

## **Transcription of video paced breathing**

So, this one is you breathe in (pause) and you breathe out.

So, of course you're already doing that.

So what I'm going to teach you how to do is paced breathing.

And when you're doing paced breathing, you're actually counting as you breathe in.

Then you're counting as you breathe out.

And what you do is you count, like, one, two, three, four, five, let's say.

Then you know how when you breathe in there is a pause right at the top?

And then when you breathe out there is a pause right at the bottom?

So you're counting in, then there is a pause, then you're counting out, and then there is a pause.

So for example, when I do paced breathing, it's 5 in and 7 out, alright?

But, I'm telling you there are all kinds of numbers.

I've had some people be, you know, 6 in, 8 out or 4 in, 6 out. So whatever count is the count for you.

The research is that this is extremely effective, but it's effective for short-term, which is just what I taught you now. But it turns out, it's even effective long-term.

So if you practice this every day for three or four minutes, just try practicing this every day, you'll find that actually your arousal starts going down over time.

It's just like taking a medication for anxiety. This is what I call Behavioral Anti-Anxiety medication, alright? So instead of a drug, you're doing a new behavior.

Sometimes you can get this to work even better, if you do deep breathing.

Have you ever heard of belly breathing? Sometimes, they call it diaphragmatic breathing.

Anyway, what kind of breathing is that?

That's breathing, when you breathe in, and you make your belly go out.

So in other words, as you breathe in, instead of your chest going out, your belly goes out.

So try that right now with me. Put your hand on your chest, and then breathe in and make your belly go out.

Now you can do it just normal breathing that way, or you could do it deep breathing that way, ok?

Now you could also do that when you do your paced breathing.

But you don't have to do it when you do your paced breathing.

But if you do do it, what happens? Very interesting.

We all have, in our belly, a vagal nerve. And when you breath in, and your belly goes out, it stimulates the vagal nerve.

And when you stimulate the vagal nerve, just like with the ice water, the vagal nerve makes the parasympathetic system jump into action, brings arousal down.

So this is a fabulous skill.