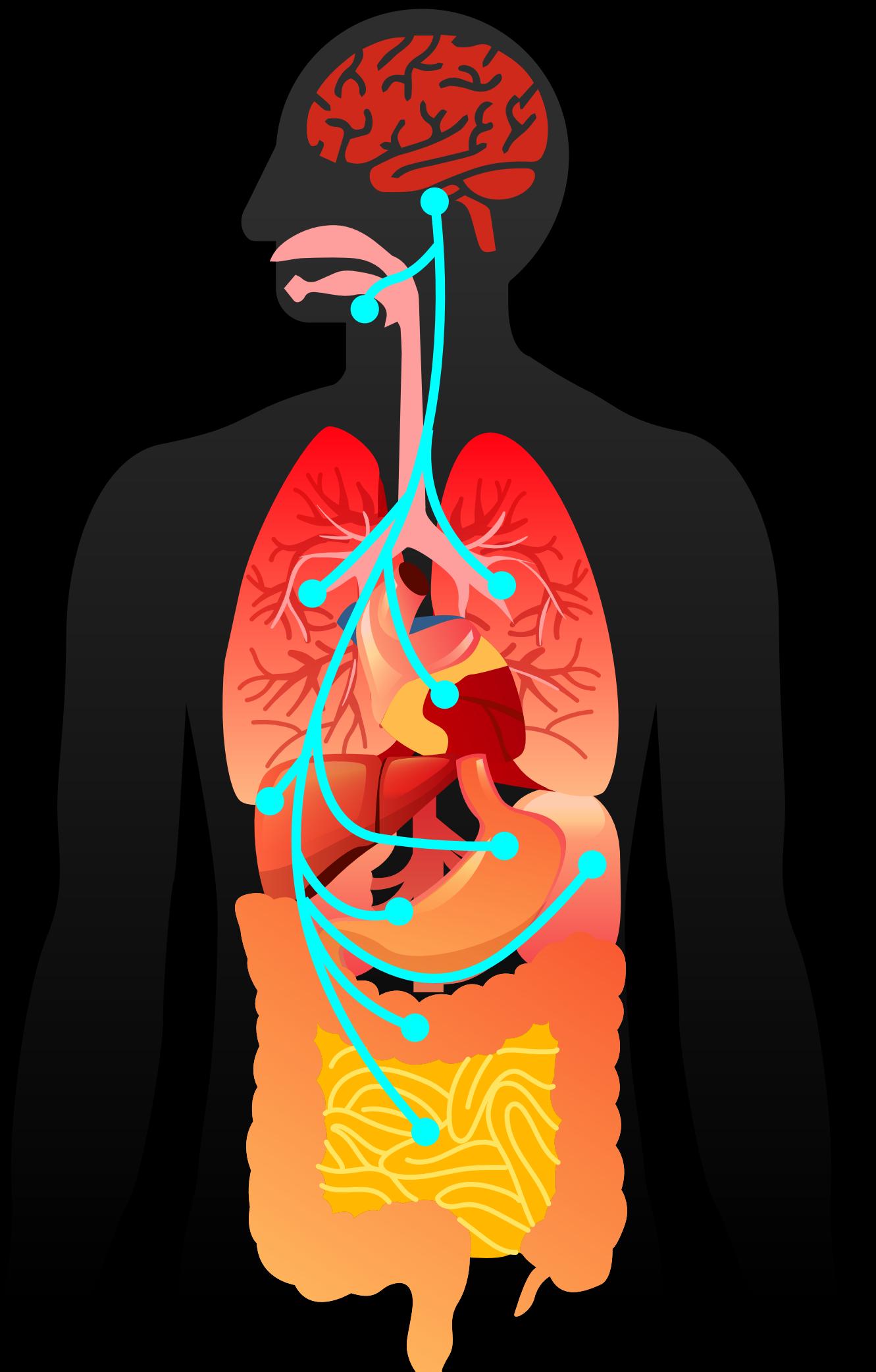


Heart Rate Variability as a Measure of Vagal Tone

Heart Rate Variability



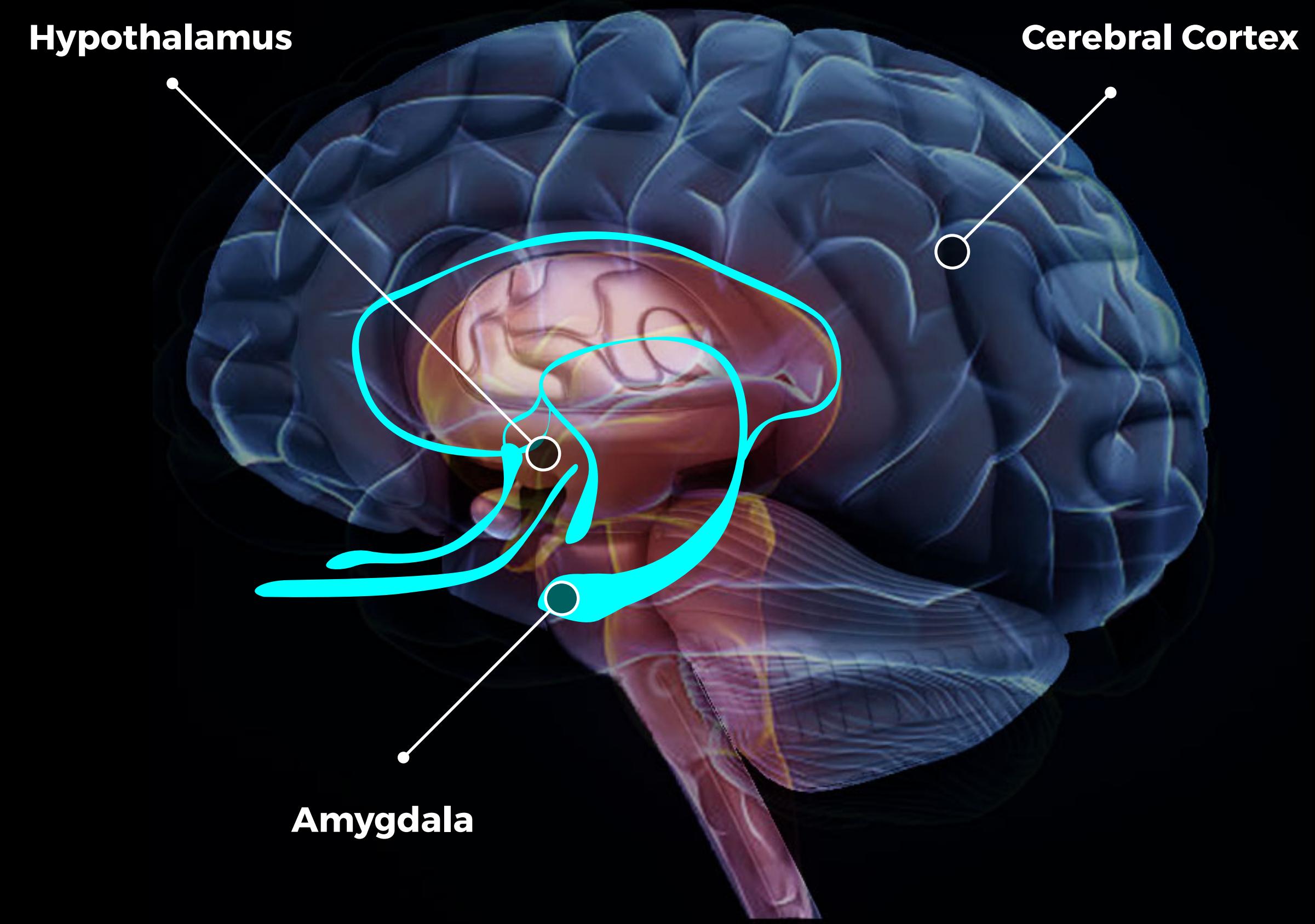
Increasing PSNS Activity, Vagal Tone and HRV?!



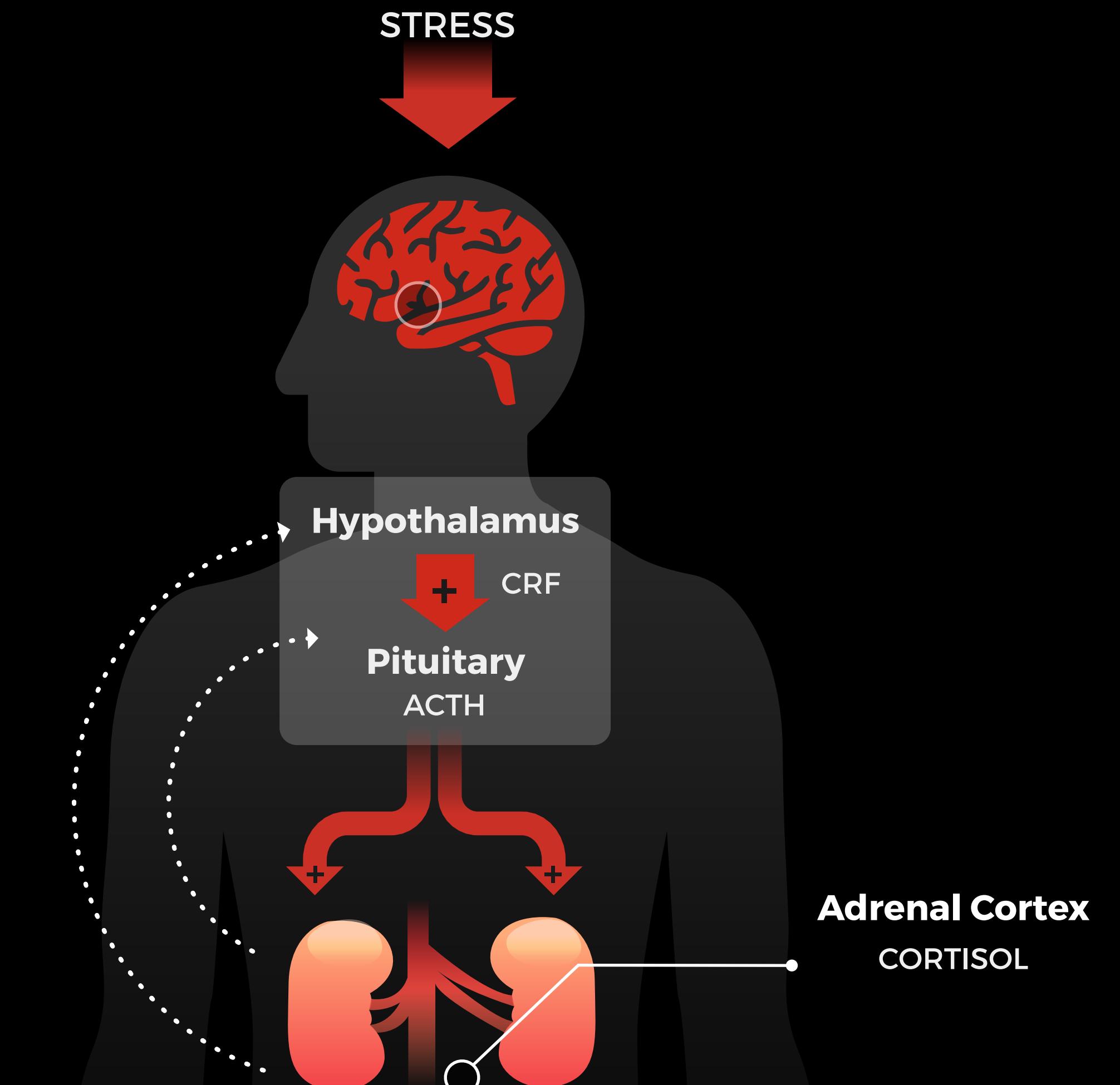
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Chronic Stress in the Context of the Autonomic Nervous System

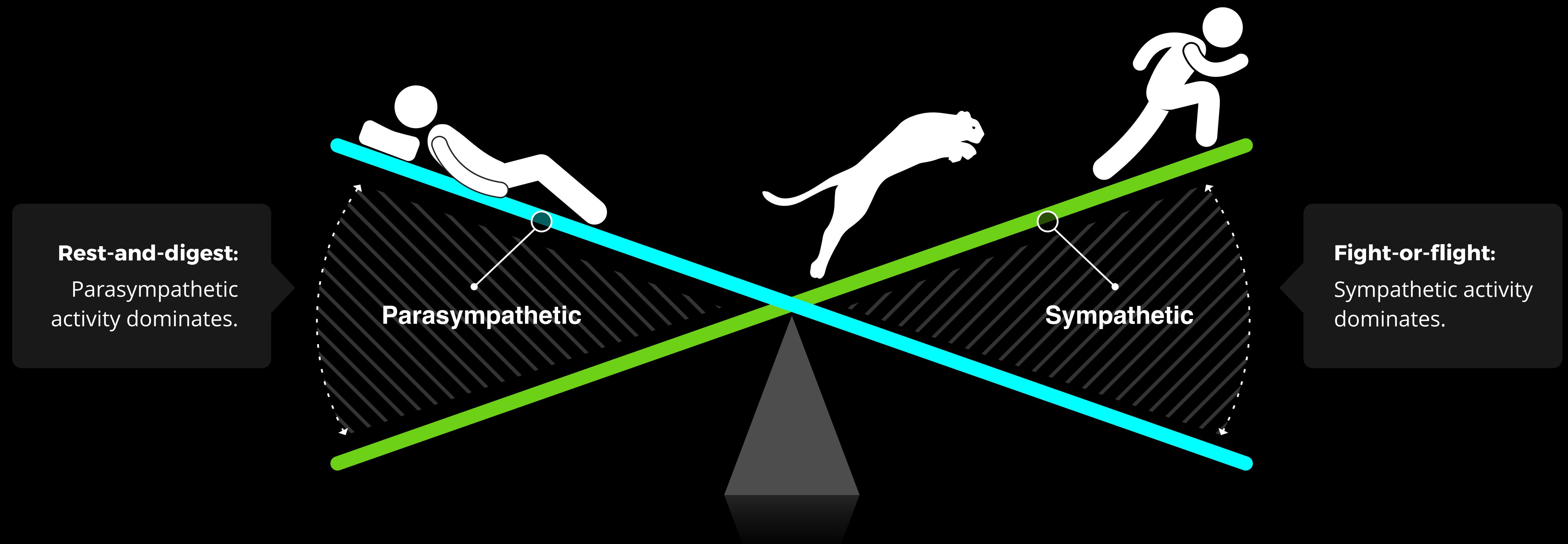


Cortisol Secretion and the HPA Axis

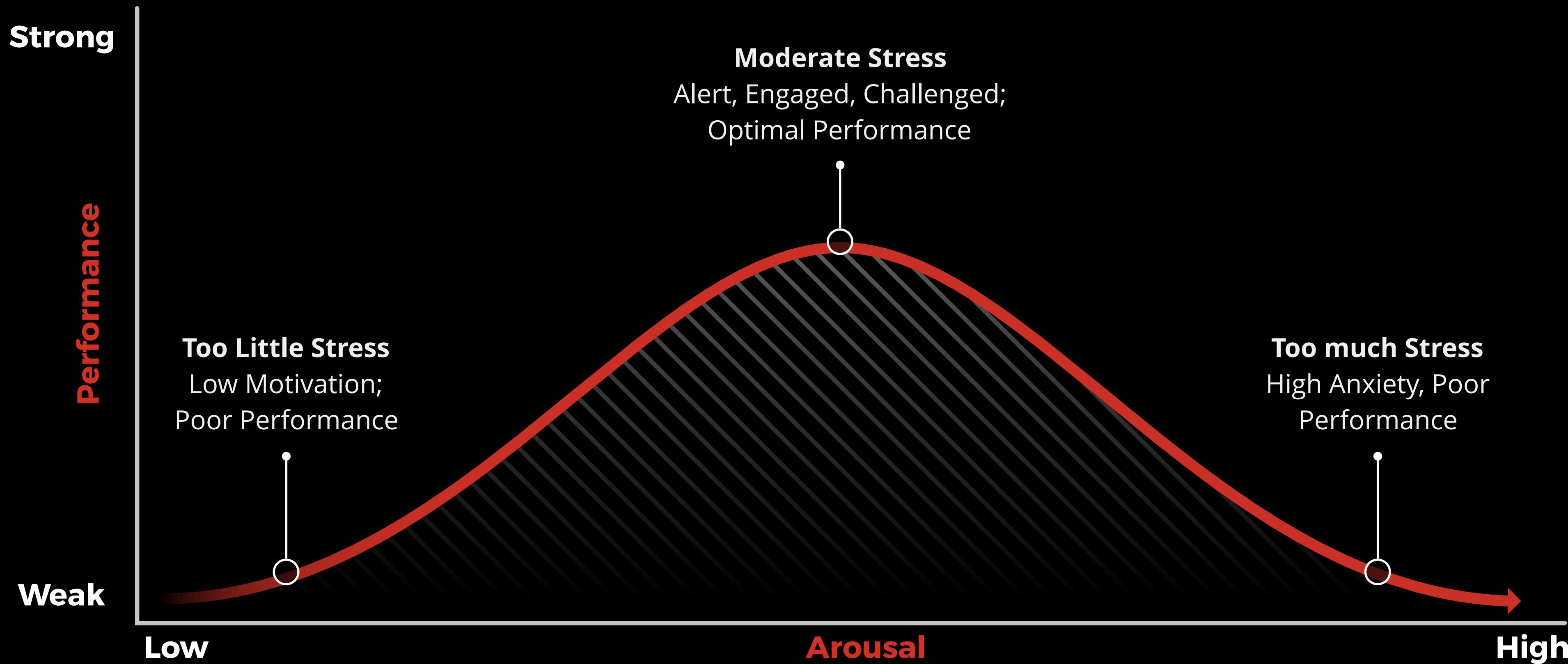


Chronic Stress Disrupts Homeostasis

Homeostasis is a dynamic balance between the autonomic branches

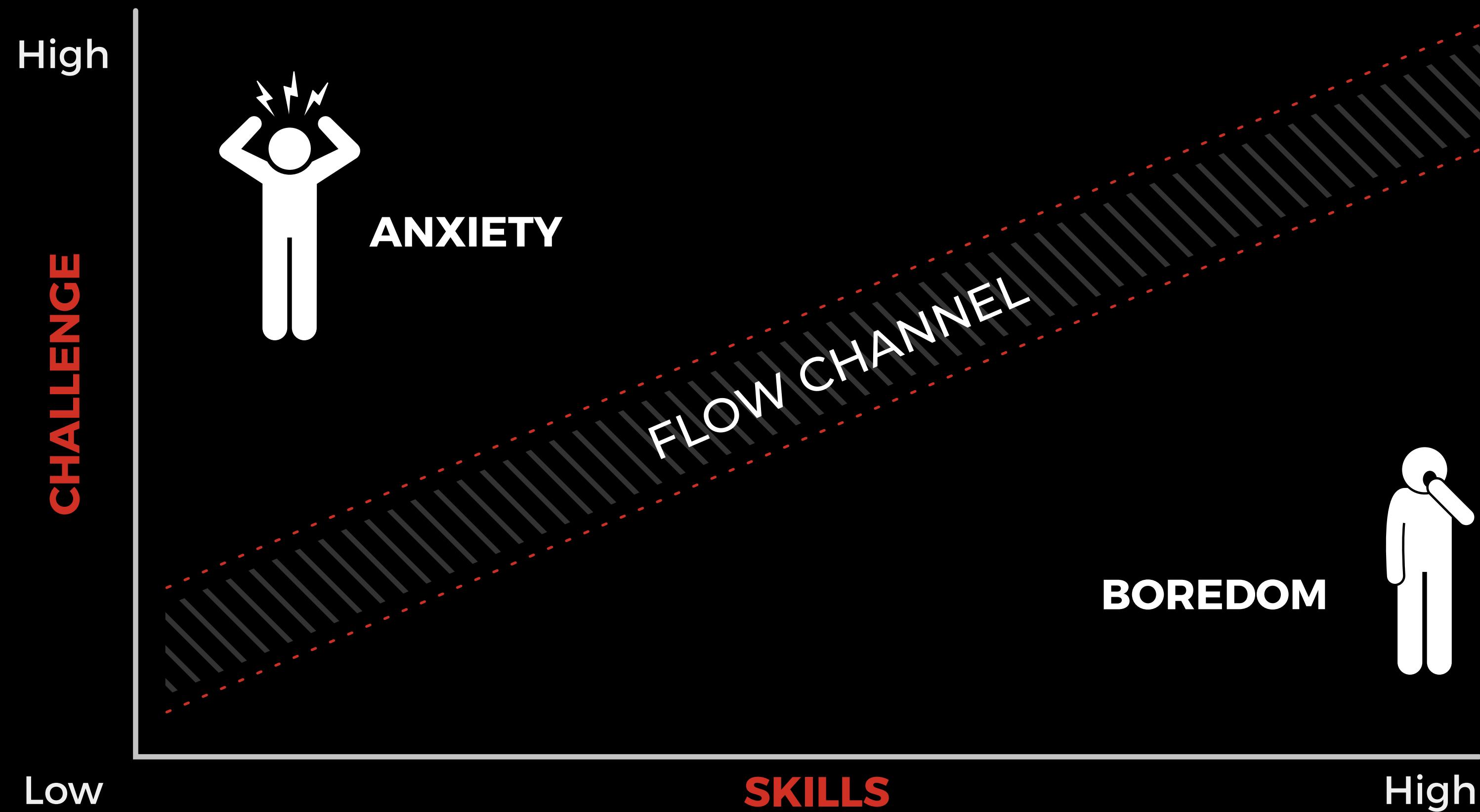


The Yerkes-Dodson Law, How Anxiety Affects Performance



“ We love stress that is mild and transient and occurs in a benevolent context. ”
— Robert M. Sapolsky, *Behave: The Biology of Humans at Our Best and Worst*

This Allows Us to Tune The Entire Challenge Skills Ratio



FLOW: Mihaly Csikszentmihalyi, *Flow* (1990), p.74

How Do We Master Our ANS Like The Yogi's and Use Stress Effectively?

The Three Forms of Stress Management:

1 Tools that raise the ceiling on what you perceive as stress

Physiological

- Active Recovery
- Burnout Proofing
- Sleep
- Positive Psychology Basics
(Mindfulness, Gratitude, Fuel, Social Support)

Psychological

- Cognitive Restructuring
- Perspective Reframing

2 Tools that reduce the stress once it's been activated

3 Tools that activate the stress response if underaroused

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Tools to Master Our ANS

- 1. Diaphragmatic Breathing**
- 2. Belly Laughing**
- 3. Cold Exposure**
- 4. The Doublet Breath**
- 5. Ear Massage**
- 6. Humming, Singing, Chanting**
- 7. Nature Exposure**
- 8. Yoga**
- 9. Nasal Breathing**
- 10. Valsalva Maneuver**
- 11. Exercise**
- 12. Gut Health**
- 13. Fasting**
- 14. Cognitive Resturing Techniques**

ANS Tool 1:

Diaphragmatic Breathing

ANS Tool 1:
Belly Laughter!

ANS Tool 3:
Cold Exposure

ANS Tool 4: The Doublet

ANS Tool 5: Ear Massage

ANS Tool 6:

Humming, Singing, Chanting

ANS Tool 7:

Nature Immersion

ANS Tool 8: Yoga

ANS Tool 9:

Nasal Breathing

ANS Tool 10:

Valsalva Maneuver

ANS Tool 11: Exercise

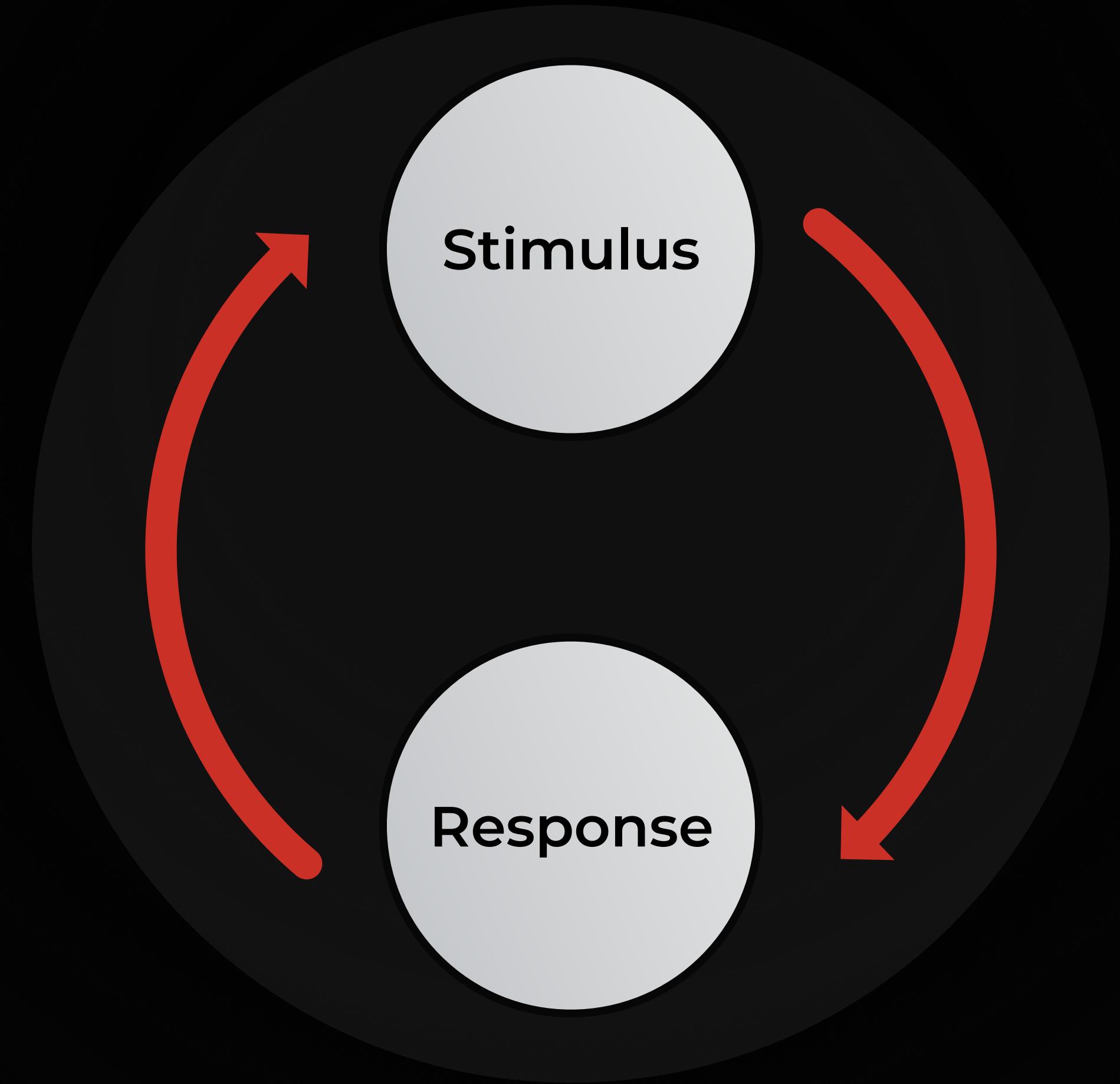
ANS Tool 12:
Gut Health

ANS Tool 13: Fasting

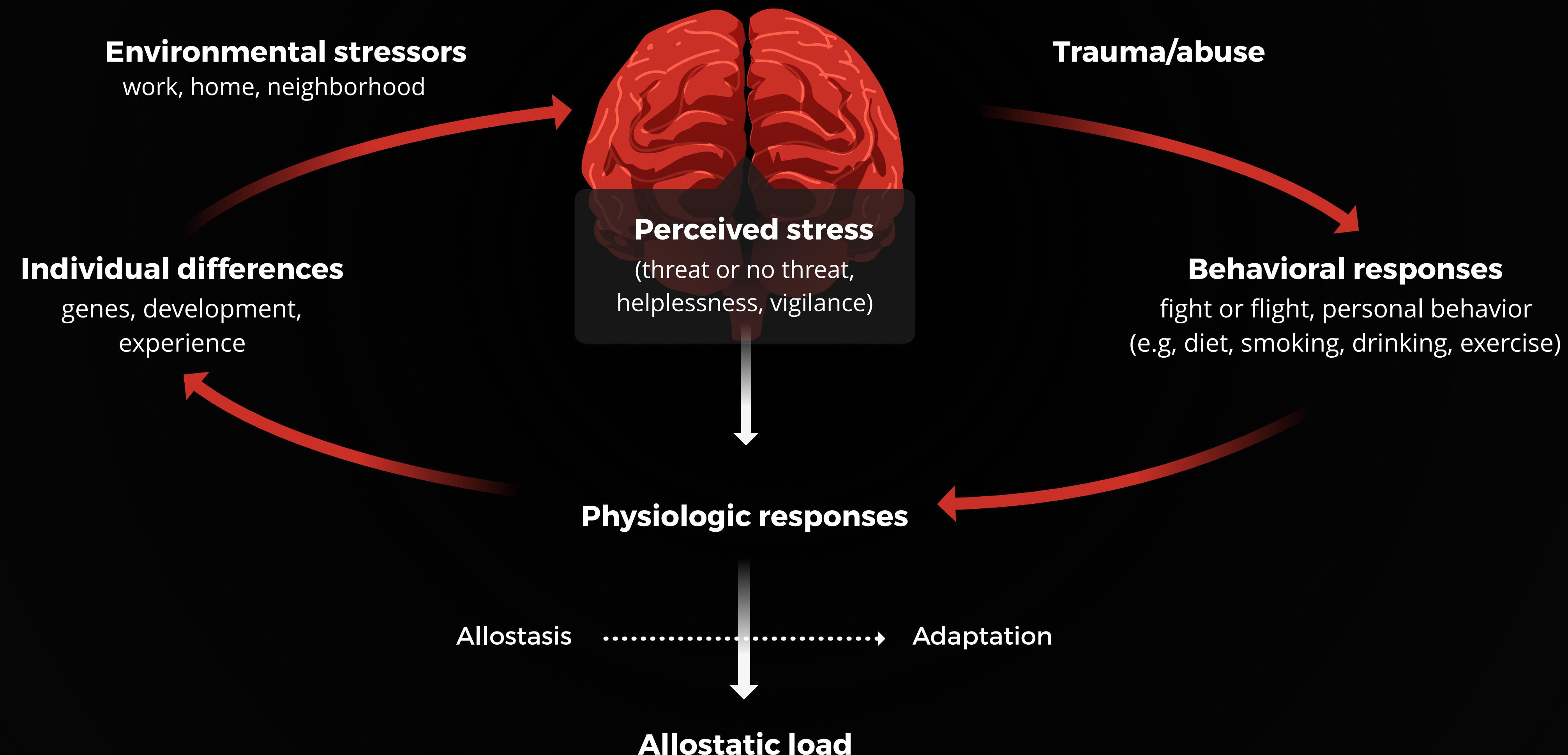
ANS Tool 14:

Cognitive Restructuring Techniques

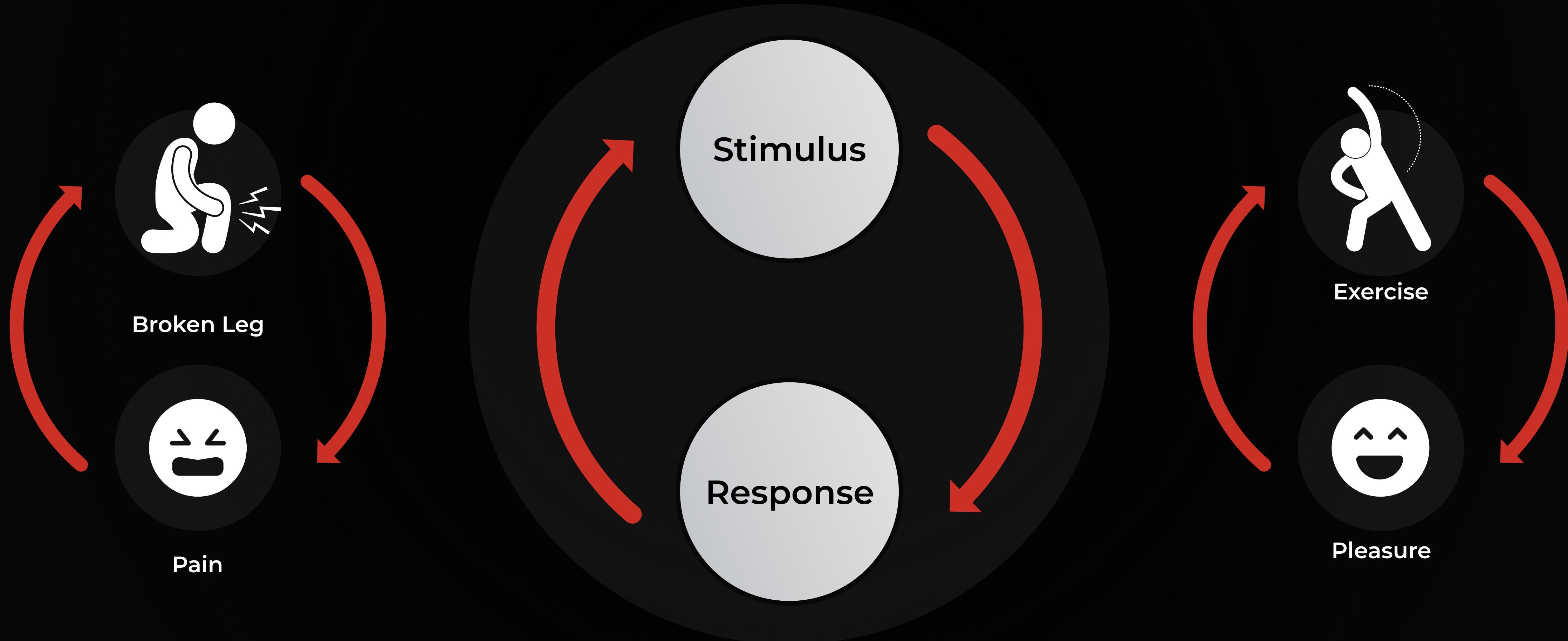
Stress as Perceptual



Major Life Events



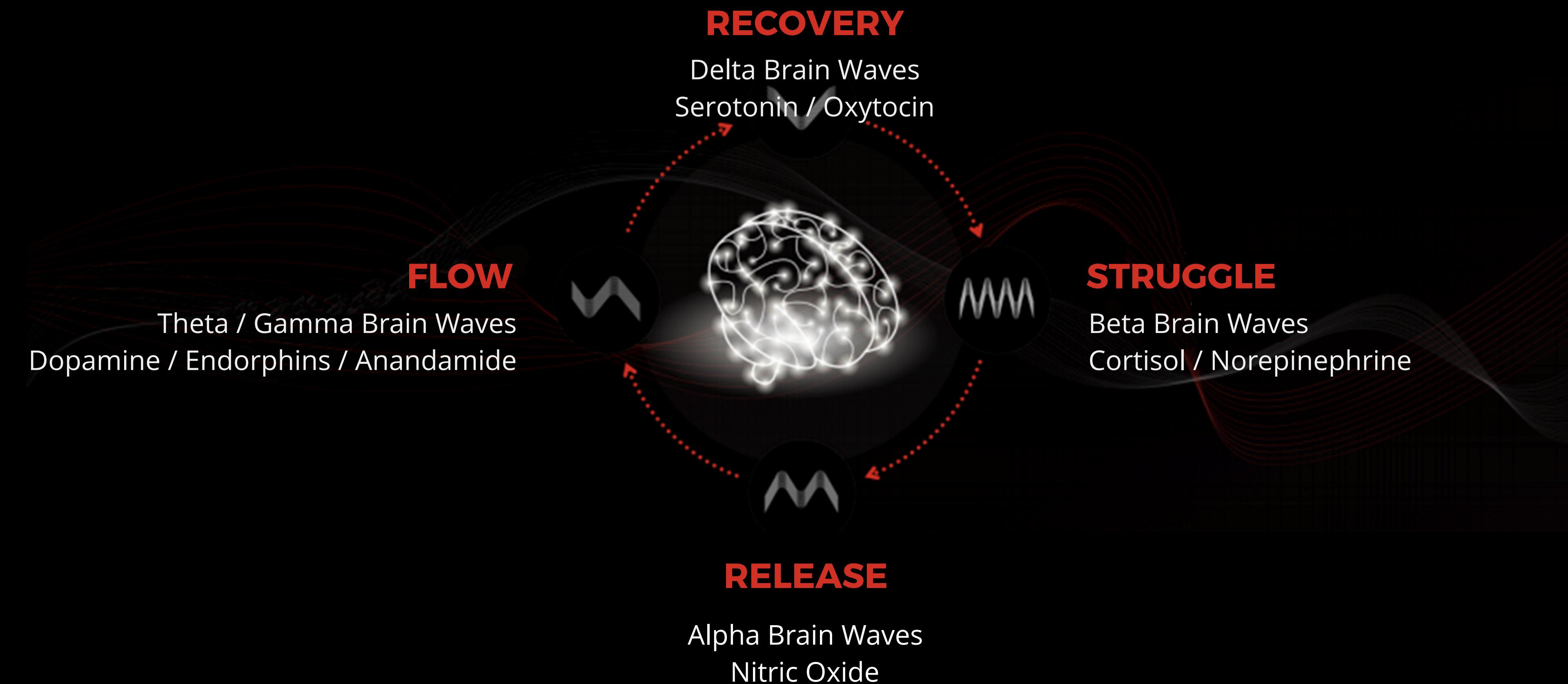
Exercise Versus a Broken Leg



Stoicism for Cognitive Reframing

- 1** Discern between what you do and do not have control over
- 2** Accept the things you cannot control or change
- 3** Change the things you can control

All of This Can Help You Struggle Gracefully and Tune The CS Ratio



What We've Covered

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Exercise:

Default to Breathing Yourself To Calm!



Download Workbook
to Get Started

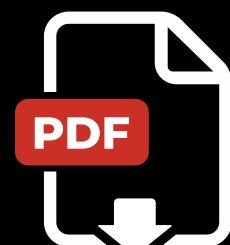
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Big takeaway from this whole thing; nasal breathing and whenever you get stressed; the doublet and then 5x5x5 breath.

Exercise:

Go Stoic on Psychological Stressors

- 1 List all of the biggest stressors in your life
- 2 Which of these stressors can you change (even if extremely difficult)?
- 3 Which of these stressors are totally outside of your control?
- 4 Discern, then accept or execute.



Download Workbook
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