

WEBVTT

NOTE duration:"00:56:41"

NOTE recognizability:0.925

NOTE language:en-us

NOTE Confidence: 0.95736138

00:00:00.000 --> 00:00:01.712 Wonderful. Well, good afternoon,

NOTE Confidence: 0.95736138

00:00:01.712 --> 00:00:04.280 everyone and welcome to Grand Rounds.

NOTE Confidence: 0.95736138

00:00:04.280 --> 00:00:05.486 And it seems somewhat unusual to

NOTE Confidence: 0.95736138

00:00:05.486 --> 00:00:06.960 be back in this virtual format,

NOTE Confidence: 0.95736138

00:00:06.960 --> 00:00:09.556 but we're very grateful to be joined today

NOTE Confidence: 0.95736138

00:00:09.556 --> 00:00:11.780 by a speaker joining us from the West

NOTE Confidence: 0.95736138

00:00:11.835 --> 00:00:14.163 Coast who will introduce in just a moment.

NOTE Confidence: 0.95736138

00:00:14.170 --> 00:00:15.970 So we're delighted to be sharing

NOTE Confidence: 0.95736138

00:00:15.970 --> 00:00:17.170 this virtual space together.

NOTE Confidence: 0.95736138

00:00:17.170 --> 00:00:18.770 And just a reminder about

NOTE Confidence: 0.95736138

00:00:18.770 --> 00:00:20.050 grand rounds next week,

NOTE Confidence: 0.95736138

00:00:20.050 --> 00:00:22.342 we'll have a very special Donald

NOTE Confidence: 0.95736138

00:00:22.342 --> 00:00:24.609 Donald Cohen lecture for this year.

NOTE Confidence: 0.95736138

00:00:24.610 --> 00:00:27.130 Amy Clinton will be joining us from Emory.

NOTE Confidence: 0.95736138

00:00:27.130 --> 00:00:30.178 So please do join us in person in

NOTE Confidence: 0.95736138

00:00:30.178 --> 00:00:32.889 the Cohen Auditorium next week.

NOTE Confidence: 0.95736138

00:00:32.890 --> 00:00:34.962 And now it is my great pleasure

NOTE Confidence: 0.95736138

00:00:34.962 --> 00:00:37.277 and to ask Amelia Krishnan to

NOTE Confidence: 0.95736138

00:00:37.277 --> 00:00:39.527 introduce our speaker for today.

NOTE Confidence: 0.95736138

00:00:39.530 --> 00:00:40.330 Amelia, over to you.

NOTE Confidence: 0.945844377777778

00:00:42.020 --> 00:00:42.764 Thank you, Karen.

NOTE Confidence: 0.945844377777778

00:00:42.764 --> 00:00:44.252 Thank you everyone for being here.

NOTE Confidence: 0.945844377777778

00:00:44.260 --> 00:00:46.444 I'm Amaya and have been connected

NOTE Confidence: 0.945844377777778

00:00:46.444 --> 00:00:48.705 to the Yale Child Study Center

NOTE Confidence: 0.945844377777778

00:00:48.705 --> 00:00:50.889 in a few different roles over

NOTE Confidence: 0.945844377777778

00:00:50.889 --> 00:00:52.980 the past almost nine years.

NOTE Confidence: 0.945844377777778

00:00:52.980 --> 00:00:54.498 First as a social work fellow,

NOTE Confidence: 0.945844377777778

00:00:54.500 --> 00:00:55.200 then clinician,

NOTE Confidence: 0.945844377777778

00:00:55.200 --> 00:00:57.300 currently as a trainee from the

NOTE Confidence: 0.945844377777778
00:00:57.300 --> 00:00:59.350 Yale School of Nursing and then
NOTE Confidence: 0.945844377777778
00:00:59.350 --> 00:01:00.634 joining the outpatient clinic
NOTE Confidence: 0.945844377777778
00:01:00.634 --> 00:01:02.939 as a nurse practitioner in July.
NOTE Confidence: 0.945844377777778
00:01:02.940 --> 00:01:05.478 And it is my great honor to get to
NOTE Confidence: 0.945844377777778
00:01:05.478 --> 00:01:07.178 introduce Doctor Priyanna Dyan,
NOTE Confidence: 0.945844377777778
00:01:07.180 --> 00:01:08.587 our speaker today.
NOTE Confidence: 0.945844377777778
00:01:08.587 --> 00:01:10.932 Doctor Nadayanan received her medical
NOTE Confidence: 0.945844377777778
00:01:10.932 --> 00:01:14.008 degree from McGill University in Montreal,
NOTE Confidence: 0.945844377777778
00:01:14.010 --> 00:01:16.054 completed her psychiatry residency
NOTE Confidence: 0.945844377777778
00:01:16.054 --> 00:01:19.120 at NYU Medical Center and fellowship
NOTE Confidence: 0.945844377777778
00:01:19.194 --> 00:01:21.282 in forensics psychiatry at
NOTE Confidence: 0.945844377777778
00:01:21.282 --> 00:01:23.370 Albert Einstein Medical Center.
NOTE Confidence: 0.945844377777778
00:01:23.370 --> 00:01:23.803 Dr.
NOTE Confidence: 0.945844377777778
00:01:23.803 --> 00:01:25.535 Nadayanan currently works in
NOTE Confidence: 0.945844377777778
00:01:25.535 --> 00:01:27.267 an ACT Assertive Community
NOTE Confidence: 0.945844377777778

00:01:27.267 --> 00:01:29.210 treatment program in Los Angeles,
NOTE Confidence: 0.9458443777777778

00:01:29.210 --> 00:01:31.160 treating people with severe and
NOTE Confidence: 0.9458443777777778

00:01:31.160 --> 00:01:32.330 chronic psychiatric illness,
NOTE Confidence: 0.9458443777777778

00:01:32.330 --> 00:01:34.555 many of whom are experiencing
NOTE Confidence: 0.9458443777777778

00:01:34.555 --> 00:01:36.335 homelessness and other structural
NOTE Confidence: 0.9458443777777778

00:01:36.335 --> 00:01:38.379 and psychosocial stressors.
NOTE Confidence: 0.9458443777777778

00:01:38.380 --> 00:01:40.480 Doctor Nadayanan is also a senior
NOTE Confidence: 0.9458443777777778

00:01:40.480 --> 00:01:42.700 faculty member with the Sky Healing
NOTE Confidence: 0.9458443777777778

00:01:42.700 --> 00:01:44.575 Breaths program and travels around
NOTE Confidence: 0.9458443777777778

00:01:44.575 --> 00:01:47.213 the country to teach meditation and
NOTE Confidence: 0.9458443777777778

00:01:47.213 --> 00:01:49.536 self development workshops to focus
NOTE Confidence: 0.9458443777777778

00:01:49.536 --> 00:01:51.726 on addressing burnout and increasing
NOTE Confidence: 0.9458443777777778

00:01:51.726 --> 00:01:53.580 resiliency among healthcare workers.
NOTE Confidence: 0.9458443777777778

00:01:53.580 --> 00:01:56.478 She is a strong advocate for the role of
NOTE Confidence: 0.9458443777777778

00:01:56.478 --> 00:01:58.378 integrative modalities in recovery and
NOTE Confidence: 0.9458443777777778

00:01:58.378 --> 00:02:01.020 wellbeing and promotes the role of yoga,

NOTE Confidence: 0.945844377777778
00:02:01.020 --> 00:02:01.417 meditation,
NOTE Confidence: 0.945844377777778
00:02:01.417 --> 00:02:02.211 breath work,
NOTE Confidence: 0.945844377777778
00:02:02.211 --> 00:02:04.196 and a holistic perspective on
NOTE Confidence: 0.945844377777778
00:02:04.196 --> 00:02:06.488 healthy living as adjuncts to
NOTE Confidence: 0.945844377777778
00:02:06.488 --> 00:02:07.925 conventional psychiatric treatment.
NOTE Confidence: 0.945844377777778
00:02:07.930 --> 00:02:09.652 I would also like to note that
NOTE Confidence: 0.945844377777778
00:02:09.652 --> 00:02:11.418 she is an awardwinning documentary
NOTE Confidence: 0.945844377777778
00:02:11.418 --> 00:02:13.818 filmmaker and taught the first
NOTE Confidence: 0.945844377777778
00:02:13.818 --> 00:02:15.979 sky breathing workshop held in
NOTE Confidence: 0.945844377777778
00:02:15.979 --> 00:02:17.604 the Cohen Auditorium in 2015.
NOTE Confidence: 0.945844377777778
00:02:17.610 --> 00:02:19.514 I'm so glad that she could return to
NOTE Confidence: 0.945844377777778
00:02:19.514 --> 00:02:21.079 our community to share this knowledge
NOTE Confidence: 0.945844377777778
00:02:21.079 --> 00:02:23.350 and some of the practices with us today.
NOTE Confidence: 0.945844377777778
00:02:23.350 --> 00:02:24.830 So without further ado,
NOTE Confidence: 0.945844377777778
00:02:24.830 --> 00:02:25.730 over to you,
NOTE Confidence: 0.945844377777778

00:02:25.730 --> 00:02:26.110 Priya,
NOTE Confidence: 0.945844377777778
00:02:26.110 --> 00:02:28.450 thank you.
NOTE Confidence: 0.937458322222222
00:02:28.450 --> 00:02:29.524 Thank you, Amia.
NOTE Confidence: 0.937458322222222
00:02:29.524 --> 00:02:32.030 Amia snuck in some details that I
NOTE Confidence: 0.937458322222222
00:02:32.108 --> 00:02:34.684 had not submitted to her in the bio,
NOTE Confidence: 0.937458322222222
00:02:34.690 --> 00:02:37.730 which was very sweet of her to do.
NOTE Confidence: 0.937458322222222
00:02:37.730 --> 00:02:41.087 It's lovely to be back at Yale with all
NOTE Confidence: 0.937458322222222
00:02:41.087 --> 00:02:43.925 of you and also just the joy sometimes
NOTE Confidence: 0.937458322222222
00:02:43.925 --> 00:02:46.522 of not having to travel all the way
NOTE Confidence: 0.937458322222222
00:02:46.522 --> 00:02:48.930 and to be able to do this on Zoom.
NOTE Confidence: 0.937458322222222
00:02:48.930 --> 00:02:51.474 For those of us who don't travel so
NOTE Confidence: 0.937458322222222
00:02:51.474 --> 00:02:53.807 easily or feel exhausted from it,
NOTE Confidence: 0.937458322222222
00:02:53.810 --> 00:02:55.570 this is a real asset.
NOTE Confidence: 0.937458322222222
00:02:55.570 --> 00:02:58.162 And just I feel like the efficacy of doing
NOTE Confidence: 0.937458322222222
00:02:58.162 --> 00:03:00.727 this online also increases participation.
NOTE Confidence: 0.937458322222222
00:03:00.730 --> 00:03:01.670 So I'm very excited to

NOTE Confidence: 0.9374583222222222
00:03:01.670 --> 00:03:02.890 be with all of you today
NOTE Confidence: 0.94025356
00:03:05.090 --> 00:03:09.222 this. 45 minutes to an hour that we
NOTE Confidence: 0.94025356
00:03:09.222 --> 00:03:11.545 have together may be a little different
NOTE Confidence: 0.94025356
00:03:11.545 --> 00:03:13.688 than your typical grand rounds because
NOTE Confidence: 0.94025356
00:03:13.688 --> 00:03:16.292 there's a significant portion of it that
NOTE Confidence: 0.94025356
00:03:16.292 --> 00:03:18.396 is dedicated to certain experiential
NOTE Confidence: 0.94025356
00:03:18.396 --> 00:03:20.994 processes of breath work and meditation.
NOTE Confidence: 0.94025356
00:03:21.000 --> 00:03:23.718 But I think that's going to be really fun.
NOTE Confidence: 0.94025356
00:03:23.720 --> 00:03:26.664 And when I look back to my residency
NOTE Confidence: 0.94025356
00:03:26.664 --> 00:03:28.260 and all those grand rounds that
NOTE Confidence: 0.94025356
00:03:28.260 --> 00:03:29.480 I was compelled to do,
NOTE Confidence: 0.94025356
00:03:29.480 --> 00:03:31.640 I think I would have loved to have something
NOTE Confidence: 0.94025356
00:03:31.640 --> 00:03:33.509 that was a little bit more practical.
NOTE Confidence: 0.94025356
00:03:33.510 --> 00:03:35.967 So we're going to have some real
NOTE Confidence: 0.94025356
00:03:35.967 --> 00:03:37.817 practical tools to have under
NOTE Confidence: 0.94025356

00:03:37.817 --> 00:03:39.983 our belt before we leave today,
NOTE Confidence: 0.94025356

00:03:39.990 --> 00:03:41.710 right? So
NOTE Confidence: 0.960380328

00:03:45.390 --> 00:03:49.390 our topic today involves breathing,
NOTE Confidence: 0.960380328

00:03:49.390 --> 00:03:52.750 which we're all doing all day long,
NOTE Confidence: 0.960380328

00:03:52.750 --> 00:03:55.840 and really delving a little deeper
NOTE Confidence: 0.960380328

00:03:55.840 --> 00:03:58.704 into why breathing or breath work
NOTE Confidence: 0.960380328

00:03:58.704 --> 00:04:01.332 is so effective in reducing stress.
NOTE Confidence: 0.960380328

00:04:01.340 --> 00:04:05.460 And how we can use it as a tool for
NOTE Confidence: 0.960380328

00:04:05.460 --> 00:04:08.100 influencing well-being overall.
NOTE Confidence: 0.960380328

00:04:08.100 --> 00:04:11.548 And that brings me to one of my
NOTE Confidence: 0.960380328

00:04:11.548 --> 00:04:14.196 favorite books. It's Robert Sapolsky's.
NOTE Confidence: 0.960380328

00:04:14.196 --> 00:04:15.300 It's inspired.
NOTE Confidence: 0.960380328

00:04:15.300 --> 00:04:17.140 This little slide is inspired by his book.
NOTE Confidence: 0.960380328

00:04:17.140 --> 00:04:19.478 He's the author of a book called
NOTE Confidence: 0.960380328

00:04:19.478 --> 00:04:21.300 Why Zebras Don't Get Ulcers.
NOTE Confidence: 0.960380328

00:04:21.300 --> 00:04:24.096 He's a stress researcher at Stanford.

NOTE Confidence: 0.960380328

00:04:24.100 --> 00:04:27.076 And I love the fact that this poor

NOTE Confidence: 0.960380328

00:04:27.076 --> 00:04:29.059 zebra stripes are unraveling.

NOTE Confidence: 0.960380328

00:04:29.060 --> 00:04:30.060 Which really.

NOTE Confidence: 0.960380328

00:04:30.060 --> 00:04:33.060 Obviously doesn't happen to this zebra,

NOTE Confidence: 0.960380328

00:04:33.060 --> 00:04:37.365 but arguably we are all the human

NOTE Confidence: 0.960380328

00:04:37.365 --> 00:04:41.856 species in a state of chronic stress.

NOTE Confidence: 0.960380328

00:04:41.860 --> 00:04:46.018 Stress is obviously integral to functioning,

NOTE Confidence: 0.960380328

00:04:46.020 --> 00:04:50.192 but we've reached a point and I think

NOTE Confidence: 0.960380328

00:04:50.192 --> 00:04:52.658 much more exacerbated by technological

NOTE Confidence: 0.960380328

00:04:52.658 --> 00:04:57.257 advances that we don't come back to baseline.

NOTE Confidence: 0.960380328

00:04:57.260 --> 00:05:00.188 So the notion of having stresses.

NOTE Confidence: 0.960380328

00:05:00.190 --> 00:05:01.498 Essential for life,

NOTE Confidence: 0.960380328

00:05:01.498 --> 00:05:05.309 but you're meant to have it like a zebra,

NOTE Confidence: 0.960380328

00:05:05.310 --> 00:05:08.510 just right before perhaps dying.

NOTE Confidence: 0.960380328

00:05:08.510 --> 00:05:10.688 Like there's a predator attacking the

NOTE Confidence: 0.960380328

00:05:10.688 --> 00:05:13.550 zebra and there's a high level of stress.
NOTE Confidence: 0.960380328

00:05:13.550 --> 00:05:14.710 The sympathetic nervous system
NOTE Confidence: 0.960380328

00:05:14.710 --> 00:05:15.870 is in full drive,
NOTE Confidence: 0.960380328

00:05:15.870 --> 00:05:19.623 and the zebra has to use that to escape.
NOTE Confidence: 0.960380328

00:05:19.630 --> 00:05:23.172 But we've all now incorporated this chronic
NOTE Confidence: 0.960380328

00:05:23.172 --> 00:05:26.749 level of stress into our physical body.
NOTE Confidence: 0.960380328

00:05:26.750 --> 00:05:28.604 And that has very detrimental effects
NOTE Confidence: 0.960380328

00:05:28.604 --> 00:05:30.870 to our physical and mental well-being.
NOTE Confidence: 0.9201268

00:05:33.590 --> 00:05:36.998 So. Burnout, I know this is the word
NOTE Confidence: 0.9201268

00:05:36.998 --> 00:05:39.590 burnout has been around for decades.
NOTE Confidence: 0.9201268

00:05:39.590 --> 00:05:41.348 Originally when the word was coined,
NOTE Confidence: 0.9201268

00:05:41.350 --> 00:05:43.882 it was specific to the healing
NOTE Confidence: 0.9201268

00:05:43.882 --> 00:05:46.037 professions folks that were involved
NOTE Confidence: 0.9201268

00:05:46.037 --> 00:05:48.347 in any kind of patient care.
NOTE Confidence: 0.9201268

00:05:48.350 --> 00:05:51.866 It's now used much more widely.
NOTE Confidence: 0.9201268

00:05:51.870 --> 00:05:56.046 The poignant thing to me about this is that.

NOTE Confidence: 0.9201268

00:05:56.050 --> 00:05:58.178 Each and everyone of you here or

NOTE Confidence: 0.9201268

00:05:58.178 --> 00:06:00.489 anyone in the health professionals

NOTE Confidence: 0.9201268

00:06:00.490 --> 00:06:03.040 was attractive that profession with

NOTE Confidence: 0.9201268

00:06:03.040 --> 00:06:06.677 a very Basic Instinct to make a

NOTE Confidence: 0.9201268

00:06:06.677 --> 00:06:09.167 difference to someone else's life.

NOTE Confidence: 0.9201268

00:06:09.170 --> 00:06:12.425 But how do you give of yourself

NOTE Confidence: 0.9201268

00:06:12.425 --> 00:06:15.770 fully when you are depleted?

NOTE Confidence: 0.9201268

00:06:15.770 --> 00:06:18.752 And to me almost this word burnout

NOTE Confidence: 0.9201268

00:06:18.752 --> 00:06:20.495 doesn't capture the essence of

NOTE Confidence: 0.9201268

00:06:20.495 --> 00:06:22.560 what I believe is going on and

NOTE Confidence: 0.9201268

00:06:22.630 --> 00:06:25.280 I would I like using the word.

NOTE Confidence: 0.9201268

00:06:25.280 --> 00:06:26.480 I I didn't coin the word.

NOTE Confidence: 0.9201268

00:06:26.480 --> 00:06:28.808 It's from actually a alumni who went to

NOTE Confidence: 0.9201268

00:06:28.808 --> 00:06:31.158 the same undergraduate college as me.

NOTE Confidence: 0.9201268

00:06:31.160 --> 00:06:35.095 Moral injury that in the

NOTE Confidence: 0.9201268

00:06:35.095 --> 00:06:36.875 healthcare professions were facing
NOTE Confidence: 0.950317115

00:06:39.040 --> 00:06:42.892 almost like a spiritual impact
NOTE Confidence: 0.950317115

00:06:42.892 --> 00:06:45.796 on our ability to provide care.
NOTE Confidence: 0.950317115

00:06:45.800 --> 00:06:48.734 Feeling a disconnect with what we
NOTE Confidence: 0.950317115

00:06:48.734 --> 00:06:53.037 want to do and being unable to do it.
NOTE Confidence: 0.950317115

00:06:53.040 --> 00:06:55.600 The impact of burnout.
NOTE Confidence: 0.950317115

00:06:55.600 --> 00:06:56.880 Is multidimensional.
NOTE Confidence: 0.950317115

00:06:56.880 --> 00:06:58.476 This is sort of common sense.
NOTE Confidence: 0.950317115

00:06:58.480 --> 00:07:00.344 It obviously impacts the
NOTE Confidence: 0.950317115

00:07:00.344 --> 00:07:01.276 healthcare provider,
NOTE Confidence: 0.950317115

00:07:01.280 --> 00:07:02.672 physicians, nurses,
NOTE Confidence: 0.950317115

00:07:02.672 --> 00:07:04.760 nurse practitioners, everybody
NOTE Confidence: 0.95635504

00:07:06.800 --> 00:07:09.680 on every level, anxiety, depression.
NOTE Confidence: 0.95635504

00:07:09.680 --> 00:07:11.412 It impacts patient care.
NOTE Confidence: 0.95635504

00:07:11.412 --> 00:07:14.559 There's robust data on how patient outcomes
NOTE Confidence: 0.95635504

00:07:14.559 --> 00:07:17.835 are compromised by high levels of burnout.

NOTE Confidence: 0.95635504

00:07:17.840 --> 00:07:21.320 It has an impact on institutions,

NOTE Confidence: 0.95635504

00:07:21.320 --> 00:07:24.720 the costs that institutions bear.

NOTE Confidence: 0.95635504

00:07:24.720 --> 00:07:26.316 If there are more medical errors,

NOTE Confidence: 0.95635504

00:07:26.320 --> 00:07:29.440 if there's increased patient dissatisfaction,

NOTE Confidence: 0.95635504

00:07:29.440 --> 00:07:33.632 that impacts the entire healthcare system.

NOTE Confidence: 0.95635504

00:07:33.632 --> 00:07:38.160 And I think it also impacts the community's

NOTE Confidence: 0.95635504

00:07:38.160 --> 00:07:42.560 trust of healthcare providers, right?

NOTE Confidence: 0.95635504

00:07:42.560 --> 00:07:43.958 I've heard patients say, you know,

NOTE Confidence: 0.95635504

00:07:43.960 --> 00:07:45.697 I went to see this doctor and he's just

NOTE Confidence: 0.95635504

00:07:45.697 --> 00:07:47.593 out there to make money or he's just out,

NOTE Confidence: 0.95635504

00:07:47.600 --> 00:07:48.227 he's too busy.

NOTE Confidence: 0.95635504

00:07:48.227 --> 00:07:49.955 I don't don't get to speak about the

NOTE Confidence: 0.95635504

00:07:49.955 --> 00:07:52.226 things that I want to speak about, so it.

NOTE Confidence: 0.95635504

00:07:52.226 --> 00:07:54.977 Trickles down all the way to a

NOTE Confidence: 0.95635504

00:07:54.977 --> 00:07:57.210 community level where there's a

NOTE Confidence: 0.95635504

00:07:57.210 --> 00:07:58.722 there starts to become a distrust
NOTE Confidence: 0.95635504

00:07:58.722 --> 00:07:59.730 with the health profession.
NOTE Confidence: 0.9201269

00:08:02.130 --> 00:08:02.690 So
NOTE Confidence: 0.868015925

00:08:05.170 --> 00:08:08.206 the impact is is multidimensional anxiety,
NOTE Confidence: 0.868015925

00:08:08.210 --> 00:08:09.674 depression, insomnia, fatigue.
NOTE Confidence: 0.868015925

00:08:09.674 --> 00:08:12.602 But it has an impact on
NOTE Confidence: 0.868015925

00:08:12.610 --> 00:08:15.290 other aspects of our life,
NOTE Confidence: 0.868015925

00:08:15.290 --> 00:08:17.770 our feeling of social connectedness
NOTE Confidence: 0.868015925

00:08:17.770 --> 00:08:19.670 impacting work, life balance.
NOTE Confidence: 0.868015925

00:08:19.670 --> 00:08:23.066 Every single aspect of our life is
NOTE Confidence: 0.868015925

00:08:23.066 --> 00:08:25.868 impacted when there's a higher burnout.
NOTE Confidence: 0.868015925

00:08:25.870 --> 00:08:28.630 So the question is,
NOTE Confidence: 0.868015925

00:08:28.630 --> 00:08:31.230 what is the best way to address this?
NOTE Confidence: 0.868015925

00:08:31.230 --> 00:08:33.988 What is the best way to recharge?
NOTE Confidence: 0.868015925

00:08:33.990 --> 00:08:35.910 What is the most effective,
NOTE Confidence: 0.868015925

00:08:35.910 --> 00:08:39.950 efficient way to reduce stress in our lives?

NOTE Confidence: 0.868015925

00:08:39.950 --> 00:08:43.748 And to get into this conversation,

NOTE Confidence: 0.868015925

00:08:43.750 --> 00:08:46.390 I'd like to talk about energy,

NOTE Confidence: 0.868015925

00:08:46.390 --> 00:08:48.726 so I'd love it if you could just

NOTE Confidence: 0.868015925

00:08:48.726 --> 00:08:50.288 unmute yourself and just share.

NOTE Confidence: 0.868015925

00:08:50.290 --> 00:08:52.927 What are the ways in which we get energy?

NOTE Confidence: 0.868015925

00:08:52.930 --> 00:08:54.210 Like this is just simple,

NOTE Confidence: 0.868015925

00:08:54.210 --> 00:08:56.290 like how do how does how do we gain energy?

NOTE Confidence: 0.8720799

00:08:58.410 --> 00:09:01.250 Oh, my slide tricked me.

NOTE Confidence: 0.8720799

00:09:01.250 --> 00:09:04.036 Food, right? Food is one of the

NOTE Confidence: 0.8720799

00:09:04.036 --> 00:09:07.088 basic ways in which we get energy.

NOTE Confidence: 0.8720799

00:09:07.090 --> 00:09:08.329 And when I use the word energy,

NOTE Confidence: 0.8720799

00:09:08.330 --> 00:09:09.840 I'll describe this in a

NOTE Confidence: 0.8720799

00:09:09.840 --> 00:09:11.048 little bit deeper way.

NOTE Confidence: 0.8720799

00:09:11.050 --> 00:09:12.410 What's another way in which

NOTE Confidence: 0.8720799

00:09:12.410 --> 00:09:13.770 we get energy besides food?

NOTE Confidence: 0.81611156

00:09:17.370 --> 00:09:21.304 Rest. Sleep. Sleep. Absolutely.
NOTE Confidence: 0.81611156

00:09:21.304 --> 00:09:26.989 What else can I exercise? I heard exercise.
NOTE Confidence: 0.9080645633333333

00:09:31.310 --> 00:09:33.029 Connection with others.
NOTE Confidence: 0.9080645633333333

00:09:33.030 --> 00:09:35.614 Connection with others, yes.
NOTE Confidence: 0.9080645633333333

00:09:35.614 --> 00:09:38.188 What else? Anything else? I
NOTE Confidence: 0.9478012575

00:09:38.190 --> 00:09:40.590 get Energy from nature.
NOTE Confidence: 0.9478012575

00:09:40.590 --> 00:09:42.949 Nature. Like being outside in
NOTE Confidence: 0.946004123809524

00:09:43.750 --> 00:09:44.774 nature? Absolutely.
NOTE Confidence: 0.946004123809524

00:09:44.774 --> 00:09:47.846 So these are very thought out
NOTE Confidence: 0.946004123809524

00:09:47.846 --> 00:09:49.782 activities and they're unique
NOTE Confidence: 0.946004123809524

00:09:49.782 --> 00:09:52.694 probably to each of us that we
NOTE Confidence: 0.946004123809524

00:09:52.694 --> 00:09:55.142 engage in to very consciously bring
NOTE Confidence: 0.946004123809524

00:09:55.142 --> 00:09:58.310 ourselves into a calm state of mind.
NOTE Confidence: 0.946004123809524

00:09:58.310 --> 00:10:00.109 A walk in nature will do that,
NOTE Confidence: 0.946004123809524

00:10:00.110 --> 00:10:01.254 you know you walk,
NOTE Confidence: 0.946004123809524

00:10:01.254 --> 00:10:03.030 you're with with no other human being,

NOTE Confidence: 0.946004123809524
00:10:03.030 --> 00:10:04.254 just beautiful nature,
NOTE Confidence: 0.946004123809524
00:10:04.254 --> 00:10:05.070 beautiful sunset.
NOTE Confidence: 0.946004123809524
00:10:05.070 --> 00:10:07.812 You will notice that your energy
NOTE Confidence: 0.946004123809524
00:10:07.812 --> 00:10:10.515 levels or your overall sense of
NOTE Confidence: 0.946004123809524
00:10:10.515 --> 00:10:13.250 well-being is much higher after that.
NOTE Confidence: 0.946004123809524
00:10:13.250 --> 00:10:15.205 Or with your spending time
NOTE Confidence: 0.946004123809524
00:10:15.205 --> 00:10:17.530 with your loved ones listening
NOTE Confidence: 0.946004123809524
00:10:17.530 --> 00:10:21.330 to music that inspires you.
NOTE Confidence: 0.946004123809524
00:10:21.330 --> 00:10:23.676 But there's a source of energy
NOTE Confidence: 0.946004123809524
00:10:23.676 --> 00:10:25.690 that we're not tapping into.
NOTE Confidence: 0.9570259333333333
00:10:27.730 --> 00:10:33.330 How about breathing? Yes, yes.
NOTE Confidence: 0.9570259333333333
00:10:33.330 --> 00:10:36.586 It is literally the most impactful way in
NOTE Confidence: 0.9570259333333333
00:10:36.586 --> 00:10:40.088 which we can impact energy in our system.
NOTE Confidence: 0.9570259333333333
00:10:40.090 --> 00:10:42.008 And when I use the word energy,
NOTE Confidence: 0.9570259333333333
00:10:42.010 --> 00:10:44.089 I'm going to now start talking about
NOTE Confidence: 0.9570259333333333

00:10:44.089 --> 00:10:46.358 this in the context of where this
NOTE Confidence: 0.9570259333333333

00:10:46.358 --> 00:10:48.326 body of breath work comes from.
NOTE Confidence: 0.9570259333333333

00:10:48.330 --> 00:10:51.250 And it's an ancient science.
NOTE Confidence: 0.9570259333333333

00:10:51.250 --> 00:10:54.850 And I use the word science very consciously,
NOTE Confidence: 0.9570259333333333

00:10:54.850 --> 00:10:56.946 thousands of years old,
NOTE Confidence: 0.9570259333333333

00:10:56.946 --> 00:10:59.566 mostly from the Far East,
NOTE Confidence: 0.9570259333333333

00:10:59.570 --> 00:11:02.230 India and other parts of the world
NOTE Confidence: 0.9570259333333333

00:11:02.230 --> 00:11:04.615 where there are books written on
NOTE Confidence: 0.9570259333333333

00:11:04.615 --> 00:11:07.145 the value of breath in modulating
NOTE Confidence: 0.9570259333333333

00:11:07.145 --> 00:11:09.883 the state of our mind and.
NOTE Confidence: 0.9570259333333333

00:11:09.883 --> 00:11:12.648 On a very simplistic level,
NOTE Confidence: 0.9570259333333333

00:11:12.650 --> 00:11:13.694 very, very simplistic level,
NOTE Confidence: 0.9570259333333333

00:11:13.694 --> 00:11:16.448 but I think all of you would agree with this,
NOTE Confidence: 0.9570259333333333

00:11:16.450 --> 00:11:20.895 is that it's not that easy to
NOTE Confidence: 0.9570259333333333

00:11:20.895 --> 00:11:23.210 modulate the state of our mind
NOTE Confidence: 0.9570259333333333

00:11:23.210 --> 00:11:26.367 by telling our mind to go there.

NOTE Confidence: 0.9570259333333333
00:11:26.370 --> 00:11:29.324 So if I want to calm down,
NOTE Confidence: 0.9570259333333333
00:11:29.330 --> 00:11:30.570 and I keep telling myself,
NOTE Confidence: 0.9570259333333333
00:11:30.570 --> 00:11:31.890 calm down, calm down, calm down,
NOTE Confidence: 0.9570259333333333
00:11:31.890 --> 00:11:33.250 calm down, does that work?
NOTE Confidence: 0.92012674
00:11:35.970 --> 00:11:38.770 No. Maybe does once in a while,
NOTE Confidence: 0.92012674
00:11:38.770 --> 00:11:39.970 but for the most part,
NOTE Confidence: 0.92012674
00:11:39.970 --> 00:11:41.370 especially when you need to calm down,
NOTE Confidence: 0.92012674
00:11:41.370 --> 00:11:43.338 you're not in a state where that your
NOTE Confidence: 0.92012674
00:11:43.338 --> 00:11:45.526 mind is going to listen to you anyway.
NOTE Confidence: 0.92012674
00:11:45.530 --> 00:11:47.805 Or even worse, you have a friend
NOTE Confidence: 0.92012674
00:11:47.805 --> 00:11:50.070 or a colleague or a sibling telling
NOTE Confidence: 0.92012674
00:11:50.070 --> 00:11:52.730 you just calm down and you're like,
NOTE Confidence: 0.92012674
00:11:52.730 --> 00:11:53.970 I'd love to calm down,
NOTE Confidence: 0.92012674
00:11:53.970 --> 00:11:57.210 but this is not the time to tell me that,
NOTE Confidence: 0.92012674
00:11:57.210 --> 00:12:00.360 so asking the mind to do
NOTE Confidence: 0.92012674

00:12:00.360 --> 00:12:03.869 something isn't very effective.
NOTE Confidence: 0.92012674

00:12:03.870 --> 00:12:04.670 Like at this moment,
NOTE Confidence: 0.92012674

00:12:04.670 --> 00:12:06.469 if I were to say to all of you,
NOTE Confidence: 0.92012674

00:12:06.470 --> 00:12:07.388 you know what,
NOTE Confidence: 0.92012674

00:12:07.388 --> 00:12:09.224 Think of anything in the world,
NOTE Confidence: 0.92012674

00:12:09.230 --> 00:12:10.142 anything at all,
NOTE Confidence: 0.92012674

00:12:10.142 --> 00:12:12.270 but don't think of a green apple.
NOTE Confidence: 0.945742657272727

00:12:14.390 --> 00:12:15.890 That's the visual image.
NOTE Confidence: 0.945742657272727

00:12:15.890 --> 00:12:18.550 You can't control what the mind does.
NOTE Confidence: 0.945742657272727

00:12:18.550 --> 00:12:20.384 But if I were to tell you,
NOTE Confidence: 0.945742657272727

00:12:20.390 --> 00:12:23.390 take a long deep breath in,
NOTE Confidence: 0.945742657272727

00:12:23.390 --> 00:12:26.225 that is possible for you to do.
NOTE Confidence: 0.945742657272727

00:12:26.230 --> 00:12:28.825 So this ancient science that
NOTE Confidence: 0.945742657272727

00:12:28.825 --> 00:12:31.420 comes from the Far East.
NOTE Confidence: 0.945742657272727

00:12:31.420 --> 00:12:33.816 Established one thing which
NOTE Confidence: 0.945742657272727

00:12:33.816 --> 00:12:36.811 was very interesting is its

NOTE Confidence: 0.945742657272727
00:12:36.811 --> 00:12:39.120 connection with emotions, right.
NOTE Confidence: 0.945742657272727
00:12:39.120 --> 00:12:41.500 So there was a study done in
NOTE Confidence: 0.945742657272727
00:12:41.500 --> 00:12:43.500 2002 looking at respiratory
NOTE Confidence: 0.945742657272727
00:12:43.500 --> 00:12:46.000 feedback in the generation of
NOTE Confidence: 0.945742657272727
00:12:46.000 --> 00:12:48.216 emotion and what it did is it,
NOTE Confidence: 0.945742657272727
00:12:48.220 --> 00:12:50.833 it brought a cohort of people and
NOTE Confidence: 0.945742657272727
00:12:50.833 --> 00:12:53.758 had them evoke one of four different
NOTE Confidence: 0.945742657272727
00:12:53.758 --> 00:12:56.761 emotions and they recorded what I think
NOTE Confidence: 0.945742657272727
00:12:56.761 --> 00:12:59.636 all of you would agree with is that.
NOTE Confidence: 0.945742657272727
00:12:59.640 --> 00:13:01.660 Different emotions have a different
NOTE Confidence: 0.945742657272727
00:13:01.660 --> 00:13:03.580 rhythm in the breath, right?
NOTE Confidence: 0.945742657272727
00:13:03.580 --> 00:13:05.680 So if I were to ask you,
NOTE Confidence: 0.940253537142857
00:13:07.920 --> 00:13:10.636 how is your breath when you're sad,
NOTE Confidence: 0.940253537142857
00:13:10.640 --> 00:13:11.552 is there a description
NOTE Confidence: 0.940253537142857
00:13:11.552 --> 00:13:12.920 you can give me for that?
NOTE Confidence: 0.940253537142857

00:13:12.920 --> 00:13:14.258 What's the what's the rhythm of
NOTE Confidence: 0.940253537142857

00:13:14.258 --> 00:13:15.360 your breath when you're sad?
NOTE Confidence: 0.934503004285714

00:13:28.660 --> 00:13:30.655 I could see it as being slower,
NOTE Confidence: 0.931897431111111

00:13:30.980 --> 00:13:32.020 yes? Absolutely.
NOTE Confidence: 0.931897431111111

00:13:32.020 --> 00:13:35.140 And Heather, I think you would
NOTE Confidence: 0.931897431111111

00:13:35.140 --> 00:13:37.316 say agree at least that even if
NOTE Confidence: 0.931897431111111

00:13:37.316 --> 00:13:39.100 it's hard to describe the rhythm,
NOTE Confidence: 0.931897431111111

00:13:39.100 --> 00:13:40.785 it's very different than when
NOTE Confidence: 0.931897431111111

00:13:40.785 --> 00:13:42.133 you're happy or excited.
NOTE Confidence: 0.931897431111111

00:13:42.140 --> 00:13:44.695 It's very different than when
NOTE Confidence: 0.931897431111111

00:13:44.695 --> 00:13:46.739 you're angry or anxious.
NOTE Confidence: 0.931897431111111

00:13:46.740 --> 00:13:49.773 So that was the first part of the study,
NOTE Confidence: 0.931897431111111

00:13:49.780 --> 00:13:51.322 which is there was a very
NOTE Confidence: 0.931897431111111

00:13:51.322 --> 00:13:52.780 distinct rhythm in the breath.
NOTE Confidence: 0.931897431111111

00:13:52.780 --> 00:13:54.740 The second part of the study was interesting.
NOTE Confidence: 0.931897431111111

00:13:54.740 --> 00:13:59.003 They brought in a new cohort and had them.

NOTE Confidence: 0.9318974311111111
00:13:59.003 --> 00:14:01.529 Breathe in these rhythmic different rhythms,
NOTE Confidence: 0.9318974311111111
00:14:01.530 --> 00:14:03.952 they were instructed and to breathe in
NOTE Confidence: 0.9318974311111111
00:14:03.952 --> 00:14:06.050 those four different rhythmic patterns
NOTE Confidence: 0.9318974311111111
00:14:06.050 --> 00:14:09.290 and in a self reported questionnaire,
NOTE Confidence: 0.9318974311111111
00:14:09.290 --> 00:14:13.490 identify the emotion they experienced
NOTE Confidence: 0.9318974311111111
00:14:13.490 --> 00:14:15.670 and with statistical significance.
NOTE Confidence: 0.9318974311111111
00:14:15.670 --> 00:14:19.497 The participants were able to identify the
NOTE Confidence: 0.9318974311111111
00:14:19.497 --> 00:14:22.715 emotions simply by breathing in that rhythm,
NOTE Confidence: 0.9318974311111111
00:14:22.715 --> 00:14:26.765 which goes to show that the link between
NOTE Confidence: 0.9318974311111111
00:14:26.765 --> 00:14:29.890 breath and emotions is bidirectional.
NOTE Confidence: 0.9318974311111111
00:14:29.890 --> 00:14:32.610 So currently the way we function is an
NOTE Confidence: 0.9318974311111111
00:14:32.610 --> 00:14:34.675 event happens and your body reacts and
NOTE Confidence: 0.9318974311111111
00:14:34.675 --> 00:14:37.330 your heart rate is in a particular rhythm,
NOTE Confidence: 0.9318974311111111
00:14:37.330 --> 00:14:39.640 your breath breath is in a
NOTE Confidence: 0.9318974311111111
00:14:39.640 --> 00:14:42.346 particular rhythm and life goes on.
NOTE Confidence: 0.9318974311111111

00:14:42.346 --> 00:14:46.534 But what if we could use the rhythms in
NOTE Confidence: 0.9318974311111111

00:14:46.534 --> 00:14:50.450 the breath to modulate our state of mind,
NOTE Confidence: 0.9318974311111111

00:14:50.450 --> 00:14:52.090 right so.
NOTE Confidence: 0.9525533111111111

00:14:55.460 --> 00:14:56.471 Doctor Benson published
NOTE Confidence: 0.9525533111111111

00:14:56.471 --> 00:14:58.493 this book back in the 70s.
NOTE Confidence: 0.9525533111111111

00:14:58.500 --> 00:14:59.984 It's called Relaxation Revolution,
NOTE Confidence: 0.9525533111111111

00:14:59.984 --> 00:15:02.210 where he was starting to look
NOTE Confidence: 0.9525533111111111

00:15:02.277 --> 00:15:04.017 at the science and genetics of
NOTE Confidence: 0.9525533111111111

00:15:04.020 --> 00:15:06.576 mind body healing and you know,
NOTE Confidence: 0.9525533111111111

00:15:06.580 --> 00:15:08.440 spoke a lot about the relaxation
NOTE Confidence: 0.9525533111111111

00:15:08.440 --> 00:15:10.339 response that comes from the breath.
NOTE Confidence: 0.9525533111111111

00:15:10.340 --> 00:15:11.618 And more recently,
NOTE Confidence: 0.9525533111111111

00:15:11.618 --> 00:15:14.535 I believe Breath was published in 2021.
NOTE Confidence: 0.9525533111111111

00:15:14.535 --> 00:15:15.245 James Nastro,
NOTE Confidence: 0.9525533111111111

00:15:15.245 --> 00:15:17.020 the New York Times writer,
NOTE Confidence: 0.9525533111111111

00:15:17.020 --> 00:15:18.980 published this book called Breath,

NOTE Confidence: 0.9525533111111111
00:15:18.980 --> 00:15:21.514 The New Science of a Lost Art.
NOTE Confidence: 0.9525533111111111
00:15:21.520 --> 00:15:24.952 And I love that tagline because I do
NOTE Confidence: 0.9525533111111111
00:15:24.952 --> 00:15:28.410 believe that modern medicine is only just
NOTE Confidence: 0.9525533111111111
00:15:28.410 --> 00:15:31.200 catching up to this ancient science,
NOTE Confidence: 0.9525533111111111
00:15:31.200 --> 00:15:33.480 which unfortunately didn't have
NOTE Confidence: 0.9525533111111111
00:15:33.480 --> 00:15:35.760 enough double-blind control studies
NOTE Confidence: 0.9525533111111111
00:15:35.760 --> 00:15:38.758 for it to become a commonplace
NOTE Confidence: 0.9525533111111111
00:15:38.760 --> 00:15:40.560 tool that we all use in our lives.
NOTE Confidence: 0.90756444625
00:15:43.290 --> 00:15:45.918 And there one article that completely
NOTE Confidence: 0.90756444625
00:15:45.918 --> 00:15:48.867 speaks to this looked at it was a it's
NOTE Confidence: 0.90756444625
00:15:48.867 --> 00:15:51.568 a a Medline database review that looked
NOTE Confidence: 0.90756444625
00:15:51.568 --> 00:15:54.556 at you search parameters like reading
NOTE Confidence: 0.90756444625
00:15:54.556 --> 00:15:57.088 techniques and psychophysiological outcomes.
NOTE Confidence: 0.90756444625
00:15:57.090 --> 00:15:59.638 And they noticed that of course there's
NOTE Confidence: 0.90756444625
00:15:59.638 --> 00:16:02.428 a connection between deep breathing and
NOTE Confidence: 0.90756444625

00:16:02.428 --> 00:16:05.050 heart rate variability and respiration.
NOTE Confidence: 0.928752571428571

00:16:07.570 --> 00:16:10.685 So the the data on the the.
NOTE Confidence: 0.928752571428571

00:16:10.690 --> 00:16:14.320 Breath's ability to activate our
NOTE Confidence: 0.928752571428571

00:16:14.320 --> 00:16:15.930 parasympathetic nervous system,
NOTE Confidence: 0.928752571428571

00:16:15.930 --> 00:16:17.690 especially by deep breathing,
NOTE Confidence: 0.928752571428571

00:16:17.690 --> 00:16:18.968 is pretty evident.
NOTE Confidence: 0.928752571428571

00:16:18.968 --> 00:16:21.769 And the vagus nerve is interesting, right?
NOTE Confidence: 0.928752571428571

00:16:21.769 --> 00:16:23.442 So the vagus nerve puts us into
NOTE Confidence: 0.928752571428571

00:16:23.442 --> 00:16:25.170 a state of rest and relaxation,
NOTE Confidence: 0.928752571428571

00:16:25.170 --> 00:16:26.402 almost to the point where it's for
NOTE Confidence: 0.928752571428571

00:16:26.402 --> 00:16:27.808 those of us who've experienced it.
NOTE Confidence: 0.928752571428571

00:16:27.810 --> 00:16:30.560 You can faint from it, you know,
NOTE Confidence: 0.928752571428571

00:16:30.560 --> 00:16:33.290 you can have a syncopal episode.
NOTE Confidence: 0.928752571428571

00:16:33.290 --> 00:16:36.050 But that vagus nerve activation
NOTE Confidence: 0.928752571428571

00:16:36.050 --> 00:16:38.570 when done consciously?
NOTE Confidence: 0.928752571428571

00:16:38.570 --> 00:16:42.525 Switch us from that fight and flight

NOTE Confidence: 0.928752571428571
00:16:42.530 --> 00:16:45.128 to a rest and relaxation mode
NOTE Confidence: 0.928752571428571
00:16:45.130 --> 00:16:47.650 and you can do that simply from
NOTE Confidence: 0.928752571428571
00:16:47.650 --> 00:16:50.290 increasing the duration of your exhale
NOTE Confidence: 0.941595274
00:16:53.170 --> 00:16:55.522 and nothing. Just if your inhale is 2
NOTE Confidence: 0.941595274
00:16:55.522 --> 00:16:57.647 counts and your exhale is 4 counts,
NOTE Confidence: 0.941595274
00:16:57.650 --> 00:17:01.570 it will put you into a parasympathetic mode.
NOTE Confidence: 0.941595274
00:17:01.570 --> 00:17:03.411 But of course the science or the
NOTE Confidence: 0.941595274
00:17:03.411 --> 00:17:04.756 these techniques that are have
NOTE Confidence: 0.941595274
00:17:04.756 --> 00:17:06.274 been taught for thousands of years
NOTE Confidence: 0.941595274
00:17:06.274 --> 00:17:08.048 are much more elaborate than that.
NOTE Confidence: 0.941595274
00:17:08.050 --> 00:17:10.792 And So what I'd like to do is actually
NOTE Confidence: 0.941595274
00:17:10.792 --> 00:17:13.920 take a few moments if everybody's OK with
NOTE Confidence: 0.941595274
00:17:13.995 --> 00:17:16.210 this to do some breathing techniques.
NOTE Confidence: 0.941595274
00:17:16.210 --> 00:17:18.340 Does that sound like something that
NOTE Confidence: 0.941595274
00:17:18.340 --> 00:17:20.196 would be interesting and useful?
NOTE Confidence: 0.941595274

00:17:20.196 --> 00:17:23.050 And also one of those techniques I will.

NOTE Confidence: 0.941595274

00:17:23.050 --> 00:17:23.890 It's very simple,

NOTE Confidence: 0.941595274

00:17:23.890 --> 00:17:25.850 but it can be taught to your clients,

NOTE Confidence: 0.941595274

00:17:25.850 --> 00:17:26.610 your patients,

NOTE Confidence: 0.941595274

00:17:26.610 --> 00:17:29.650 anyone that you you would like to teach.

NOTE Confidence: 0.941595274

00:17:29.650 --> 00:17:30.770 But before we do that,

NOTE Confidence: 0.941595274

00:17:30.770 --> 00:17:32.190 is there anything anyone would

NOTE Confidence: 0.941595274

00:17:32.190 --> 00:17:33.326 like to ask me?

NOTE Confidence: 0.9201268

00:17:40.040 --> 00:17:40.360 No.

NOTE Confidence: 0.909144914285714

00:17:42.720 --> 00:17:46.318 OK, alright. So what we'll do is

NOTE Confidence: 0.909144914285714

00:17:46.320 --> 00:17:47.692 I'm going to give you a description

NOTE Confidence: 0.909144914285714

00:17:47.692 --> 00:17:48.800 of what we're going to do.

NOTE Confidence: 0.909144914285714

00:17:48.800 --> 00:17:51.098 The first breathing technique that I'm

NOTE Confidence: 0.909144914285714

00:17:51.098 --> 00:17:54.718 going to teach you is the simpler one,

NOTE Confidence: 0.909144914285714

00:17:54.720 --> 00:17:58.360 and it's called straw breath.

NOTE Confidence: 0.909144914285714

00:17:58.360 --> 00:18:00.040 And as the name implies,

NOTE Confidence: 0.93773775

00:18:02.640 --> 00:18:04.752 there's a little analogy to a straw and

NOTE Confidence: 0.93773775

00:18:04.752 --> 00:18:06.909 the way it would impact you is that.

NOTE Confidence: 0.93773775

00:18:06.910 --> 00:18:08.428 You breathe in through the nose.

NOTE Confidence: 0.93773775

00:18:08.430 --> 00:18:10.509 So you're breathing in through the nose,

NOTE Confidence: 0.93773775

00:18:10.510 --> 00:18:13.303 but you're breathing out as if you

NOTE Confidence: 0.93773775

00:18:13.303 --> 00:18:15.789 were breathing out through a straw.

NOTE Confidence: 0.93773775

00:18:15.790 --> 00:18:17.350 What that means, or what it

NOTE Confidence: 0.93773775

00:18:17.350 --> 00:18:19.430 looks like, is you breathe in

NOTE Confidence: 0.92767435

00:18:21.830 --> 00:18:22.910 and the out is

NOTE Confidence: 0.934764472727273

00:18:32.590 --> 00:18:33.694 so you can see.

NOTE Confidence: 0.934764472727273

00:18:33.694 --> 00:18:35.800 I extended that for quite a while.

NOTE Confidence: 0.934764472727273

00:18:35.800 --> 00:18:37.680 When we do it together,

NOTE Confidence: 0.934764472727273

00:18:37.680 --> 00:18:40.040 I'll gradually increase the count.

NOTE Confidence: 0.934764472727273

00:18:40.040 --> 00:18:41.160 If you feel like, Oh my God,

NOTE Confidence: 0.934764472727273

00:18:41.160 --> 00:18:42.312 it's very hard to catch up

NOTE Confidence: 0.934764472727273

00:18:42.312 --> 00:18:43.559 for the count that I'm doing,
NOTE Confidence: 0.934764472727273

00:18:43.560 --> 00:18:44.768 that's OK, Just relax.
NOTE Confidence: 0.934764472727273

00:18:44.768 --> 00:18:47.252 But as we do it, you'll notice that
NOTE Confidence: 0.934764472727273

00:18:47.252 --> 00:18:49.196 with each attempt at doing that,
NOTE Confidence: 0.934764472727273

00:18:49.200 --> 00:18:52.120 the exhale gets longer, right?
NOTE Confidence: 0.934764472727273

00:18:52.120 --> 00:18:53.590 So simple instruction,
NOTE Confidence: 0.934764472727273

00:18:53.590 --> 00:18:56.040 breathing in through the nose,
NOTE Confidence: 0.934764472727273

00:18:56.040 --> 00:18:57.643 Breathing out through the mouth as if
NOTE Confidence: 0.934764472727273

00:18:57.643 --> 00:18:59.199 you were breathing out through a teeny,
NOTE Confidence: 0.934764472727273

00:18:59.200 --> 00:19:02.198 teeny, teeny straw, yeah.
NOTE Confidence: 0.934764472727273

00:19:02.198 --> 00:19:03.950 Any questions on that?
NOTE Confidence: 0.934764472727273

00:19:03.950 --> 00:19:06.590 Does that seem fairly straightforward?
NOTE Confidence: 0.934764472727273

00:19:06.590 --> 00:19:06.927 Okay.
NOTE Confidence: 0.934764472727273

00:19:06.927 --> 00:19:09.623 And what you'll do is before we begin,
NOTE Confidence: 0.934764472727273

00:19:09.630 --> 00:19:11.148 let's do a quick check in.
NOTE Confidence: 0.934764472727273

00:19:11.150 --> 00:19:13.730 So I want you to close

NOTE Confidence: 0.934764472727273
00:19:13.730 --> 00:19:15.229 your eyes for a moment
NOTE Confidence: 0.93933886
00:19:19.110 --> 00:19:20.575 and just notice the state
NOTE Confidence: 0.93933886
00:19:20.575 --> 00:19:22.550 of your mind at this moment.
NOTE Confidence: 0.94402747875
00:19:29.760 --> 00:19:32.455 It's almost as if you're taking a
NOTE Confidence: 0.94402747875
00:19:32.455 --> 00:19:34.520 snapshot of your mind at this moment.
NOTE Confidence: 0.823850086666667
00:19:40.810 --> 00:19:44.128 Are there a lot of thoughts,
NOTE Confidence: 0.823850086666667
00:19:44.130 --> 00:19:47.930 The thoughts rushing off to the future,
NOTE Confidence: 0.823850086666667
00:19:47.930 --> 00:19:49.090 the past, whatever It is,
NOTE Confidence: 0.823850086666667
00:19:49.090 --> 00:19:51.010 just observing the state of your
NOTE Confidence: 0.823850086666667
00:19:51.010 --> 00:19:53.759 mind simply so that it can allow you
NOTE Confidence: 0.823850086666667
00:19:53.759 --> 00:19:55.841 to compare this state with how you
NOTE Confidence: 0.823850086666667
00:19:55.841 --> 00:19:57.610 feel at the end of the straw breath.
NOTE Confidence: 0.932512523076923
00:19:59.690 --> 00:20:01.160 And if you wish, you can open
NOTE Confidence: 0.932512523076923
00:20:01.160 --> 00:20:02.570 the eyes to just watch me.
NOTE Confidence: 0.932512523076923
00:20:02.570 --> 00:20:05.098 But if not, we're going to go straight
NOTE Confidence: 0.932512523076923

00:20:05.098 --> 00:20:07.814 into a straw breath and a reminder
NOTE Confidence: 0.932512523076923

00:20:07.814 --> 00:20:10.142 you're breathing in through the nose.
NOTE Confidence: 0.932512523076923

00:20:10.150 --> 00:20:13.489 And exhaling through the mouth as if
NOTE Confidence: 0.932512523076923

00:20:13.489 --> 00:20:16.350 you're breathing out through a straw.
NOTE Confidence: 0.932512523076923

00:20:16.350 --> 00:20:19.950 And I'll be counting the exhale for you.
NOTE Confidence: 0.932512523076923

00:20:19.950 --> 00:20:24.310 So breathe in and exhale
NOTE Confidence: 0.9301902

00:20:31.030 --> 00:20:34.310 123456 Inhale
NOTE Confidence: 0.9452853

00:20:36.990 --> 00:20:38.550 Exhale 1.
NOTE Confidence: 0.95031714

00:20:47.000 --> 00:20:49.640 234-5678, breathe in.
NOTE Confidence: 0.9603805

00:20:53.600 --> 00:20:54.520 Exhale.
NOTE Confidence: 0.95031714

00:21:02.640 --> 00:21:04.640 123-4567 eight.
NOTE Confidence: 0.865492165

00:21:07.950 --> 00:21:11.670 Breathe in Exhale
NOTE Confidence: 0.9301902

00:21:23.230 --> 00:21:26.030 1-234-567-8910 Breathe in
NOTE Confidence: 0.9603804

00:21:29.110 --> 00:21:29.990 Exhale
NOTE Confidence: 0.9301902

00:21:36.310 --> 00:21:36.950 123456.
NOTE Confidence: 0.9301903

00:21:41.420 --> 00:21:46.658 78910 And continue at your own pace,

NOTE Confidence: 0.9301903

00:21:46.660 --> 00:21:49.900 breathing in through the nostrils

NOTE Confidence: 0.9301903

00:21:49.900 --> 00:21:55.340 and exhaling as if through a straw,

NOTE Confidence: 0.9301903

00:21:55.340 --> 00:21:58.580 and extending that exhale as long as you can.

NOTE Confidence: 0.88167088

00:22:47.960 --> 00:22:50.632 And after this last exhale, you can

NOTE Confidence: 0.88167088

00:22:50.632 --> 00:22:53.200 relax the breath but keep the eyes closed

NOTE Confidence: 0.42406118

00:22:55.320 --> 00:22:55.430 and

NOTE Confidence: 0.9419308333333333

00:23:02.110 --> 00:23:03.600 once again just observe the

NOTE Confidence: 0.9419308333333333

00:23:03.600 --> 00:23:05.829 state of your mind at this moment

NOTE Confidence: 0.93824092

00:23:15.540 --> 00:23:17.820 and when you feel ready,

NOTE Confidence: 0.93824092

00:23:17.820 --> 00:23:19.060 you can open the eyes.

NOTE Confidence: 0.936594181818182

00:23:27.100 --> 00:23:28.626 Anyone want to share what that was

NOTE Confidence: 0.936594181818182

00:23:28.626 --> 00:23:30.300 like to do that? Have you noted?

NOTE Confidence: 0.936594181818182

00:23:30.300 --> 00:23:31.500 Did you notice a difference

NOTE Confidence: 0.8148742

00:23:42.110 --> 00:23:42.550 fall?

NOTE Confidence: 0.950317

00:23:44.590 --> 00:23:47.350 It certainly is very relaxing

NOTE Confidence: 0.950317

00:23:47.350 --> 00:23:48.785 and I would like to suggest we
NOTE Confidence: 0.950317

00:23:48.785 --> 00:23:50.430 do it for every grand rounds.
NOTE Confidence: 0.94528523

00:23:53.220 --> 00:23:54.480 It's funny you said that.
NOTE Confidence: 0.94528523

00:23:54.480 --> 00:23:56.020 I was just thinking we really need
NOTE Confidence: 0.930190138333333

00:23:56.020 --> 00:23:57.178 to do this at the start
NOTE Confidence: 0.930190138333333

00:23:57.180 --> 00:23:59.740 of every class we teach.
NOTE Confidence: 0.930190138333333

00:23:59.740 --> 00:24:03.140 Just from the the chaos of the transition.
NOTE Confidence: 0.930190138333333

00:24:03.140 --> 00:24:05.165 It's like clearing out the the
NOTE Confidence: 0.930190138333333

00:24:05.165 --> 00:24:07.140 chaos from your your brain.
NOTE Confidence: 0.932202832

00:24:09.140 --> 00:24:12.040 Tina and Paul, you know this is it's to me.
NOTE Confidence: 0.932202832

00:24:12.040 --> 00:24:13.912 You know, when I I grew up in India.
NOTE Confidence: 0.932202832

00:24:13.920 --> 00:24:14.721 And believe me,
NOTE Confidence: 0.932202832

00:24:14.721 --> 00:24:16.590 the last thing as a child growing
NOTE Confidence: 0.932202832

00:24:16.647 --> 00:24:18.719 up in India was wanting to learn yoga.
NOTE Confidence: 0.932202832

00:24:18.720 --> 00:24:20.835 Like that was like what the old people did,
NOTE Confidence: 0.932202832

00:24:20.840 --> 00:24:22.502 and you didn't want to have

NOTE Confidence: 0.932202832

00:24:22.502 --> 00:24:24.080 anything whatsoever to do with it.

NOTE Confidence: 0.932202832

00:24:24.080 --> 00:24:28.808 And so my discovery of yoga and breathwork

NOTE Confidence: 0.932202832

00:24:28.808 --> 00:24:32.280 was my journey in the United States,

NOTE Confidence: 0.932202832

00:24:32.280 --> 00:24:34.212 you know, as a young resident is

NOTE Confidence: 0.932202832

00:24:34.212 --> 00:24:36.039 when I started delving into it,

NOTE Confidence: 0.932202832

00:24:36.040 --> 00:24:38.270 and I think the most.

NOTE Confidence: 0.932202832

00:24:38.270 --> 00:24:40.480 Interesting thing to me about

NOTE Confidence: 0.932202832

00:24:40.480 --> 00:24:43.285 breath work especially is that the

NOTE Confidence: 0.932202832

00:24:43.285 --> 00:24:45.349 effect is nearly instantaneous.

NOTE Confidence: 0.938576366666667

00:24:47.830 --> 00:24:49.546 It just slows your mind down.

NOTE Confidence: 0.938576366666667

00:24:49.550 --> 00:24:51.200 It's almost as if your mind

NOTE Confidence: 0.938576366666667

00:24:51.200 --> 00:24:52.848 and the breath are connected.

NOTE Confidence: 0.938576366666667

00:24:52.848 --> 00:24:56.120 And I also teach this because some of

NOTE Confidence: 0.938576366666667

00:24:56.199 --> 00:24:59.109 the breathing techniques we we teach,

NOTE Confidence: 0.938576366666667

00:24:59.110 --> 00:25:00.230 you know you don't don't.

NOTE Confidence: 0.938576366666667

00:25:00.230 --> 00:25:01.910 You couldn't teach it to folks
NOTE Confidence: 0.938576366666667

00:25:01.910 --> 00:25:03.370 that have very severe mental
NOTE Confidence: 0.938576366666667

00:25:03.370 --> 00:25:05.070 illness or a psychotic process
NOTE Confidence: 0.938576366666667

00:25:05.070 --> 00:25:07.904 that it could be too destabilizing.
NOTE Confidence: 0.938576366666667

00:25:07.904 --> 00:25:11.589 But straw breath is like
NOTE Confidence: 0.938576366666667

00:25:11.590 --> 00:25:13.354 an overarching favorite,
NOTE Confidence: 0.938576366666667

00:25:13.354 --> 00:25:16.670 and there's something about and in schools,
NOTE Confidence: 0.938576366666667

00:25:16.670 --> 00:25:18.910 they actually will do a fun thing
NOTE Confidence: 0.938576366666667

00:25:18.980 --> 00:25:21.176 where they'll give kids straws to
NOTE Confidence: 0.938576366666667

00:25:21.176 --> 00:25:23.230 to just have something tactile.
NOTE Confidence: 0.938576366666667

00:25:23.230 --> 00:25:25.678 But the process of exhaling through
NOTE Confidence: 0.938576366666667

00:25:25.678 --> 00:25:28.749 the mouth for that extended duration,
NOTE Confidence: 0.938576366666667

00:25:28.750 --> 00:25:30.340 and that's key.
NOTE Confidence: 0.938576366666667

00:25:30.340 --> 00:25:33.950 So when you teach it, the breath isn't.
NOTE Confidence: 0.9402536

00:25:38.150 --> 00:25:39.710 It's that wouldn't do it.
NOTE Confidence: 0.9402536

00:25:39.710 --> 00:25:41.885 It really is that straw

NOTE Confidence: 0.9402536

00:25:41.885 --> 00:25:43.625 description is very critical.

NOTE Confidence: 0.9402536

00:25:43.630 --> 00:25:45.070 So you're telling them breathe in

NOTE Confidence: 0.927314942857143

00:25:49.350 --> 00:25:51.062 as much as they can do it, you know?

NOTE Confidence: 0.927314942857143

00:25:51.062 --> 00:25:52.958 And as you noticed when I

NOTE Confidence: 0.927314942857143

00:25:52.958 --> 00:25:54.548 instructed you it was graded,

NOTE Confidence: 0.927314942857143

00:25:54.550 --> 00:25:56.870 I started at six and I built up to 8,

NOTE Confidence: 0.927314942857143

00:25:56.870 --> 00:25:59.544 then 10 and you can do that,

NOTE Confidence: 0.927314942857143

00:25:59.550 --> 00:26:03.436 but it's just an it's such a powerful

NOTE Confidence: 0.927314942857143

00:26:03.436 --> 00:26:06.957 tool but also one that I feel.

NOTE Confidence: 0.927314942857143

00:26:06.960 --> 00:26:08.484 With my patients,

NOTE Confidence: 0.927314942857143

00:26:08.484 --> 00:26:11.268 there's this feeling of self empowerment.

NOTE Confidence: 0.927314942857143

00:26:11.268 --> 00:26:13.886 So it's something they feel they're doing

NOTE Confidence: 0.927314942857143

00:26:13.886 --> 00:26:16.280 for themselves instead of everything.

NOTE Confidence: 0.927314942857143

00:26:16.280 --> 00:26:17.760 Feeling like someone is

NOTE Confidence: 0.927314942857143

00:26:17.760 --> 00:26:19.240 doing something for them.

NOTE Confidence: 0.927314942857143

00:26:19.240 --> 00:26:23.920 So it's a tool that anybody can use.
NOTE Confidence: 0.927314942857143

00:26:23.920 --> 00:26:25.904 So I, I and I agree, you know,
NOTE Confidence: 0.927314942857143

00:26:25.904 --> 00:26:28.400 few like 2 minutes of this before any
NOTE Confidence: 0.927314942857143

00:26:28.468 --> 00:26:30.932 grand rounds would be a great way
NOTE Confidence: 0.927314942857143

00:26:30.932 --> 00:26:33.310 to incorporate this into one's life.
NOTE Confidence: 0.927314942857143

00:26:33.310 --> 00:26:35.785 I also use straw breath.
NOTE Confidence: 0.927314942857143

00:26:35.790 --> 00:26:38.430 When I'm having a stressful conversation,
NOTE Confidence: 0.927314942857143

00:26:38.430 --> 00:26:40.670 and often stressful conversations are,
NOTE Confidence: 0.927314942857143

00:26:40.670 --> 00:26:43.008 I feel one way streets where I'm
NOTE Confidence: 0.927314942857143

00:26:43.008 --> 00:26:45.270 listening to someone who's stressed out.
NOTE Confidence: 0.927314942857143

00:26:45.270 --> 00:26:47.310 And if that's all they're doing,
NOTE Confidence: 0.927314942857143

00:26:47.310 --> 00:26:49.683 I will just be doing straw breath
NOTE Confidence: 0.927314942857143

00:26:49.683 --> 00:26:52.028 on the other end on the phone.
NOTE Confidence: 0.927314942857143

00:26:52.030 --> 00:26:55.690 Like, I just no one's going
NOTE Confidence: 0.927314942857143

00:26:55.690 --> 00:26:57.190 to know you're doing that,
NOTE Confidence: 0.927314942857143

00:26:57.190 --> 00:27:00.155 but you're experiencing the benefits

NOTE Confidence: 0.927314942857143
00:27:00.155 --> 00:27:02.527 of your parasympathetic nervous
NOTE Confidence: 0.927314942857143
00:27:02.527 --> 00:27:05.066 system being activated, Yeah.
NOTE Confidence: 0.927314942857143
00:27:05.066 --> 00:27:05.662 Great.
NOTE Confidence: 0.927314942857143
00:27:05.662 --> 00:27:09.555 Did anyone have any questions on using
NOTE Confidence: 0.927314942857143
00:27:09.555 --> 00:27:12.075 this as a tool to instruct your patients,
NOTE Confidence: 0.927314942857143
00:27:12.080 --> 00:27:14.165 clients or did that feel
NOTE Confidence: 0.927314942857143
00:27:14.165 --> 00:27:14.999 fairly straightforward?
NOTE Confidence: 0.94025349
00:27:17.240 --> 00:27:18.320 Paul, you're on mute.
NOTE Confidence: 0.936228128
00:27:21.400 --> 00:27:23.360 I had a quick question. Sometimes
NOTE Confidence: 0.946291532
00:27:23.360 --> 00:27:26.240 in either yoga or meditation,
NOTE Confidence: 0.946291532
00:27:26.240 --> 00:27:28.674 they teach a different kind of breathing.
NOTE Confidence: 0.946291532
00:27:28.674 --> 00:27:32.240 It's more like an ocean breath.
NOTE Confidence: 0.946291532
00:27:32.240 --> 00:27:33.998 At the back of your throat.
NOTE Confidence: 0.946291532
00:27:34.000 --> 00:27:36.672 What's the difference between the
NOTE Confidence: 0.946291532
00:27:36.672 --> 00:27:39.568 straw breath and that in terms of your
NOTE Confidence: 0.946291532

00:27:39.568 --> 00:27:42.000 feelings as an expert in this area?
NOTE Confidence: 0.948639766666667

00:27:44.240 --> 00:27:48.038 So Paul, absolutely. The ocean breath,
NOTE Confidence: 0.948639766666667

00:27:48.040 --> 00:27:50.476 also called victory breath and in a
NOTE Confidence: 0.948639766666667

00:27:50.476 --> 00:27:52.877 yoga class they'll call it Ujai breath,
NOTE Confidence: 0.948639766666667

00:27:52.880 --> 00:27:56.360 is on a very simple level.
NOTE Confidence: 0.948639766666667

00:27:56.360 --> 00:27:58.268 It's harder to teach,
NOTE Confidence: 0.948639766666667

00:27:58.268 --> 00:28:00.176 It's harder to instruct.
NOTE Confidence: 0.948639766666667

00:28:00.180 --> 00:28:02.218 Like, even if I would, I can.
NOTE Confidence: 0.948639766666667

00:28:02.218 --> 00:28:03.412 I'm happy to do that with
NOTE Confidence: 0.948639766666667

00:28:03.412 --> 00:28:04.578 all of you right now.
NOTE Confidence: 0.948639766666667

00:28:04.580 --> 00:28:06.665 The instructions on doing it
NOTE Confidence: 0.948639766666667

00:28:06.665 --> 00:28:09.300 can put people into their heads.
NOTE Confidence: 0.948639766666667

00:28:09.300 --> 00:28:12.900 The straw breath is much simpler because
NOTE Confidence: 0.948639766666667

00:28:12.900 --> 00:28:15.140 you're just breathing out through the mouth.
NOTE Confidence: 0.948639766666667

00:28:15.140 --> 00:28:18.020 So the ocean breath, victory breath.
NOTE Confidence: 0.948639766666667

00:28:18.020 --> 00:28:20.220 I can describe it the way you would

NOTE Confidence: 0.948639766666667
00:28:20.220 --> 00:28:22.818 when we teach it, is once again,
NOTE Confidence: 0.948639766666667
00:28:22.818 --> 00:28:25.614 you're breathing in through the nose,
NOTE Confidence: 0.948639766666667
00:28:25.620 --> 00:28:27.540 but your mouth is closed.
NOTE Confidence: 0.948639766666667
00:28:27.540 --> 00:28:29.075 You're breathing in and out
NOTE Confidence: 0.948639766666667
00:28:29.075 --> 00:28:29.996 through the nostrils.
NOTE Confidence: 0.948639766666667
00:28:30.000 --> 00:28:31.680 But your attention is in
NOTE Confidence: 0.948639766666667
00:28:31.680 --> 00:28:33.360 the back of your throat.
NOTE Confidence: 0.948639766666667
00:28:33.360 --> 00:28:35.400 So when you do that,
NOTE Confidence: 0.948639766666667
00:28:35.400 --> 00:28:38.000 if hopefully all my audio filters aren't on,
NOTE Confidence: 0.948639766666667
00:28:38.000 --> 00:28:38.994 you should be able to hear me.
NOTE Confidence: 0.948639766666667
00:28:39.000 --> 00:28:40.000 It sounds like this.
NOTE Confidence: 0.8778972375
00:28:50.200 --> 00:28:51.490 So you're constricting the back of
NOTE Confidence: 0.8778972375
00:28:51.490 --> 00:28:54.320 the throat. It is extremely powerful.
NOTE Confidence: 0.8778972375
00:28:54.320 --> 00:28:58.528 It's it's just and it's also great sleep aid.
NOTE Confidence: 0.8778972375
00:28:58.530 --> 00:29:00.630 So when when you're lying down and
NOTE Confidence: 0.8778972375

00:29:00.630 --> 00:29:03.049 your mind is churning, there's so many

NOTE Confidence: 0.8778972375

00:29:03.049 --> 00:29:05.490 things as you try to go to sleep,

NOTE Confidence: 0.8778972375

00:29:05.490 --> 00:29:09.095 just doing like 8 to 10 victory

NOTE Confidence: 0.8778972375

00:29:09.095 --> 00:29:12.088 breaths will put you right to sleep.

NOTE Confidence: 0.8778972375

00:29:12.090 --> 00:29:12.826 So you know what?

NOTE Confidence: 0.8778972375

00:29:12.826 --> 00:29:14.194 Since you brought brought it up, Paul,

NOTE Confidence: 0.8778972375

00:29:14.194 --> 00:29:16.063 I think it's a good little reason

NOTE Confidence: 0.8778972375

00:29:16.063 --> 00:29:17.689 to just learn the victory breath.

NOTE Confidence: 0.8778972375

00:29:17.690 --> 00:29:19.286 So if everybody's OK with that,

NOTE Confidence: 0.8778972375

00:29:19.290 --> 00:29:21.201 I'll teach the ocean breath to all

NOTE Confidence: 0.8778972375

00:29:21.201 --> 00:29:23.326 of you and you'll do it together

NOTE Confidence: 0.8778972375

00:29:23.326 --> 00:29:25.689 and maybe even have a the the

NOTE Confidence: 0.8778972375

00:29:25.689 --> 00:29:27.927 ability to compare it with how.

NOTE Confidence: 0.8778972375

00:29:27.930 --> 00:29:29.610 You felt at the end of Straw breath,

NOTE Confidence: 0.8778972375

00:29:29.610 --> 00:29:30.954 although I will tell you that it

NOTE Confidence: 0.8778972375

00:29:30.954 --> 00:29:32.329 starts to get accumulated right?

NOTE Confidence: 0.8778972375

00:29:32.330 --> 00:29:35.088 So you're not comparing apples to apples.

NOTE Confidence: 0.8778972375

00:29:35.090 --> 00:29:36.550 You've done straw breath and

NOTE Confidence: 0.8778972375

00:29:36.550 --> 00:29:38.010 now you're doing victory breath,

NOTE Confidence: 0.8778972375

00:29:38.010 --> 00:29:40.320 so might feel more powerful just

NOTE Confidence: 0.8778972375

00:29:40.320 --> 00:29:42.462 by virtue of doing many long

NOTE Confidence: 0.8778972375

00:29:42.462 --> 00:29:45.050 exhales by the time you get there.

NOTE Confidence: 0.8778972375

00:29:45.050 --> 00:29:48.903 So victory breath is done, as I said,

NOTE Confidence: 0.8778972375

00:29:48.903 --> 00:29:51.009 constricting the back of the throat.

NOTE Confidence: 0.8778972375

00:29:51.010 --> 00:29:53.148 Now for those of you who don't

NOTE Confidence: 0.8778972375

00:29:53.148 --> 00:29:55.300 know what that means.

NOTE Confidence: 0.8778972375

00:29:55.300 --> 00:29:58.060 The analogy is if you had a mirror

NOTE Confidence: 0.8778972375

00:29:58.060 --> 00:29:59.495 and you were trying to fog it,

NOTE Confidence: 0.8778972375

00:29:59.500 --> 00:30:01.117 or a piece of glass and you

NOTE Confidence: 0.8778972375

00:30:01.117 --> 00:30:02.260 were trying to fog it,

NOTE Confidence: 0.8778972375

00:30:02.260 --> 00:30:04.180 you would go.

NOTE Confidence: 0.8778972375

00:30:04.180 --> 00:30:05.660 And if you can all just do that.
NOTE Confidence: 0.8778972375

00:30:05.660 --> 00:30:08.300 Like you're pretending to fog something,
NOTE Confidence: 0.9402536

00:30:14.780 --> 00:30:17.020 now do that with your mouth closed.
NOTE Confidence: 0.918619673333333

00:30:21.960 --> 00:30:24.228 You notice a little scratchiness at the
NOTE Confidence: 0.918619673333333

00:30:24.228 --> 00:30:26.759 back of your throat when you do that.
NOTE Confidence: 0.918619673333333

00:30:26.760 --> 00:30:29.728 Now you have to do that on the
NOTE Confidence: 0.918619673333333

00:30:29.728 --> 00:30:32.640 in and the out breath. So it's
NOTE Confidence: 0.90911094

00:30:49.640 --> 00:30:51.700 and a simple way to.
NOTE Confidence: 0.90911094

00:30:51.700 --> 00:30:53.460 To know that you're doing it right is.
NOTE Confidence: 0.90911094

00:30:53.460 --> 00:30:56.244 I'll have you do this now you can
NOTE Confidence: 0.90911094

00:30:56.244 --> 00:31:00.018 just cut your ears for a moment,
NOTE Confidence: 0.90911094

00:31:00.020 --> 00:31:02.615 and for the first few seconds,
NOTE Confidence: 0.90911094

00:31:02.615 --> 00:31:04.820 I just want you to breathe normally,
NOTE Confidence: 0.90911094

00:31:04.820 --> 00:31:06.536 like normal breath. As if nothing.
NOTE Confidence: 0.90911094

00:31:06.540 --> 00:31:08.244 No, no victory breath.
NOTE Confidence: 0.90911094

00:31:08.244 --> 00:31:09.380 Just normal breath.

NOTE Confidence: 0.9301902
00:31:11.820 --> 00:31:11.880 And
NOTE Confidence: 0.94830432
00:31:16.120 --> 00:31:17.920 now switch to victory breath.
NOTE Confidence: 0.946291526
00:31:24.670 --> 00:31:26.494 And you should start to notice
NOTE Confidence: 0.946291526
00:31:26.494 --> 00:31:27.710 that there's a difference.
NOTE Confidence: 0.946291526
00:31:27.710 --> 00:31:28.530 Do you notice that when
NOTE Confidence: 0.946291526
00:31:28.530 --> 00:31:29.350 you do the victory breath,
NOTE Confidence: 0.946291526
00:31:29.350 --> 00:31:30.930 you're hearing a sound,
NOTE Confidence: 0.946291526
00:31:30.930 --> 00:31:32.905 So you're doing it right?
NOTE Confidence: 0.946291526
00:31:32.910 --> 00:31:34.410 Sometimes we're not convinced we're
NOTE Confidence: 0.946291526
00:31:34.410 --> 00:31:36.150 doing something right when we are.
NOTE Confidence: 0.946291526
00:31:36.150 --> 00:31:39.102 So let's do a few rounds of victory breath.
NOTE Confidence: 0.946291526
00:31:39.110 --> 00:31:40.982 And what I'll do at the end of that,
NOTE Confidence: 0.946291526
00:31:40.990 --> 00:31:44.062 I'm just going to guide you
NOTE Confidence: 0.946291526
00:31:44.062 --> 00:31:46.110 through a brief meditation.
NOTE Confidence: 0.946291526
00:31:46.110 --> 00:31:48.070 And then we'll just look at some
NOTE Confidence: 0.946291526

00:31:48.070 --> 00:31:49.825 of the science pertaining to this
NOTE Confidence: 0.946291526

00:31:49.825 --> 00:31:51.350 particular practice that I teach.
NOTE Confidence: 0.946291526

00:31:51.350 --> 00:31:53.676 Yeah. So eyes closed.
NOTE Confidence: 0.946291526

00:31:53.676 --> 00:31:57.148 So really, for the next 6 minutes or so,
NOTE Confidence: 0.946291526

00:31:57.148 --> 00:31:59.379 your eyes are going to be closed throughout.
NOTE Confidence: 0.8705651625

00:32:03.900 --> 00:32:06.500 Then just relax completely.
NOTE Confidence: 0.80600267

00:32:09.420 --> 00:32:10.820 There's nothing to do
NOTE Confidence: 0.940253542

00:32:14.100 --> 00:32:16.324 for the next few minutes, just
NOTE Confidence: 0.940253542

00:32:16.324 --> 00:32:18.980 following the instructions effortlessly.
NOTE Confidence: 0.900473145714286

00:32:24.930 --> 00:32:29.529 Let's begin with some big tree breaths,
NOTE Confidence: 0.900473145714286

00:32:29.530 --> 00:32:33.230 Ocean breaths, breathing in and
NOTE Confidence: 0.900473145714286

00:32:33.230 --> 00:32:35.778 out through the nose, gently
NOTE Confidence: 0.900473145714286

00:32:35.778 --> 00:32:38.490 constricting the back of the throat.
NOTE Confidence: 0.8143873475

00:33:03.890 --> 00:33:07.410 Long, deep victory breaths,
NOTE Confidence: 0.8143873475

00:33:07.410 --> 00:33:10.070 constricting the back of the throat and
NOTE Confidence: 0.8143873475

00:33:10.070 --> 00:33:12.170 deepening the breath as you go along.

NOTE Confidence: 0.94276945

00:33:51.210 --> 00:33:54.640 And relax the breath. Allow the

NOTE Confidence: 0.94276945

00:33:54.640 --> 00:33:56.290 breath to come back to normal.

NOTE Confidence: 0.91517292125

00:34:00.010 --> 00:34:01.600 We'll just meditate

NOTE Confidence: 0.91517292125

00:34:01.600 --> 00:34:04.250 together for a few minutes.

NOTE Confidence: 0.91517292125

00:34:04.250 --> 00:34:06.010 When you hear my instructions,

NOTE Confidence: 0.91517292125

00:34:06.010 --> 00:34:08.275 just lightly and gently follow

NOTE Confidence: 0.91517292125

00:34:08.275 --> 00:34:10.087 them without much effort.

NOTE Confidence: 0.947572436363636

00:34:15.410 --> 00:34:17.144 First, bring your attention to all

NOTE Confidence: 0.947572436363636

00:34:17.144 --> 00:34:19.010 the sounds in your environment,

NOTE Confidence: 0.950317

00:34:22.050 --> 00:34:23.010 whatever they are.

NOTE Confidence: 0.944898246153846

00:34:28.900 --> 00:34:31.413 Just accept all the sounds and noises

NOTE Confidence: 0.944898246153846

00:34:31.413 --> 00:34:33.500 in your environment at this moment.

NOTE Confidence: 0.9402536

00:34:47.670 --> 00:34:49.308 Now become aware of your body.

NOTE Confidence: 0.8983464

00:34:53.190 --> 00:34:56.466 Your awareness is fully on your body

NOTE Confidence: 0.8983464

00:34:56.470 --> 00:34:58.339 and on the seat that you're sitting

NOTE Confidence: 0.8983464

00:34:58.339 --> 00:34:59.942 feeling the weight of your body
NOTE Confidence: 0.8983464

00:34:59.942 --> 00:35:01.430 on the seat that you're sitting.
NOTE Confidence: 0.92402476

00:35:12.240 --> 00:35:13.836 The body is a precious gift.
NOTE Confidence: 0.943608184444444

00:35:16.840 --> 00:35:18.136 Just becoming aware of
NOTE Confidence: 0.943608184444444

00:35:18.136 --> 00:35:19.756 your body at this moment.
NOTE Confidence: 0.6358009

00:35:21.960 --> 00:35:22.040 Now
NOTE Confidence: 0.928733968

00:35:34.730 --> 00:35:36.450 become aware of your thoughts.
NOTE Confidence: 0.926750703333334

00:35:43.690 --> 00:35:45.270 Your full attention and
NOTE Confidence: 0.926750703333334

00:35:45.270 --> 00:35:47.245 awareness is on your thoughts,
NOTE Confidence: 0.950317

00:35:49.890 --> 00:35:52.010 good thoughts or bad thoughts
NOTE Confidence: 0.938486981818182

00:35:56.810 --> 00:35:58.535 Without judging, just become aware
NOTE Confidence: 0.938486981818182

00:35:58.535 --> 00:36:00.730 of your thoughts at this moment.
NOTE Confidence: 0.913549578571429

00:36:18.280 --> 00:36:20.758 Now bring your awareness to your feelings,
NOTE Confidence: 0.96373481

00:36:28.080 --> 00:36:31.638 pleasant or unpleasant,
NOTE Confidence: 0.96373481

00:36:31.640 --> 00:36:32.837 without any judgment.
NOTE Confidence: 0.96373481

00:36:32.837 --> 00:36:34.832 Just become aware of your

NOTE Confidence: 0.96373481
00:36:34.832 --> 00:36:36.519 feelings at this moment.
NOTE Confidence: 0.893724343333333
00:36:52.220 --> 00:36:53.660 You are peace.
NOTE Confidence: 0.773692883333333
00:36:56.940 --> 00:36:58.140 You are joy.
NOTE Confidence: 0.934215492
00:37:28.130 --> 00:37:32.530 Take a deep breath in and exhale.
NOTE Confidence: 0.89453298
00:37:38.140 --> 00:37:44.140 Breathe in again and as you exhale,
NOTE Confidence: 0.89453298
00:37:44.140 --> 00:37:47.540 become aware of your body and surroundings,
NOTE Confidence: 0.917287214
00:37:50.500 --> 00:37:52.780 and when you feel ready,
NOTE Confidence: 0.917287214
00:37:52.780 --> 00:37:54.180 you may open the eyes.
NOTE Confidence: 0.8440728
00:38:04.660 --> 00:38:06.095 How are you feeling? How is it?
NOTE Confidence: 0.8440728
00:38:06.100 --> 00:38:08.185 Is there a difference between
NOTE Confidence: 0.8440728
00:38:08.185 --> 00:38:10.442 your state of mind when you
NOTE Confidence: 0.8440728
00:38:10.442 --> 00:38:11.897 started this session and now?
NOTE Confidence: 0.946962533333333
00:38:14.700 --> 00:38:17.852 Yeah, fell asleep? Who, who?
NOTE Confidence: 0.946962533333333
00:38:17.852 --> 00:38:20.978 Who said that? Sorry, I missed.
NOTE Confidence: 0.946962533333333
00:38:20.980 --> 00:38:22.280 Wonderful. You felt like.
NOTE Confidence: 0.946962533333333

00:38:22.280 --> 00:38:23.882 And you know, it's interesting.
NOTE Confidence: 0.9469625333333333

00:38:23.882 --> 00:38:26.059 That can be one of the first
NOTE Confidence: 0.9469625333333333

00:38:26.059 --> 00:38:27.931 outcomes when you start to do
NOTE Confidence: 0.9469625333333333

00:38:27.931 --> 00:38:29.135 breath work and meditation.
NOTE Confidence: 0.9469625333333333

00:38:29.140 --> 00:38:30.728 There's so much fatigue.
NOTE Confidence: 0.9469625333333333

00:38:30.728 --> 00:38:33.635 Restore in our body so that can
NOTE Confidence: 0.9469625333333333

00:38:33.635 --> 00:38:36.317 manifest as feeling tired and sleepy.
NOTE Confidence: 0.9469625333333333

00:38:36.320 --> 00:38:38.422 So anyone else,
NOTE Confidence: 0.9469625333333333

00:38:38.422 --> 00:38:39.877 anything you wanted to share
NOTE Confidence: 0.9201268

00:38:43.240 --> 00:38:45.120 in more Peace
NOTE Confidence: 0.9301902

00:38:45.120 --> 00:38:48.680 of Mind in terms of daily
NOTE Confidence: 0.9301902

00:38:48.680 --> 00:38:51.640 tasks that I need to do?
NOTE Confidence: 0.9301902

00:38:51.640 --> 00:38:54.465 I was in rush to call patients
NOTE Confidence: 0.9301902

00:38:54.465 --> 00:38:56.630 family clinician, so I was like,
NOTE Confidence: 0.9301902

00:38:56.630 --> 00:39:01.140 I'm gonna do that slowly, slower. Yeah.
NOTE Confidence: 0.9452853

00:39:01.140 --> 00:39:02.640 It's slowing it, literally.

NOTE Confidence: 0.9452853

00:39:02.640 --> 00:39:04.140 It slows you down.

NOTE Confidence: 0.9452853

00:39:04.140 --> 00:39:06.228 And the thing about slowing down

NOTE Confidence: 0.9452853

00:39:06.228 --> 00:39:08.668 isn't in that negative way, you know?

NOTE Confidence: 0.9452853

00:39:08.668 --> 00:39:11.216 So much of our energy is wasted

NOTE Confidence: 0.9452853

00:39:11.216 --> 00:39:14.940 in mindless chatter in the mind,

NOTE Confidence: 0.9452853

00:39:14.940 --> 00:39:16.620 like it's not getting you anywhere.

NOTE Confidence: 0.9452853

00:39:16.620 --> 00:39:18.620 You're just like, you know,

NOTE Confidence: 0.9452853

00:39:18.620 --> 00:39:22.572 it's bombardment of thoughts.

NOTE Confidence: 0.9452853

00:39:22.572 --> 00:39:26.268 But the clarity thoughts get.

NOTE Confidence: 0.9452853

00:39:26.268 --> 00:39:28.816 Thoughts are thoughts are part of us.

NOTE Confidence: 0.9452853

00:39:28.820 --> 00:39:31.326 Your thoughts are critical to our existence.

NOTE Confidence: 0.9452853

00:39:31.330 --> 00:39:34.970 But it's the overwhelming nature

NOTE Confidence: 0.9452853

00:39:34.970 --> 00:39:36.800 of our thought patterns that causes

NOTE Confidence: 0.9452853

00:39:36.800 --> 00:39:38.450 stress to our nervous system,

NOTE Confidence: 0.9452853

00:39:38.450 --> 00:39:40.610 and that's where the breath comes

NOTE Confidence: 0.9452853

00:39:40.610 --> 00:39:44.547 in and allows us to really slow the
NOTE Confidence: 0.9452853

00:39:44.547 --> 00:39:48.050 pace of that mind modulation so
NOTE Confidence: 0.9452853

00:39:48.050 --> 00:39:50.394 that we're really living life from
NOTE Confidence: 0.9452853

00:39:50.394 --> 00:39:52.050 a place of being more centered.
NOTE Confidence: 0.94427896

00:39:54.240 --> 00:39:55.044 Charlene, thank you.
NOTE Confidence: 0.94427896

00:39:55.044 --> 00:39:56.920 It's so soothing to do breath work.
NOTE Confidence: 0.94427896

00:39:56.920 --> 00:39:57.763 I feel nourished,
NOTE Confidence: 0.94427896

00:39:57.763 --> 00:39:59.449 and my breath actually sounds like
NOTE Confidence: 0.94427896

00:39:59.449 --> 00:40:01.439 the ocean when I constrict my throat.
NOTE Confidence: 0.94427896

00:40:01.440 --> 00:40:04.200 Absolutely. And that's the analogy.
NOTE Confidence: 0.94427896

00:40:04.200 --> 00:40:06.798 It's ocean breath, like Paul mentioned.
NOTE Confidence: 0.94427896

00:40:06.800 --> 00:40:08.360 Because you sound like an ocean.
NOTE Confidence: 0.94427896

00:40:08.360 --> 00:40:09.914 You know, like or like as kids,
NOTE Confidence: 0.94427896

00:40:09.920 --> 00:40:11.243 you'd put a seashell on your ears
NOTE Confidence: 0.94427896

00:40:11.243 --> 00:40:12.637 and hear the sound of the ocean.
NOTE Confidence: 0.94427896

00:40:12.640 --> 00:40:14.920 It's very similar.

NOTE Confidence: 0.94427896

00:40:14.920 --> 00:40:16.584 So what I'd like to do is just

NOTE Confidence: 0.94427896

00:40:16.584 --> 00:40:18.474 take a few minutes to share some

NOTE Confidence: 0.94427896

00:40:18.474 --> 00:40:21.096 of the science on this particular

NOTE Confidence: 0.94427896

00:40:21.096 --> 00:40:23.232 breath work meditation technique.

NOTE Confidence: 0.94427896

00:40:23.232 --> 00:40:24.660 That I teach,

NOTE Confidence: 0.94427896

00:40:24.660 --> 00:40:27.500 it's actually taught over multiple

NOTE Confidence: 0.94427896

00:40:27.500 --> 00:40:30.340 consecutive sessions because it's much

NOTE Confidence: 0.94427896

00:40:30.427 --> 00:40:33.696 more intensive than what we learned today.

NOTE Confidence: 0.94427896

00:40:33.700 --> 00:40:35.226 And so let me just make sure

NOTE Confidence: 0.94427896

00:40:35.226 --> 00:40:36.698 that I have this and this.

NOTE Confidence: 0.94427896

00:40:36.700 --> 00:40:37.220 To me,

NOTE Confidence: 0.94427896

00:40:37.220 --> 00:40:39.728 the first of that slides really is very

NOTE Confidence: 0.94427896

00:40:39.728 --> 00:40:42.391 important to share with all of you

NOTE Confidence: 0.94427896

00:40:42.391 --> 00:40:45.258 because it was done at Children's National.

NOTE Confidence: 0.94427896

00:40:45.260 --> 00:40:46.140 Hold on for a second,

NOTE Confidence: 0.94427896

00:40:46.140 --> 00:40:50.468 I have a text message here that is.
NOTE Confidence: 0.94427896

00:40:50.470 --> 00:40:51.094 In my way.
NOTE Confidence: 0.94427896

00:40:51.094 --> 00:40:52.342 I don't know how to hold.
NOTE Confidence: 0.94427896

00:40:52.350 --> 00:40:52.605 Sorry.
NOTE Confidence: 0.94427896

00:40:52.605 --> 00:40:54.652 I'm just gonna take a moment to close
NOTE Confidence: 0.94427896

00:40:54.652 --> 00:40:56.748 that chat so I can see my screen
NOTE Confidence: 0.9301902

00:40:58.670 --> 00:40:59.790 and we don't see it. Priya.
NOTE Confidence: 0.933065457142857

00:41:00.310 --> 00:41:02.310 Yeah, I'm gonna put it back on, Karen.
NOTE Confidence: 0.9301902

00:41:05.630 --> 00:41:05.990 There we go.
NOTE Confidence: 0.84130844

00:41:09.510 --> 00:41:11.782 Is that visible? Perfect.
NOTE Confidence: 0.84130844

00:41:11.782 --> 00:41:15.730 OK, so it was this guy workshop that was
NOTE Confidence: 0.84130844

00:41:15.730 --> 00:41:17.390 done at Children's National Hospital.
NOTE Confidence: 0.84130844

00:41:17.390 --> 00:41:20.276 Sample size of 27 healthcare professionals.
NOTE Confidence: 0.84130844

00:41:20.280 --> 00:41:23.038 And this group was actually instructed to
NOTE Confidence: 0.84130844

00:41:23.040 --> 00:41:25.077 practice the the they did the workshop,
NOTE Confidence: 0.84130844

00:41:25.080 --> 00:41:27.397 but they also practiced the sky technique,

NOTE Confidence: 0.84130844

00:41:27.400 --> 00:41:30.320 which takes about 20 minutes for 40 days.

NOTE Confidence: 0.84130844

00:41:30.320 --> 00:41:33.560 And we noticed pretty significant declines

NOTE Confidence: 0.84130844

00:41:33.560 --> 00:41:36.360 in anxiety and depression scores,

NOTE Confidence: 0.84130844

00:41:36.360 --> 00:41:40.116 but also burnout, a very significant

NOTE Confidence: 0.84130844

00:41:40.116 --> 00:41:43.040 decline in emotional and deep

NOTE Confidence: 0.84130844

00:41:43.040 --> 00:41:45.120 personalization and emotional exhaustion.

NOTE Confidence: 0.84130844

00:41:45.120 --> 00:41:48.096 And to us that is, you know, really again.

NOTE Confidence: 0.84130844

00:41:48.096 --> 00:41:50.477 Speaking to this idea of how can

NOTE Confidence: 0.84130844

00:41:50.477 --> 00:41:52.736 we be the best that we want to be,

NOTE Confidence: 0.84130844

00:41:52.740 --> 00:41:54.524 how can we function,

NOTE Confidence: 0.84130844

00:41:54.524 --> 00:41:57.200 especially when we provide care to

NOTE Confidence: 0.84130844

00:41:57.290 --> 00:41:58.960 patients at our optimal capacity.

NOTE Confidence: 0.84130844

00:41:58.960 --> 00:42:01.440 So this was very nice to see that the

NOTE Confidence: 0.84130844

00:42:01.440 --> 00:42:03.222 the study actually showed the impact

NOTE Confidence: 0.84130844

00:42:03.222 --> 00:42:05.140 because we had anecdotally heard that,

NOTE Confidence: 0.84130844

00:42:05.140 --> 00:42:07.695 heard a lot of testimonials from workshops,
NOTE Confidence: 0.84130844

00:42:07.700 --> 00:42:10.940 but that was quite nice to see the effect
NOTE Confidence: 0.84130844

00:42:10.940 --> 00:42:13.900 on burnout directly and then the study
NOTE Confidence: 0.84130844

00:42:13.900 --> 00:42:16.060 was done during the pandemic as well.
NOTE Confidence: 0.84130844

00:42:16.060 --> 00:42:18.373 This study had a sample size of 92 people.
NOTE Confidence: 0.84130844

00:42:18.380 --> 00:42:19.538 It's not 100,
NOTE Confidence: 0.84130844

00:42:19.538 --> 00:42:20.696 that's an error.
NOTE Confidence: 0.84130844

00:42:20.700 --> 00:42:22.428 And the parameters we looked at
NOTE Confidence: 0.84130844

00:42:22.428 --> 00:42:24.060 is self report of stress,
NOTE Confidence: 0.84130844

00:42:24.060 --> 00:42:29.540 anxiety and depression and also self report
NOTE Confidence: 0.84130844

00:42:29.540 --> 00:42:32.180 of sleep resilience and life satisfaction.
NOTE Confidence: 0.84130844

00:42:32.180 --> 00:42:34.740 And I think to me the most interesting
NOTE Confidence: 0.84130844

00:42:34.740 --> 00:42:37.270 thing is that sleep and resilience
NOTE Confidence: 0.84130844

00:42:37.270 --> 00:42:40.095 and life satisfaction scores were
NOTE Confidence: 0.84130844

00:42:40.095 --> 00:42:42.660 sustained and increased by day 40.
NOTE Confidence: 0.84130844

00:42:42.660 --> 00:42:45.564 So there was a cumulative effect over time.

NOTE Confidence: 0.84130844

00:42:45.570 --> 00:42:47.130 Which was also my personal,

NOTE Confidence: 0.84130844

00:42:47.130 --> 00:42:51.048 you know, my if I was the case study.

NOTE Confidence: 0.84130844

00:42:51.050 --> 00:42:53.138 I remember when I did this practice that

NOTE Confidence: 0.84130844

00:42:53.138 --> 00:42:55.128 I noticed that my sleep had improved.

NOTE Confidence: 0.84130844

00:42:55.130 --> 00:42:56.768 The quality of my sleep improved

NOTE Confidence: 0.84130844

00:42:56.768 --> 00:42:58.847 to the point where I felt like I

NOTE Confidence: 0.84130844

00:42:58.847 --> 00:43:00.007 needed less than 8 hours,

NOTE Confidence: 0.84130844

00:43:00.010 --> 00:43:02.010 which previous to this was

NOTE Confidence: 0.84130844

00:43:02.010 --> 00:43:03.634 like 8 hours or death.

NOTE Confidence: 0.84130844

00:43:03.634 --> 00:43:06.277 I started to feel like I was more

NOTE Confidence: 0.84130844

00:43:06.277 --> 00:43:08.825 restful with 7 hours of sleep because

NOTE Confidence: 0.84130844

00:43:08.825 --> 00:43:11.677 the quality of my sleep had improved.

NOTE Confidence: 0.84130844

00:43:11.680 --> 00:43:14.186 And this study I think is really

NOTE Confidence: 0.84130844

00:43:14.186 --> 00:43:16.272 wonderful to share with you because

NOTE Confidence: 0.84130844

00:43:16.272 --> 00:43:18.880 it was done at the Child Study Center

NOTE Confidence: 0.84130844

00:43:18.880 --> 00:43:21.462 and the in collaboration with the Yale
NOTE Confidence: 0.84130844

00:43:21.462 --> 00:43:23.358 Center for Emotional Intelligence.
NOTE Confidence: 0.84130844

00:43:23.360 --> 00:43:26.016 And it was an 8 week randomized control
NOTE Confidence: 0.84130844

00:43:26.016 --> 00:43:28.648 study with 131 participants who were
NOTE Confidence: 0.84130844

00:43:28.648 --> 00:43:31.600 assigned to a mindfulness based program,
NOTE Confidence: 0.84130844

00:43:31.600 --> 00:43:32.652 emotional intelligence,
NOTE Confidence: 0.84130844

00:43:32.652 --> 00:43:34.756 the sky and control.
NOTE Confidence: 0.84130844

00:43:34.760 --> 00:43:36.888 And there was an equal dosage of
NOTE Confidence: 0.84130844

00:43:36.888 --> 00:43:38.565 meditation that was done which was
NOTE Confidence: 0.84130844

00:43:38.565 --> 00:43:42.230 a total of 30 hours over 8 weeks.
NOTE Confidence: 0.84130844

00:43:42.230 --> 00:43:44.998 And what we noticed is that Sky and
NOTE Confidence: 0.84130844

00:43:44.998 --> 00:43:48.308 this also because it's a younger age group.
NOTE Confidence: 0.84130844

00:43:48.310 --> 00:43:51.078 Part of the reason for doing the study
NOTE Confidence: 0.84130844

00:43:51.078 --> 00:43:54.264 was really to address this crisis of
NOTE Confidence: 0.84130844

00:43:54.264 --> 00:43:56.148 mental health issues in our youth,
NOTE Confidence: 0.84130844

00:43:56.150 --> 00:43:58.934 our college students, graduates,

NOTE Confidence: 0.84130844

00:43:58.934 --> 00:43:59.630 undergraduates,

NOTE Confidence: 0.84130844

00:43:59.630 --> 00:44:02.846 and Sky showed the greatest impact

NOTE Confidence: 0.84130844

00:44:02.846 --> 00:44:04.990 in six different parameters.

NOTE Confidence: 0.84130844

00:44:04.990 --> 00:44:06.590 Emotional intelligence actually showed

NOTE Confidence: 0.84130844

00:44:06.590 --> 00:44:09.206 a pretty high score with mindfulness.

NOTE Confidence: 0.84130844

00:44:09.206 --> 00:44:11.746 And but not the others.

NOTE Confidence: 0.84130844

00:44:11.750 --> 00:44:13.586 So it is, you know,

NOTE Confidence: 0.84130844

00:44:13.590 --> 00:44:16.354 that I think the the the researchers

NOTE Confidence: 0.84130844

00:44:16.354 --> 00:44:18.646 themselves were kind of kind of

NOTE Confidence: 0.84130844

00:44:18.646 --> 00:44:21.069 befuddled by why the the sort of

NOTE Confidence: 0.84130844

00:44:21.069 --> 00:44:22.670 robust response which of course

NOTE Confidence: 0.84130844

00:44:22.670 --> 00:44:24.270 incorporates to some extent the

NOTE Confidence: 0.84130844

00:44:24.270 --> 00:44:24.910 degree to

NOTE Confidence: 0.942441295652174

00:44:24.973 --> 00:44:26.702 which breath can play a role in

NOTE Confidence: 0.942441295652174

00:44:26.702 --> 00:44:28.630 much more of an immediate impact.

NOTE Confidence: 0.942441295652174

00:44:28.630 --> 00:44:31.710 You know some of you who are
NOTE Confidence: 0.942441295652174

00:44:31.710 --> 00:44:33.030 seasoned mindfulness practitioners,
NOTE Confidence: 0.942441295652174

00:44:33.030 --> 00:44:35.726 it's it's a practice and it you the
NOTE Confidence: 0.942441295652174

00:44:35.726 --> 00:44:37.838 benefits are sustained by daily
NOTE Confidence: 0.942441295652174

00:44:37.838 --> 00:44:40.118 practice over an extended period.
NOTE Confidence: 0.942441295652174

00:44:40.120 --> 00:44:42.805 But breathwork seems to give
NOTE Confidence: 0.942441295652174

00:44:42.805 --> 00:44:44.953 a more instantaneous effect,
NOTE Confidence: 0.942441295652174

00:44:44.960 --> 00:44:47.960 and that perhaps contributes to sustaining
NOTE Confidence: 0.942441295652174

00:44:47.960 --> 00:44:51.000 the practice and noticing the benefits.
NOTE Confidence: 0.941691228571429

00:44:53.160 --> 00:44:55.715 So this was really wonderful to see.
NOTE Confidence: 0.941691228571429

00:44:55.720 --> 00:44:58.808 And a similar study was done at the
NOTE Confidence: 0.941691228571429

00:44:58.808 --> 00:45:01.949 University of Arizona looking at sky breath
NOTE Confidence: 0.941691228571429

00:45:01.949 --> 00:45:04.828 in comparison to a cognitive workshop,
NOTE Confidence: 0.941691228571429

00:45:04.828 --> 00:45:08.356 and again the improvement was significant.
NOTE Confidence: 0.941691228571429

00:45:08.360 --> 00:45:11.042 In sky birth meditation as compared
NOTE Confidence: 0.941691228571429

00:45:11.042 --> 00:45:13.400 to the cognitive retraining program

NOTE Confidence: 0.941691228571429

00:45:13.400 --> 00:45:16.160 and this study on PTSD was done at

NOTE Confidence: 0.941691228571429

00:45:16.160 --> 00:45:18.320 the University of Wisconsin, right?

NOTE Confidence: 0.941691228571429

00:45:18.320 --> 00:45:21.200 I think 2014 right after somewhere

NOTE Confidence: 0.941691228571429

00:45:21.200 --> 00:45:23.189 around with returning vets

NOTE Confidence: 0.941691228571429

00:45:23.189 --> 00:45:25.077 from Iraq and Afghanistan.

NOTE Confidence: 0.941691228571429

00:45:25.080 --> 00:45:26.565 And the interesting thing about

NOTE Confidence: 0.941691228571429

00:45:26.565 --> 00:45:28.822 this study is the PTSD scores were

NOTE Confidence: 0.941691228571429

00:45:28.822 --> 00:45:31.300 decreased at the end of the workshop.

NOTE Confidence: 0.941691228571429

00:45:31.300 --> 00:45:33.260 Which for vets has done

NOTE Confidence: 0.941691228571429

00:45:33.260 --> 00:45:35.180 smaller breaks over 6 days.

NOTE Confidence: 0.941691228571429

00:45:35.180 --> 00:45:37.660 So generally the workshop is over three days,

NOTE Confidence: 0.941691228571429

00:45:37.660 --> 00:45:40.738 but this was done slightly modified.

NOTE Confidence: 0.941691228571429

00:45:40.740 --> 00:45:43.470 But to me, the most interesting aspect

NOTE Confidence: 0.941691228571429

00:45:43.470 --> 00:45:46.511 of the study is that this cohort was

NOTE Confidence: 0.941691228571429

00:45:46.511 --> 00:45:49.013 instructed to not practice every day.

NOTE Confidence: 0.941691228571429

00:45:49.020 --> 00:45:49.980 So they were, you know,
NOTE Confidence: 0.941691228571429

00:45:49.980 --> 00:45:51.546 the day there's a daily practice
NOTE Confidence: 0.941691228571429

00:45:51.546 --> 00:45:53.060 that's part of the program.
NOTE Confidence: 0.941691228571429

00:45:53.060 --> 00:45:54.820 Just to avoid variability,
NOTE Confidence: 0.941691228571429

00:45:54.820 --> 00:45:57.460 they were instructed to not practice
NOTE Confidence: 0.941691228571429

00:45:57.460 --> 00:46:00.428 and a year later there were still.
NOTE Confidence: 0.941691228571429

00:46:00.430 --> 00:46:02.110 There was still a reduction in scores,
NOTE Confidence: 0.941691228571429

00:46:02.110 --> 00:46:03.360 obviously not as dramatic as
NOTE Confidence: 0.941691228571429

00:46:03.360 --> 00:46:05.349 right at the end of the workshop,
NOTE Confidence: 0.941691228571429

00:46:05.350 --> 00:46:07.325 but the benefits were sustained
NOTE Confidence: 0.941691228571429

00:46:07.325 --> 00:46:08.905 over the long term,
NOTE Confidence: 0.941691228571429

00:46:08.910 --> 00:46:11.658 which we're still trying to figure
NOTE Confidence: 0.941691228571429

00:46:11.658 --> 00:46:14.709 out how to explore that further.
NOTE Confidence: 0.941691228571429

00:46:14.710 --> 00:46:17.110 And last but not the least,
NOTE Confidence: 0.941691228571429

00:46:17.110 --> 00:46:19.800 a randomized clinical noninferiority trial
NOTE Confidence: 0.941691228571429

00:46:19.800 --> 00:46:23.075 of this breath based meditation comparing

NOTE Confidence: 0.941691228571429

00:46:23.075 --> 00:46:26.129 it to cognitive processing therapy and.

NOTE Confidence: 0.941691228571429

00:46:26.130 --> 00:46:28.167 The this paper reports that which is

NOTE Confidence: 0.941691228571429

00:46:28.167 --> 00:46:30.003 obviously you know the non infrared

NOTE Confidence: 0.941691228571429

00:46:30.003 --> 00:46:32.117 trial is a preferred design when there's

NOTE Confidence: 0.941691228571429

00:46:32.170 --> 00:46:34.130 an established efficacious treatment,

NOTE Confidence: 0.941691228571429

00:46:34.130 --> 00:46:37.260 that there was a significant

NOTE Confidence: 0.941691228571429

00:46:37.260 --> 00:46:39.378 improvement with sky meditation.

NOTE Confidence: 0.941691228571429

00:46:39.378 --> 00:46:42.850 So this is just a little overview

NOTE Confidence: 0.941691228571429

00:46:42.950 --> 00:46:45.630 of the sky meditation technique

NOTE Confidence: 0.941691228571429

00:46:45.630 --> 00:46:48.480 and the way it's taught is it's

NOTE Confidence: 0.941691228571429

00:46:48.480 --> 00:46:50.446 three live online sessions,

NOTE Confidence: 0.941691228571429

00:46:50.446 --> 00:46:52.838 usually with two instructors.

NOTE Confidence: 0.941691228571429

00:46:52.840 --> 00:46:54.996 And you you learn the sky technique.

NOTE Confidence: 0.941691228571429

00:46:55.000 --> 00:46:56.795 There's also some cognitive reframing

NOTE Confidence: 0.941691228571429

00:46:56.795 --> 00:46:58.980 tools that are integrated into the

NOTE Confidence: 0.941691228571429

00:46:58.980 --> 00:47:01.002 workshop and there are some reflective

NOTE Confidence: 0.941691228571429

00:47:01.002 --> 00:47:02.918 group activities that are done online.

NOTE Confidence: 0.941691228571429

00:47:02.920 --> 00:47:03.988 So you know,

NOTE Confidence: 0.941691228571429

00:47:03.988 --> 00:47:06.124 over the pandemic has really made

NOTE Confidence: 0.941691228571429

00:47:06.124 --> 00:47:08.876 us all zoom experts to some extent.

NOTE Confidence: 0.941691228571429

00:47:08.880 --> 00:47:10.680 And in the beginning even I was like oh,

NOTE Confidence: 0.941691228571429

00:47:10.680 --> 00:47:12.288 there's no way like how can

NOTE Confidence: 0.941691228571429

00:47:12.288 --> 00:47:13.880 you do this online,

NOTE Confidence: 0.941691228571429

00:47:13.880 --> 00:47:16.520 but it's incredible how many things

NOTE Confidence: 0.941691228571429

00:47:16.520 --> 00:47:19.600 can be achieved as impactfully with.

NOTE Confidence: 0.941691228571429

00:47:19.600 --> 00:47:22.024 Our ability to to sort of

NOTE Confidence: 0.941691228571429

00:47:22.024 --> 00:47:23.640 navigate these online platforms,

NOTE Confidence: 0.941691228571429

00:47:23.640 --> 00:47:24.011 yeah,

NOTE Confidence: 0.941691228571429

00:47:24.011 --> 00:47:26.237 So I will stop for questions,

NOTE Confidence: 0.941691228571429

00:47:26.240 --> 00:47:28.352 but I want to make sure I share

NOTE Confidence: 0.941691228571429

00:47:28.352 --> 00:47:31.026 this last slide is that there is a

NOTE Confidence: 0.941691228571429
00:47:31.026 --> 00:47:32.999 workshop that we've organized at Yale.
NOTE Confidence: 0.941691228571429
00:47:33.000 --> 00:47:34.293 It's weekdays, Tuesday,
NOTE Confidence: 0.941691228571429
00:47:34.293 --> 00:47:36.879 Wednesdays and Thursdays on June 13th,
NOTE Confidence: 0.941691228571429
00:47:36.880 --> 00:47:38.194 14th and 15th.
NOTE Confidence: 0.941691228571429
00:47:38.194 --> 00:47:42.239 And it's a 2 1/2 hour workshop each day.
NOTE Confidence: 0.941691228571429
00:47:42.240 --> 00:47:44.160 And just to remind you,
NOTE Confidence: 0.941691228571429
00:47:44.160 --> 00:47:45.760 it is 3 consecutive sessions.
NOTE Confidence: 0.941691228571429
00:47:45.760 --> 00:47:48.856 So it's not one of three, it's all three.
NOTE Confidence: 0.941691228571429
00:47:48.856 --> 00:47:50.728 Because that's how much time it
NOTE Confidence: 0.941691228571429
00:47:50.728 --> 00:47:52.691 takes to learn the technique and
NOTE Confidence: 0.941691228571429
00:47:52.691 --> 00:47:54.870 incorporate it into a daily practice.
NOTE Confidence: 0.941691228571429
00:47:54.870 --> 00:47:55.728 But with that,
NOTE Confidence: 0.941691228571429
00:47:55.728 --> 00:47:58.269 I'd like to let me make sure I have.
NOTE Confidence: 0.941691228571429
00:47:58.270 --> 00:48:01.663 Yeah, we have it's, we have about 10 minutes.
NOTE Confidence: 0.941691228571429
00:48:01.670 --> 00:48:02.790 If there are any questions,
NOTE Confidence: 0.941691228571429

00:48:02.790 --> 00:48:04.990 anything anyone wants to share,
NOTE Confidence: 0.941691228571429

00:48:04.990 --> 00:48:06.030 I'm happy to take them.
NOTE Confidence: 0.9301902

00:48:06.030 --> 00:48:06.310 Now
NOTE Confidence: 0.950317

00:48:08.430 --> 00:48:08.550 would
NOTE Confidence: 0.917010425882353

00:48:15.990 --> 00:48:18.258 you be willing to put the link to that
NOTE Confidence: 0.917010425882353

00:48:18.258 --> 00:48:20.505 workshop maybe in the chat or someplace that.
NOTE Confidence: 0.93421556

00:48:21.550 --> 00:48:23.214 Yeah, in the chat.
NOTE Confidence: 0.93421556

00:48:23.214 --> 00:48:24.670 Amir, do you have it handy?
NOTE Confidence: 0.930964307692308

00:48:26.780 --> 00:48:28.940 Um, yes, it's. I'll grab it and I'll
NOTE Confidence: 0.930964307692308

00:48:28.940 --> 00:48:31.300 put it in the chat. OK And if I have
NOTE Confidence: 0.93119654

00:48:31.300 --> 00:48:32.756 it as well, I just wondered if
NOTE Confidence: 0.93119654

00:48:32.756 --> 00:48:34.220 you had it. Thank you very much.
NOTE Confidence: 0.935940714285714

00:48:38.100 --> 00:48:39.297 Yeah. Thank you so much for that.
NOTE Confidence: 0.935940714285714

00:48:39.300 --> 00:48:42.002 I think that was the most relaxing
NOTE Confidence: 0.935940714285714

00:48:42.002 --> 00:48:44.499 grand rounds I've ever experienced,
NOTE Confidence: 0.935940714285714

00:48:44.500 --> 00:48:46.204 but also incredibly informative.

NOTE Confidence: 0.935940714285714
00:48:46.204 --> 00:48:48.334 And thank you for buttressing
NOTE Confidence: 0.935940714285714
00:48:48.334 --> 00:48:49.939 it with the science.
NOTE Confidence: 0.935940714285714
00:48:49.940 --> 00:48:51.886 At the end of the presentation you
NOTE Confidence: 0.935940714285714
00:48:51.886 --> 00:48:53.220 mentioned about daily practice.
NOTE Confidence: 0.935940714285714
00:48:53.220 --> 00:48:54.820 I'm just wondering about what,
NOTE Confidence: 0.935940714285714
00:48:54.820 --> 00:48:56.584 what length or what what would
NOTE Confidence: 0.935940714285714
00:48:56.584 --> 00:48:58.390 you recommend in terms of the
NOTE Confidence: 0.935940714285714
00:48:58.390 --> 00:48:59.815 time spent in daily practice.
NOTE Confidence: 0.93723458
00:49:01.220 --> 00:49:02.068 So Karen, you know,
NOTE Confidence: 0.93723458
00:49:02.068 --> 00:49:03.340 I'll answer that in two ways.
NOTE Confidence: 0.93723458
00:49:03.340 --> 00:49:05.452 One is that say you you don't have
NOTE Confidence: 0.93723458
00:49:05.452 --> 00:49:07.340 the time for the Sky workshop,
NOTE Confidence: 0.93723458
00:49:07.340 --> 00:49:08.920 just want to incorporate breath
NOTE Confidence: 0.93723458
00:49:08.920 --> 00:49:10.875 work into your day-to-day life and
NOTE Confidence: 0.93723458
00:49:10.875 --> 00:49:12.455 you already have an established
NOTE Confidence: 0.93723458

00:49:12.455 --> 00:49:14.339 meditation practice or you use an app.

NOTE Confidence: 0.93723458

00:49:14.340 --> 00:49:16.020 For many of you that might

NOTE Confidence: 0.93723458

00:49:16.020 --> 00:49:18.110 be true I would say.

NOTE Confidence: 0.93723458

00:49:18.110 --> 00:49:21.556 5 minutes of breath work before your

NOTE Confidence: 0.93723458

00:49:21.556 --> 00:49:23.796 regular practice will deepen the

NOTE Confidence: 0.93723458

00:49:23.796 --> 00:49:26.740 effect of your meditation practice.

NOTE Confidence: 0.93723458

00:49:26.740 --> 00:49:28.140 So as a common sense,

NOTE Confidence: 0.93723458

00:49:28.140 --> 00:49:33.400 practice straw breath or victory

NOTE Confidence: 0.93723458

00:49:33.400 --> 00:49:35.300 breath if you enjoyed that.

NOTE Confidence: 0.93723458

00:49:35.300 --> 00:49:37.275 There's also another breathing technique

NOTE Confidence: 0.93723458

00:49:37.275 --> 00:49:38.855 called alternate nostril breathing.

NOTE Confidence: 0.93723458

00:49:38.860 --> 00:49:40.337 We didn't have time to do that,

NOTE Confidence: 0.93723458

00:49:40.340 --> 00:49:42.580 but you can actually find that online.

NOTE Confidence: 0.93723458

00:49:42.580 --> 00:49:43.580 You go on to YouTube,

NOTE Confidence: 0.93723458

00:49:43.580 --> 00:49:44.912 you'll see it's a.

NOTE Confidence: 0.93723458

00:49:44.912 --> 00:49:46.244 Technique that involves using

NOTE Confidence: 0.93723458

00:49:46.244 --> 00:49:48.278 the thumb to block the nostrils

NOTE Confidence: 0.93723458

00:49:48.278 --> 00:49:49.913 and you're breathing in through

NOTE Confidence: 0.93723458

00:49:49.913 --> 00:49:51.738 one and out through the other

NOTE Confidence: 0.93723458

00:49:51.740 --> 00:49:53.420 and then back in through the same

NOTE Confidence: 0.93723458

00:49:53.420 --> 00:49:54.979 one that you exhaled out of.

NOTE Confidence: 0.93723458

00:49:54.980 --> 00:49:55.956 Very straightforward.

NOTE Confidence: 0.93723458

00:49:55.956 --> 00:49:57.420 It sounds complicated,

NOTE Confidence: 0.93723458

00:49:57.420 --> 00:50:00.596 but very straightforward if you find that.

NOTE Confidence: 0.93723458

00:50:00.596 --> 00:50:03.172 So either of those or in combination,

NOTE Confidence: 0.93723458

00:50:03.180 --> 00:50:06.400 5 minutes of breath work before any

NOTE Confidence: 0.93723458

00:50:06.400 --> 00:50:09.224 meditation practice you have if you

NOTE Confidence: 0.93723458

00:50:09.224 --> 00:50:11.834 don't have a meditation practice.

NOTE Confidence: 0.93723458

00:50:11.840 --> 00:50:14.030 My recommendation would be just

NOTE Confidence: 0.93723458

00:50:14.030 --> 00:50:16.759 10 minutes of breath work a day.

NOTE Confidence: 0.93723458

00:50:16.760 --> 00:50:19.954 You could even do like you know

NOTE Confidence: 0.93723458

00:50:19.954 --> 00:50:22.439 you're getting ready for lunch.
NOTE Confidence: 0.93723458

00:50:22.440 --> 00:50:24.294 Like instead of maybe you break
NOTE Confidence: 0.93723458

00:50:24.294 --> 00:50:26.279 for lunch for like 30 minutes,
NOTE Confidence: 0.93723458

00:50:26.280 --> 00:50:28.320 5 to 10 minutes before you have lunch.
NOTE Confidence: 0.93723458

00:50:28.320 --> 00:50:31.235 Now that's critical though all
NOTE Confidence: 0.93723458

00:50:31.235 --> 00:50:33.810 these practices are best done
NOTE Confidence: 0.93723458

00:50:33.810 --> 00:50:36.720 on a relatively empty stomach.
NOTE Confidence: 0.93723458

00:50:36.720 --> 00:50:38.580 The reason for it is.
NOTE Confidence: 0.93723458

00:50:38.580 --> 00:50:41.506 This is where the mind body complex
NOTE Confidence: 0.93723458

00:50:41.506 --> 00:50:43.339 becomes so fascinating is that
NOTE Confidence: 0.93723458

00:50:43.340 --> 00:50:45.538 when the body is in digest mode,
NOTE Confidence: 0.93723458

00:50:45.540 --> 00:50:48.513 it's not going to go into a meditative mode.
NOTE Confidence: 0.93723458

00:50:48.513 --> 00:50:51.259 It just is going to do one or the other.
NOTE Confidence: 0.93723458

00:50:51.260 --> 00:50:52.940 So and you'll know you can try it.
NOTE Confidence: 0.93723458

00:50:52.940 --> 00:50:54.165 You know you do the breath work
NOTE Confidence: 0.93723458

00:50:54.165 --> 00:50:55.740 on a full stomach and you do it

NOTE Confidence: 0.93723458

00:50:55.740 --> 00:50:56.540 on an empty stomach,

NOTE Confidence: 0.93723458

00:50:56.540 --> 00:50:59.260 you'll instantly know the difference.

NOTE Confidence: 0.93723458

00:50:59.260 --> 00:51:01.556 So if you have 10 minutes that

NOTE Confidence: 0.93723458

00:51:01.556 --> 00:51:04.361 you can do this before a meal or

NOTE Confidence: 0.93723458

00:51:04.361 --> 00:51:06.167 a window where you're just like

NOTE Confidence: 0.93723458

00:51:06.167 --> 00:51:07.999 happen to have a free window.

NOTE Confidence: 0.93723458

00:51:08.000 --> 00:51:10.640 I would say that would be very useful.

NOTE Confidence: 0.93723458

00:51:10.640 --> 00:51:15.160 With the sky practice, that's a much more.

NOTE Confidence: 0.93723458

00:51:15.160 --> 00:51:16.764 It's multiple reading techniques

NOTE Confidence: 0.93723458

00:51:16.764 --> 00:51:19.170 that are like stepwise put together

NOTE Confidence: 0.93723458

00:51:19.229 --> 00:51:20.879 in a very particular format.

NOTE Confidence: 0.93723458

00:51:20.880 --> 00:51:24.880 That practice takes about 20 to 25 minutes.

NOTE Confidence: 0.93723458

00:51:24.880 --> 00:51:27.120 And it's not just a breath work.

NOTE Confidence: 0.93723458

00:51:27.120 --> 00:51:29.448 I call it breath based meditation

NOTE Confidence: 0.93723458

00:51:29.448 --> 00:51:32.785 because at the end of the breath work

NOTE Confidence: 0.93723458

00:51:32.785 --> 00:51:35.640 you're effortlessly going into a state of.
NOTE Confidence: 0.93723458

00:51:35.640 --> 00:51:36.480 Whatever you want to call it.
NOTE Confidence: 0.93723458

00:51:36.480 --> 00:51:38.760 Transcendence, quiet, calm,
NOTE Confidence: 0.93723458

00:51:38.760 --> 00:51:42.560 you know, so the breath.
NOTE Confidence: 0.93723458

00:51:42.560 --> 00:51:44.536 And to me that, you know, when I was,
NOTE Confidence: 0.93723458

00:51:44.536 --> 00:51:46.160 I knew meditation was good for me.
NOTE Confidence: 0.93723458

00:51:46.160 --> 00:51:47.171 Like that was.
NOTE Confidence: 0.93723458

00:51:47.171 --> 00:51:49.193 And I really wanted to meditate,
NOTE Confidence: 0.93723458

00:51:49.200 --> 00:51:51.048 but I just couldn't.
NOTE Confidence: 0.93723458

00:51:51.048 --> 00:51:54.290 I would sit to meditate and I would
NOTE Confidence: 0.93723458

00:51:54.290 --> 00:51:56.514 feel like I just spent, you know,
NOTE Confidence: 0.93723458

00:51:56.514 --> 00:51:58.873 30 minutes running errands in my head.
NOTE Confidence: 0.93723458

00:51:58.880 --> 00:52:00.917 I might as well run those errands.
NOTE Confidence: 0.93723458

00:52:00.920 --> 00:52:04.294 Like, why am I wasting my time?
NOTE Confidence: 0.9402536

00:52:04.300 --> 00:52:06.940 Observing all the errands I have to run.
NOTE Confidence: 0.9402536

00:52:06.940 --> 00:52:11.898 So that's when I learned this technique.

NOTE Confidence: 0.9402536

00:52:11.900 --> 00:52:13.740 And for someone like me,

NOTE Confidence: 0.9402536

00:52:13.740 --> 00:52:15.735 you know, my mind is on OverDrive.

NOTE Confidence: 0.9402536

00:52:15.740 --> 00:52:18.996 I have so many different responsibilities.

NOTE Confidence: 0.9402536

00:52:18.996 --> 00:52:21.480 The ability of the breath to

NOTE Confidence: 0.9402536

00:52:21.548 --> 00:52:23.618 settle my mind was so impactful,

NOTE Confidence: 0.9402536

00:52:23.620 --> 00:52:25.097 like it just felt like I just

NOTE Confidence: 0.9402536

00:52:25.097 --> 00:52:26.420 had to follow instructions,

NOTE Confidence: 0.9402536

00:52:26.420 --> 00:52:29.180 like give me instructions 1234.

NOTE Confidence: 0.9402536

00:52:29.180 --> 00:52:31.430 And so it worked really well

NOTE Confidence: 0.9402536

00:52:31.430 --> 00:52:32.930 for me and interestingly.

NOTE Confidence: 0.9402536

00:52:32.930 --> 00:52:35.258 We feel in in sort of the questionnaires

NOTE Confidence: 0.9402536

00:52:35.258 --> 00:52:38.004 we did when we did the study with deaths.

NOTE Confidence: 0.9402536

00:52:38.010 --> 00:52:40.554 They shared that that the the

NOTE Confidence: 0.9402536

00:52:40.554 --> 00:52:43.062 instruction aspect of it instead of

NOTE Confidence: 0.9402536

00:52:43.062 --> 00:52:45.450 just sitting there and being aware

NOTE Confidence: 0.9402536

00:52:45.450 --> 00:52:48.316 of the body and breath which for
NOTE Confidence: 0.9402536

00:52:48.316 --> 00:52:51.246 some people that provokes anxiety,
NOTE Confidence: 0.9402536

00:52:51.250 --> 00:52:55.072 you know that the ability to do
NOTE Confidence: 0.9402536

00:52:55.072 --> 00:52:57.115 something structured in a step
NOTE Confidence: 0.9402536

00:52:57.115 --> 00:52:59.005 by step fashion which then gives
NOTE Confidence: 0.9402536

00:52:59.005 --> 00:53:01.238 you the the equivalent outcome.
NOTE Confidence: 0.9402536

00:53:01.240 --> 00:53:04.677 Can be very beneficial to certain people.
NOTE Confidence: 0.9402536

00:53:04.680 --> 00:53:05.160 Brilliant.
NOTE Confidence: 0.8958047333333333

00:53:05.320 --> 00:53:08.320 Thank you. Are there questions?
NOTE Confidence: 0.9163761566666667

00:53:12.880 --> 00:53:13.786 Oh, you're welcome.
NOTE Confidence: 0.9163761566666667

00:53:13.786 --> 00:53:15.900 Kathy and I hope to see some
NOTE Confidence: 0.9163761566666667

00:53:15.968 --> 00:53:17.478 of you on that workshop.
NOTE Confidence: 0.9163761566666667

00:53:17.480 --> 00:53:19.461 It would be really fun to do
NOTE Confidence: 0.9163761566666667

00:53:19.461 --> 00:53:21.674 this together and just, you know,
NOTE Confidence: 0.9163761566666667

00:53:21.674 --> 00:53:25.200 go through like a more intensive process.
NOTE Confidence: 0.9163761566666667

00:53:25.200 --> 00:53:28.416 This was just like, I would say this

NOTE Confidence: 0.916376156666667

00:53:28.416 --> 00:53:31.099 was just a little like a little taste.

NOTE Confidence: 0.916376156666667

00:53:31.100 --> 00:53:33.620 Of the power of the breath.

NOTE Confidence: 0.916376156666667

00:53:33.620 --> 00:53:35.969 But the the Sky Workshop is a deep dive

NOTE Confidence: 0.916376156666667

00:53:35.969 --> 00:53:38.660 and I should remind all I forgot the mayor,

NOTE Confidence: 0.916376156666667

00:53:38.660 --> 00:53:40.500 the the Sky Workshop.

NOTE Confidence: 0.916376156666667

00:53:40.500 --> 00:53:43.320 You get CME credits, CME credits,

NOTE Confidence: 0.916376156666667

00:53:43.320 --> 00:53:46.260 CNE credits and there's C credits,

NOTE Confidence: 0.916376156666667

00:53:46.260 --> 00:53:48.136 but I'm not sure for which categories.

NOTE Confidence: 0.916376156666667

00:53:48.140 --> 00:53:48.604 So Amir,

NOTE Confidence: 0.916376156666667

00:53:48.604 --> 00:53:50.460 I can send that information out to you.

NOTE Confidence: 0.916376156666667

00:53:50.460 --> 00:53:53.754 So it's a 7 1/2 hour workshop and you

NOTE Confidence: 0.916376156666667

00:53:53.754 --> 00:53:57.020 would get CME/CN E credits for it, Yeah.

NOTE Confidence: 0.95232968

00:53:57.890 --> 00:54:00.728 Wonderful not to monopolize the Q&A,

NOTE Confidence: 0.95232968

00:54:00.728 --> 00:54:02.954 but I did. You was very interested

NOTE Confidence: 0.95232968

00:54:02.954 --> 00:54:05.023 when you mentioned about teaching

NOTE Confidence: 0.95232968

00:54:05.023 --> 00:54:06.888 straw breath to school children.

NOTE Confidence: 0.95232968

00:54:06.890 --> 00:54:08.770 And I was just wondering, you know,

NOTE Confidence: 0.95232968

00:54:08.770 --> 00:54:10.450 what's the age range that you've

NOTE Confidence: 0.95232968

00:54:10.450 --> 00:54:12.555 tried to implement these breathing

NOTE Confidence: 0.95232968

00:54:12.555 --> 00:54:14.490 techniques and how low can you go?

NOTE Confidence: 0.865720477777778

00:54:16.570 --> 00:54:17.302 You know, Karen,

NOTE Confidence: 0.865720477777778

00:54:17.302 --> 00:54:18.766 I I don't teach the children,

NOTE Confidence: 0.865720477777778

00:54:18.770 --> 00:54:21.086 so I'm not certified to teach.

NOTE Confidence: 0.865720477777778

00:54:21.090 --> 00:54:22.679 It's not I'm not a certified sky

NOTE Confidence: 0.865720477777778

00:54:22.679 --> 00:54:24.327 instructor for that for the kids program.

NOTE Confidence: 0.865720477777778

00:54:24.330 --> 00:54:25.650 Amir, can you comment on that?

NOTE Confidence: 0.865720477777778

00:54:25.650 --> 00:54:27.386 Like what's the age group that we

NOTE Confidence: 0.865720477777778

00:54:27.386 --> 00:54:29.250 teach the Yes for Schools program?

NOTE Confidence: 0.9402536

00:54:29.730 --> 00:54:32.420 Yes, I believe it's 7.

NOTE Confidence: 0.9402536

00:54:32.420 --> 00:54:34.499 Like, they're kind of grouped by age.

NOTE Confidence: 0.9402536

00:54:34.500 --> 00:54:36.618 So it's like 7 to 12.

NOTE Confidence: 0.9402536

00:54:36.620 --> 00:54:38.100 And then there's a,

NOTE Confidence: 0.9402536

00:54:38.100 --> 00:54:39.580 like a teenagers course.

NOTE Confidence: 0.9402536

00:54:39.580 --> 00:54:41.964 We do have a course for really little

NOTE Confidence: 0.9402536

00:54:41.964 --> 00:54:43.900 guys that's called Angels course.

NOTE Confidence: 0.9402536

00:54:43.900 --> 00:54:45.700 They don't really do intensive breathing,

NOTE Confidence: 0.9402536

00:54:45.700 --> 00:54:47.548 but they do a lot of like moving

NOTE Confidence: 0.9402536

00:54:47.548 --> 00:54:50.107 around and kind of sweet like grounding

NOTE Confidence: 0.9402536

00:54:50.107 --> 00:54:51.739 stuff that's that's developmentally

NOTE Confidence: 0.9402536

00:54:51.739 --> 00:54:53.554 appropriate for toddlers and

NOTE Confidence: 0.9402536

00:54:53.554 --> 00:54:54.898 preschoolers and kindergarteners.

NOTE Confidence: 0.9402536

00:54:54.900 --> 00:54:55.713 But yeah, seven,

NOTE Confidence: 0.9402536

00:54:55.713 --> 00:54:57.339 starting at about 7 years old,

NOTE Confidence: 0.9402536

00:54:57.340 --> 00:55:00.535 we can teach a modified version of the Creat,

NOTE Confidence: 0.9402536

00:55:00.540 --> 00:55:03.940 the Sky breath meditation.

NOTE Confidence: 0.9402536

00:55:03.940 --> 00:55:05.220 And then also these techniques

NOTE Confidence: 0.9402536

00:55:05.220 --> 00:55:06.635 that we some of the simpler
NOTE Confidence: 0.9402536

00:55:06.635 --> 00:55:08.380 techniques that we did today.
NOTE Confidence: 0.95031693

00:55:19.820 --> 00:55:23.140 Any other final questions for Yeah,
NOTE Confidence: 0.91766368

00:55:25.420 --> 00:55:26.324 just a quick question,
NOTE Confidence: 0.91766368

00:55:26.324 --> 00:55:30.098 is this guy program, is it open to others,
NOTE Confidence: 0.91766368

00:55:30.100 --> 00:55:32.990 it's open to everyone or just yell?
NOTE Confidence: 0.91766368

00:55:32.990 --> 00:55:35.025 Great question. So this particular
NOTE Confidence: 0.91766368

00:55:35.025 --> 00:55:37.670 one will be open to others.
NOTE Confidence: 0.91766368

00:55:37.670 --> 00:55:39.590 We've just felt like you know if you had a
NOTE Confidence: 0.91766368

00:55:39.639 --> 00:55:41.466 family member you wanted to have joined,
NOTE Confidence: 0.91766368

00:55:41.470 --> 00:55:42.650 but I don't know,
NOTE Confidence: 0.91766368

00:55:42.650 --> 00:55:45.110 you know Amir is going to look into
NOTE Confidence: 0.91766368

00:55:45.110 --> 00:55:47.710 sponsorship from Yale and answered,
NOTE Confidence: 0.91766368

00:55:47.710 --> 00:55:48.870 I don't know that piece.
NOTE Confidence: 0.91766368

00:55:48.870 --> 00:55:49.990 I would say the best,
NOTE Confidence: 0.91766368

00:55:49.990 --> 00:55:51.766 your best bet would be to

NOTE Confidence: 0.91766368

00:55:51.766 --> 00:55:53.579 connect with Amir and we'll

NOTE Confidence: 0.91766368

00:55:53.579 --> 00:55:55.277 address everything one-on-one.

NOTE Confidence: 0.91766368

00:55:55.280 --> 00:55:56.720 But the idea was to keep it open.

NOTE Confidence: 0.91766368

00:55:56.720 --> 00:55:57.804 So more than that,

NOTE Confidence: 0.91766368

00:55:57.804 --> 00:55:59.709 if you know you expect more in

NOTE Confidence: 0.91766368

00:55:59.709 --> 00:56:01.453 the in the in the vein that if

NOTE Confidence: 0.91766368

00:56:01.453 --> 00:56:03.298 you had a family member or a

NOTE Confidence: 0.91766368

00:56:03.298 --> 00:56:04.520 friend you wanted to invite that

NOTE Confidence: 0.91766368

00:56:04.520 --> 00:56:05.680 they should be able to join

NOTE Confidence: 0.9301903

00:56:08.480 --> 00:56:10.158 May any concluding remarks?

NOTE Confidence: 0.935222018333333

00:56:12.960 --> 00:56:14.760 No. Thank you so much Priya.

NOTE Confidence: 0.935222018333333

00:56:14.760 --> 00:56:17.136 It was truly a pleasure to have you

NOTE Confidence: 0.935222018333333

00:56:17.136 --> 00:56:19.696 with us and I do hope that many of

NOTE Confidence: 0.935222018333333

00:56:19.696 --> 00:56:21.959 you can join us for the workshop.

NOTE Confidence: 0.935222018333333

00:56:21.960 --> 00:56:24.088 Or just reach out if you have

NOTE Confidence: 0.935222018333333

00:56:24.088 --> 00:56:25.730 questions or would like to

NOTE Confidence: 0.935222018333333

00:56:25.730 --> 00:56:27.602 connect about this in other ways.

NOTE Confidence: 0.935222018333333

00:56:27.602 --> 00:56:30.032 But thank you all again and and big

NOTE Confidence: 0.935222018333333

00:56:30.032 --> 00:56:32.160 thank you to Priya for doing this.

NOTE Confidence: 0.91639398

00:56:33.720 --> 00:56:35.840 Have a wonderful day. Bye, bye. Thank

NOTE Confidence: 0.8061622

00:56:37.200 --> 00:56:37.758 you so much.