

[{ "text": "Do you suffer from stress and anxiety?\u00a0\nDoes it ever happen where one negative\u00a0\u00a0", "start": 0.16, "duration": 4.8 }, { "text": "event can just spin you out for the whole\u00a0\u00a0nday? Maybe someone cuts you off in traffic,\u00a0\u00a0\u00a0", "start": 4.96, "duration": 5.04 }, { "text": "you get a negative comment on a social media post,\u00a0\u00a0nor someone sends you a text message from your past\u00a0\u00a0\u00a0", "start": 10.0, "duration": 5.6 }, { "text": "and suddenly you're ruminating and you're worrying\u00a0\u00a0\nand you just can't get out of the rut? If so,\u00a0\u00a0\u00a0", "start": 15.6, "duration": 6.24 }, { "text": "you might be suffering from what's referred to\u00a0\u00a0\nas low vagal tone and vagus nerve reset exercises\u00a0\u00a0\u00a0", "start": 21.84, "duration": 7.04 }, { "text": "can sometimes help to snap you out of it. Hey, my\u00a0\u00a0\nname is Lucas. I'm a yoga teacher and a teacher\u00a0\u00a0\u00a0", "start": 28.88, "duration": 4.72 }, { "text": "trainer. In this video we'll chat about vagal\u00a0\u00a0\ntone and also some vagus nerve reset poses that\u00a0\u00a0\u00a0", "start": 33.6, "duration": 5.36 }, { "text": "you can use at home to hopefully help you find\u00a0\u00a0\nmore balance. Quick disclaimer here: some of\u00a0\u00a0\u00a0", "start": 38.96, "duration": 5.04 }, { "text": "the exercises that we'll do deliberately change\u00a0\u00a0\nyour blood pressure. So if you have hypertension,\u00a0\u00a0\u00a0", "start": 44.0, "duration": 5.36 }, { "text": "or heart disease, or glaucoma, please check with\u00a0\u00a0\nyour doctor. If you'd like to skip forward to the\u00a0\u00a0\u00a0", "start": 49.36, "duration": 4.16 }, { "text": "exercises, you'll find a PDF down below as well.\u00a0\u00a0\nSo before we chat about vagus nerve reset poses\u00a0\u00a0\u00a0", "start": 53.52, "duration": 6.72 }, { "text": "let's talk about vagal tone and let's talk\u00a0\u00a0\nabout your autonomic nervous system. Your\u00a0\u00a0\u00a0", "start": 60.24, "duration": 4.56 }, { "text": "autonomic nervous system has two main branches.\u00a0\u00a0\nYou've probably heard about your sympathetic\u00a0\u00a0\u00a0", "start": 64.8, "duration": 4.64 }, { "text": "nervous system branch, that's fight-or-flight.\u00a0\u00a0\nAnd then your parasympathetic rest and digest.\u00a0\u00a0\u00a0", "start": 69.44, "duration": 5.84 }, { "text": "That's an over simplification, but you get the\u00a0\u00a0\nidea. Fight-or-flight, rest and digest, and your\u00a0\u00a0\u00a0", "start": 75.28, "duration": 5.76 }, { "text": "vagus nerve is largely responsible for this rest\u00a0\u00a0\nand digest response. That's why people like me,\u00a0\u00a0\u00a0", "start": 81.04, "duration": 6.48 }, { "text": "yoga teachers, that's why meditation teachers,\u00a0\u00a0\nit's why mind-body wellness experts, that's why\u00a0\u00a0\u00a0", "start": 87.52, "duration": 4.64 }, { "text": "everyone's talking about the vagus nerve, because\u00a0\u00a0\nit helps to promote that rest and digest response,\u00a0\u00a0\u00a0", "start": 92.16, "duration": 5.36 }, { "text": "which tends to be more preferable in our modern\u00a0\u00a0\nworld. When we talk about having low vagal tone\u00a0\u00a0\u00a0", "start": 97.52, "duration": 7.28 }, { "text": "that's when you have trouble with self-soothing.\u00a0\u00a0\nLet me give you a specific example so you can\u00a0\u00a0\u00a0", "start": 104.8, "duration": 4.24 }, { "text": "understand what I mean. Let's imagine you're\u00a0\u00a0\ncrossing the street and you almost get hit by\u00a0\u00a0\u00a0", "start": 109.04, "duration": 4.72 }, { "text": "a car and you jump out of the way and your\u00a0\u00a0\nheart is racing, your breath is heaving,\u00a0\u00a0\u00a0", "start": 113.76, "duration": 5.04 }, { "text": "and if you have low vagal tone that one\u00a0\u00a0\nevent might ruin your day. You're nervous,\u00a0\u00a0\u00a0", "start": 119.92, "duration": 4.72 }, { "text": "you can't eat, you're calling your mother,\u00a0\u00a0\nyou're writing your final will and testament,\u00a0\u00a0\u00a0", "start": 124.64, "duration": 3.44 }, { "text": "you just can't get anything done, you can't seem\u00a0\u00a0\nto kick that moment, that moment has ruined your\u00a0\u00a0\u00a0", "start": 128.08, "duration": 4.4 }, { "text": "day. That would be an example of someone with\u00a0\u00a0\nlow vagal tone. Now somebody with high vagal tone\u00a0\u00a0\u00a0", "start": 132.48, "duration": 5.92 }, { "text": "what happens is the same thing, their\u00a0\u00a0\nheart races, their breath heaves,\u00a0\u00a0\u00a0", "start": 139.2, "duration": 3.44 }, { "text": "and for some period of time you will also be\u00a0\u00a0\nincompletely flustered, right. But it might be\u00a0\u00a0\u00a0", "start": 143.36, "duration": 4.88 }, { "text": "20 minutes, it might be 30 minutes, maybe an hour,\u00a0\u00a0\nand then you're able to let it go, self-soothe and\u00a0\u00a0\u00a0", "start": 148.24, "duration": 5.36 }, { "text": "get on with your day. That's what we're looking\u00a0\u00a0\nfor, a healthy, balanced nervous system. You'll\u00a0\u00a0\u00a0", "start": 153.6, "duration": 6.16 }, { "text": "never bulletproof all of the negative stimuli\u00a0\u00a0\nin life. They're still going to hit you, but you\u00a0\u00a0\u00a0", "start": 159.76, "duration": 5.2 }, { "text": "want to respond rather than react, you want the\u00a0\u00a0\nability to self-soothe and get on with your day,\u00a0\u00a0\u00a0", "start": 164.96, "duration": 5.28 }, { "text": "and that's what we're looking for with high vagal\u00a0\u00a0\ntone. Well great, how do we get high vagal tone?\u00a0\u00a0\u00a0", "start": 170.24, "duration": 4.24 }, { "text": "Well the way you do it is through the way that\u00a0\u00a0\nyou do holistic health in general. Exercise,\u00a0\u00a0\u00a0", "start": 174.48, "duration": 5.04 }, { "text": "diet, sleep, all of these things are really good\u00a0\u00a0\nfor your nervous system and creating balance,\u00a0\u00a0\u00a0", "start": 179.52, "duration": 4.16 }, { "text": "but there are some tricks, there are some hacks,\u00a0\u00a0\nthese are things that are medically backed,\u00a0\u00a0\u00a0", "start": 183.68, "duration": 4.32 }, { "text": "these are things that have been researched that\u00a0\u00a0\ncan be really effective for in the short term.\u00a0\u00a0\u00a0", "start": 188.0, "duration": 3.52 }, { "text": "If you find yourself completely frazzled you can\u00a0\u00a0\nreset your vagus nerve in many cases and you can\u00a0\u00a0\u00a0", "start": 191.52, "duration": 5.2 }, { "text": "override your nervous system and help yourself to\u00a0\u00a0\nself-soothe. Let's take a look at some exercises,\u00a0\u00a0\u00a0", "start": 196.72, "duration": 6.56 }, { "text": "the first one is cold therapy. To understand\u00a0\u00a0\nthis first exercise it's helpful to think about\u00a0\u00a0\u00a0", "start": 203.28, "duration": 6.16 }, { "text": "Hollywood movies and the climax scene. Maybe\u00a0\u00a0\nthe main character is getting ready for a rap\u00a0\u00a0\u00a0", "start": 209.44, "duration": 5.92 }, { "text": "battle, or to go to war, or to get married, or\u00a0\u00a0\nwhatever it might be in these Hollywood films,\u00a0\u00a0\u00a0", "start": 215.36, "duration": 4.48 }, { "text": "that main character often goes to the\u00a0\u00a0\nbathroom and washes their face with\u00a0\u00a0\u00a0", "start": 219.84, "duration": 3.6 }, { "text": "cold water. They look themselves in the eyes\u00a0\u00a0\nand they're ready to go. There's actually\u00a0\u00a0\u00a0", "start": 223.44, "duration": 4.08 }, { "text": "pretty good scientific data to back that up. What\u00a0\u00a0\nhappens when you put cold water over your face,\u00a0\u00a0\u00a0", "start": 227.52, "duration": 5.52 }, { "text": "specifically your cheeks and even more\u00a0\u00a0\nimportantly on the sides of your neck,\u00a0\u00a0\u00a0", "start": 233.04, "duration": 4.0 }, { "text": "is it stimulates something called your\u00a0\u00a0\nmammalian dive reflex. Heart rate slows,\u00a0\u00a0\u00a0", "start": 237.04, "duration": 6.32 }, { "text": "heart rate variability increases, and you get a\u00a0\u00a0\nvagus nerve reset. It's very predictable and it\u00a0\u00a0\u00a0", "start": 243.36, "duration": 5.04 }, { "text": "happens pretty well simply with washing your face.\u00a0\u00a0\nBut there are better ways to do it. Now exactly\u00a0\u00a0\u00a0", "start": 248.4, "duration": 5.52 }, { "text": "why it happens we're not sure, but the fact that\u00a0\u00a0\nit does happen is pretty clear. Rather than simply\u00a0\u00a0\u00a0", "start": 253.92, "duration": 4.56 }, { "text": "washing your face, the clinical data, the research\u00a0\u00a0\nthat I'll share with you down below, shows that\u00a0\u00a0\u00a0", "start": 258.48, "duration": 4.56 }, { "text": "even more effective is if you take something like\u00a0\u00a0\na cold compress. This is just a cooler from a\u00a0\u00a0\u00a0", "start": 263.04, "duration": 6.24 }, { "text": "picnic basket that you might have in your freezer\u00a0\u00a0\nand you put this cold compress on either side of\u00a0\u00a0\u00a0", "start": 269.28, "duration": 4.8 }, { "text": "your neck alternating 15 seconds on, 15 seconds\u00a0\u00a0\noff. Now if your ice pack is too cold obviously\u00a0\u00a0\u00a0", "start": 274.08, "duration": 7.28 }, { "text": "wrap it in a towel. The idea is not to ice burn\u00a0\u00a0\nyour skin, it's simply to add cold to either side\u00a0\u00a0\u00a0", "start": 281.36, "duration": 6.32 }, { "text": "of your neck. So I've got an ice pack and I've\u00a0\u00a0\ngot a timer and I'll do 15 seconds on either side.\u00a0\u00a0\u00a0", "start": 287.68, "duration": 5.84 }, { "text": "Whenever I show people this cold therapy\u00a0\u00a0\n technique, very often they say \"oh yeah, I\u00a0\u00a0\u00a0", "start": 293.52, "duration": 4.0 }, { "text": "love to take cold showers\" or they say \"oh yeah, I\u00a0\u00a0\nlove to do cold exposure\" and they show me photos\u00a0\u00a0\u00a0", "start": 297.52, "duration": 5.04 }, { "text": "of them swimming in a garbage can filled with\u00a0\u00a0\nice. That's cold exposure, that has very,\u00a0\u00a0\u00a0", "start": 302.56, "duration": 4.56 }, { "text": "very interesting health benefits, physiological\u00a0\u00a0\nbenefits, but that's a different type of practice.\u00a0\u00a0\u00a0", "start": 307.12, "duration": 4.16 }, { "text": "In many cases full body cold exposure can\u00a0\u00a0\nactually stimulate epinephrine, norepinephrine,\u00a0\u00a0\u00a0", "start": 311.84, "duration": 5.68 }, { "text": "that's a stress response. That's not what we're\u00a0\u00a0\nlooking for in this particular exercise. Much\u00a0\u00a0\u00a0", "start": 317.52, "duration": 4.72 }, { "text": "better to have control, much better to focus on\u00a0\u00a0\nthat localized region, so you don't slip into\u00a0\u00a0\u00a0", "start": 322.24, "duration": 5.52 }, { "text": "a stress response. The thing I like about this\u00a0\u00a0\nis you can keep this cold pack in your freezer,\u00a0\u00a0\u00a0", "start": 327.76, "duration": 4.56 }, { "text": "even at work, and you can do this really any time\u00a0\u00a0\nto self-soothe. This exercise is called a modified\u00a0\u00a0\u00a0", "start": 332.32, "duration": 6.72 }, { "text": "Valsalva maneuver. It's used by emergency rooms\u00a0\u00a0\nand EMTs, especially when people have tachycardia,\u00a0\u00a0\u00a0", "start": 339.04, "duration": 7.04 }, { "text": "like an elevated runaway heart rate. They use this\u00a0\u00a0\nmaneuver to slow people's heart rate down, but you\u00a0\u00a0\u00a0", "start": 346.08, "duration": 6.16 }, { "text": "can use it as a vagus nerve reset. We'll inhale\u00a0\u00a0\nand then close our nose and mouth and push out,\u00a0\u00a0\u00a0", "start": 352.24, "duration": 7.28 }, { "text": "but don't exhale, for 15 seconds. This increases\u00a0\u00a0\nyour intrathoracic and intra-abdominal pressure.\u00a0\u00a0\u00a0", "start": 359.52, "duration": 6.64 }, { "text": "It's kind

of like giving your body a big bear\u00a0\u00a0\u00a0. And then when we release, we'll elevate our\u00a0\u00a0\u00a0, "start": 366.16, "duration": 4.8 }, { "text": "legs. That's the modified version, and the blood\u00a0\u00a0\u00a0 will rush in and this change of pressure\u00a0\u00a0\u00a0, "start": 370.96, "duration": 5.12 }, { "text": "triggers your vagus nerve and can really help to\u00a0\u00a0\u00a0 slow your heart rate, increase your heart rate\u00a0\u00a0\u00a0, "start": 376.72, "duration": 4.16 }, { "text": "variability, and again, reset your vagus nerve.\u00a0\u00a0\u00a0 I'm monitoring my heart rate. Let's see how it\u00a0\u00a0\u00a0, "start": 380.88, "duration": 5.2 }, { "text": "works here. Hopefully you'll be able to see my\u00a0\u00a0\u00a0 heart rate drop, specifically as I lie down on\u00a0\u00a0\u00a0, "start": 386.08, "duration": 4.64 }, { "text": "my back. Let's do it together. I've got a timer\u00a0\u00a0\u00a0 here for 15 seconds, that's the hold part, and\u00a0\u00a0\u00a0, "start": 390.72, "duration": 5.04 }, { "text": "then I'll relax on my back, and elevate my legs,\u00a0\u00a0\u00a0 and breathe through my nose. We'll do it together.", "start": 395.76, "duration": 12.08 }, { "text": "Elevate my legs at 45 degrees,\u00a0\u00a0\u00a0 breathe through my nose, and relax.", "start": 423.6, "duration": 12.24 }, { "text": "So you could repeat that exercise up to\u00a0\u00a0\u00a0 four times. I usually just do it once\u00a0\u00a0\u00a0, "start": 467.52, "duration": 3.92 }, { "text": "or twice. The final practice we'll do I call\u00a0\u00a0\u00a0 balloon breathing and this is a very, very simple\u00a0\u00a0\u00a0, "start": 471.44, "duration": 5.92 }, { "text": "and lighter version of that previous valsalva\u00a0\u00a0\u00a0 maneuver. It's not as effective, but here's what\u00a0\u00a0\u00a0, "start": 477.36, "duration": 5.2 }, { "text": "I like about it. You just need a little balloon\u00a0\u00a0\u00a0 and a timer, you can do this anywhere. I also\u00a0\u00a0\u00a0, "start": 482.56, "duration": 3.92 }, { "text": "like this because you can get kids to do it a\u00a0\u00a0\u00a0 not easier than some of these other practices.\u00a0\u00a0\u00a0, "start": 486.48, "duration": 4.16 }, { "text": "How it works is I'll inflate the balloon, hold for\u00a0\u00a0\u00a0 15 seconds, and then release. Again, I'm doing my\u00a0\u00a0\u00a0, "start": 490.64, "duration": 5.44 }, { "text": "best to create a little bit more intrathoracic,\u00a0\u00a0\u00a0 intra abdominal pressure, to squeeze and release,\u00a0\u00a0\u00a0, "start": 496.08, "duration": 6.96 }, { "text": "to have that blood pressure change, which will\u00a0\u00a0\u00a0 again switch my vagus nerve. Let's give it a try.", "start": 503.04, "duration": 16.8 }, { "text": "Good. Now if you feel dizzy of course take a\u00a0\u00a0\u00a0 break, give yourself a little bit of a rest.\u00a0\u00a0\u00a0, "start": 528.24, "duration": 4.4 }, { "text": "What we're trying to do is actively push\u00a0\u00a0\u00a0 against something. I like to use a balloon,\u00a0\u00a0\u00a0, "start": 532.64, "duration": 3.92 }, { "text": "some people use an empty syringe, which is a\u00a0\u00a0\u00a0 little bit medical and weird. Let's try it again.", "start": 536.56, "duration": 11.28 }, { "text": "Good. So 15 seconds on, about 30 seconds off.\u00a0\u00a0\u00a0 I like to do this about four times. Again,\u00a0\u00a0\u00a0, "start": 559.92, "duration": 6.0 }, { "text": "you can carry this with you anywhere that\u00a0\u00a0\u00a0 you go. Hopefully these exercises have been\u00a0\u00a0\u00a0, "start": 565.92, "duration": 4.96 }, { "text": "helpful for you. As a reminder, there's a PDF\u00a0\u00a0\u00a0 of the poses that we've covered down below.\u00a0\u00a0\u00a0, "start": 570.88, "duration": 4.16 }, { "text": "If you'd like to find my teaching calendar\u00a0\u00a0\u00a0 you can always find that at yogabody.com.\u00a0\u00a0\u00a0, "start": 575.04, "duration": 4.32 }, { "text": "If you'd like more science-based yoga videos hit\u00a0\u00a0\u00a0 subscribe down below. I do my best to answer all\u00a0\u00a0\u00a0, "start": 579.36, "duration": 4.72 }, { "text": "my own comments, so if you have questions\u00a0\u00a0\u00a0 or comments post those down below as well.\u00a0\u00a0\u00a0, "start": 584.08, "duration": 3.84 }, { "text": "Thanks so much for joining me and\u00a0\u00a0\u00a0 I'll see you in the next video.", "start": 587.92, "duration": 3.52 } }