John Pellitteri: [00:00](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=0.25) There are two places that cause us the most pressure and are the most important to us are family and our work life. And being able to navigate our work life in a way that doesn't cause us harm I think is absolutely imperative. If you're not balanced enough to handle your own stuff you have very little to give to others. So, I think education is at its core a helping profession of one kind and so that means that self-care is very important.

Christina Barsi: [00:30](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=30.77) Hey there welcome back to the fall 2018 semester of this podcast. I am Christina Barsi one of the co-producers and co-hosts of the Magic Mountie Podcast. I'm here with.

Liesel Reinhart: [00:40](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=40.03) Liesel Reinhart, same credits, same team.

Christina Barsi: [00:43](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=43.94) And we're back here with season two are we calling it seasons? Are we calling it sessions? What are we calling it?

Liesel Reinhart: [00:51](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=51.91) More Magic Mountie. More Magic Mountie Podcast for the academic year 18, 19. We're glad to be back.

Christina Barsi: [00:59](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=59.15) Awesome so for new listeners, welcome. All previous episodes are always available and you can grab them however you get your podcast. A big thank you to our regular listeners we're very excited and happy that you've stuck it out with us so far. I hope you're enjoying it. And we're also excited to see our listenership growing and we have an exciting first fall episode for you that Liesel's gonna tell us a little bit more about.

Liesel Reinhart: [01:23](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=83.14) Yes. To kick things off this year we actually came in to record this very special keynote at CPD Day, Classified Professional Development Day. We really love our acronyms around here, you may have noticed that. So our presenter is one of our most popular presenters that we ever have booked over in the office of professional development. This person's sessions are packed immediately that people are always showing up even though they didn't sign up and they don't have chairs and it's just great. His name is Dr. John Pellitteri, John is a professor of counseling here at Mt. SAC. He's been an instructor of psychology here for over 20 years. He is a licensed and board-certified clinical psychologist. He has board certification in clinical neurofeedback and he's a member of the National Registry of Health Providers in Psychology.

Liesel Reinhart: [02:17](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=137.92) But maybe most impressively he is also a stand-up comedian or use to be and I think that will also be evident in his lecture. He's going to get us started as we return to the academic year with a really interesting lecture. During his presentation, you're gonna hear him refer to some visuals and he even has a guest come up on stage and there's- A lot of cool things are about to happen. And we've got pictures and all his slides available in the show notes. So enjoy his presentation and maybe even use his presentation to prepare yourself for what lies ahead. It's called Staying Centered in a Stressed-Out World. Here's Dr. John Pellitteri.

John Pellitteri: [02:59](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=179.79) Have a good summer?

Audience: [03:05](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=185.17) Yes.

John Pellitteri: [03:05](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=185.2) Kids back to school?

Audience: [03:06](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=186.25) Yes.

John Pellitteri: [03:07](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=187.41) I mean I love my kids when they're in school especially. I have a boy who's 17 and a half and twins that are 15. Anybody have boys and girls? Which are easier boys or girls?

Audience: [03:23](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=203.97) Boys.

John Pellitteri: [03:24](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=204.46) Boys right.

Audience: [03:24](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=204.46) Depends on the age.

John Pellitteri: [03:26](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=206.06) Boys, boys are easier because boys are simple. Boys are simple, girls are complicated and layered. I say to the boy, “hey Chase what did you do in school today?” And he goes, “oh we played soccer, and I took a test, and we learned science.” Okay, good. "Abby, what did you do in school today?" “Well, Melissa said she's not gonna talk to me. So I told her I won't talk to Michelle unless she starts talking to Melissa, so she'll talk to me.” And so did you go to class at all or is there?

John Pellitteri: [03:57](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=237.8) So here's a little quick story that illustrates who my daughter is. I mean my boy is simple, my girl is criminally insane. She we're going ... My boy is a rule follower like his mother. His mother is a rule follower, a crossing guard says get down, and she'll do it because crossing guard, he's got a uniform. But, me not so much. So this is a long time ago we're going to the movies, we're a little early we went to Target to get some candy for the movies. And we're buying candy, and my son goes, “hey dad what are we doing?” “So, we're buying some candy to go the movies.” “Are you suppose to do that?” I go, “Well, I mean, they would prefer you buy their candy but that's $7.00 and this is 50 cents.” “I don't think we're suppose to do that dad, I don't, we're not suppose to, you're not suppose to, there's a sign that says no outside food or drink dad. I'm not comfortable with this dad.” I go, “relax, I'll take the heat, geez.”

John Pellitteri: [05:06](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=306.86) My little daughter with her ponytail and her little jeans is listening to all this, and she goes, “I'll do it.” So I've got my five-year-old daughter with skittles down her pants walking into the movie theater, crunch, crunch, crunch. Like she's mulling heroin over the border. My son is 20 feet back, "I'm not with them, I don't know them" or anything like that. To this day I think that's the most delicious candy she ever ate because it was illegal. This is delicious stuff.

John Pellitteri: [05:44](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=344.17) Challenging to be a parent, stressful. One quick other story that has to do with nothing, it was over, Halloween I'm taking my kids, and my nephews trick or treating, and I'm teaching them because I'm a teacher, so I have to teach them all the time. I have to teach them when the house is, this is a true story, the house is dark and the you know right, and you see little old peoples peeking out and shotguns, they don't want to play. There's no pumpkins, don't waste your time these aren't good candy houses anyway. So look for the houses that are lit up. So they're "going okay we get it".

John Pellitteri: [06:20](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=380.38) So we go up to this one house it's all lit up and there's a truck in the driveway and right as we get to the door this guy runs out of the house and he jumps in the truck, and he starts backing up, he's gonna leave, and I say to the kids, okay there's nobody home now lets just go to the next house. And he stops the car, and he rolls down the window, he's like, “no, no, I'm just leaving for a minute, I got to go to the store, the candy is right inside the door, help yourself, I've got tons of candy, go help yourself.” And I go, “no thank you very much.” I go we'll just go to the next house. Please, please, please I've got all this candy take all you want it's right inside the door just stick your head in you're okay. I was like, "Okay...".

John Pellitteri: [06:59](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=419.79) So I go to the house, I open the door, the candy is not right by the door, it's across the room on the dining room table. So we go in the house, there's a big dalmatian right there, friendly dog, my kids are petting the dog, get the candy, let's get out of here, get-go on, come on let's go. Knock, knock, knock, knock, knock. I open the door, trick or treat. So I'm handing out candy, my kids are walking upstairs picking out a room or something, they're playing with the dog, there's a big line of kids down the driveway, and I'm just handing, trick or treat, trick or treat. Finally, there's a break in the kids, and I go, “ come on, get out of here, leave the dog I don't care if you named him, get out of there.” We're out, we're halfway down, and the kids coming up, "you're leaving aw." " It's not my house!"

John Pellitteri: [08:09](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=489.71) So, stress and that's what we're talking about today, stress and what exactly stress is and how we get in those situations. One thing that we need to start with is how did we get here? How did our brains get where we are at? Our brains have evolved to be stressful brains. If you think about it this way, what kind of entity does evolution reward? Does, which do you think survives better a fearful, stressed out entity that jumps at its own shadow and is anxious and nervous or a brave, courageous entity that will stand up for itself? Which one survives better? The scared, anxious, stressed out ones survives better.

John Pellitteri: [09:00](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=540.92) The reason that we are here is because, in our history and our evolved past, we have been anxious and stressed and nervous and afraid because that keeps you alive. So this is a very adaptive type of response. Being stressed helps you survive. Now, there's a problem that we'll get to with this but at first glance, we have to realize that the way that our brain has evolved has made it such that we are, we're the only hominid species that walks the planet now. There was a time in our evolutionary past where there were four maybe up to seven different type of homo sapien species out there.

John Pellitteri: [09:45](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=585.47) If you think about bears and dogs, there's plenty of specie of dogs, there's a couple of species of bears, there's lot of species of fish but there's only one species of humans, homo sapien that walks this planet, only one. Why is that? Well, because of the way that we got lucky in terms of evolution, the way our brain developed and that is that two things seem to be salient with this. Number one is, we seem to be able to work together in bigger groups than the neanderthals or the homo erectus, our cousin humans. We seem to be able to work together in bigger groups, this is a big, great example right here.

John Pellitteri: [10:22](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=622.49) If you put 150 chimpanzees in the same room at one time it's not going to be pretty and yet here we are getting along just fine. So, being able to work together in bigger groups meant that we could with love kill all of the other hominid species. So, while some species of homo sapien were able to work together in groups of about 150, we seem to be able to go to about 500 and that makes us a bigger, badder group. And that's why we killed them all and had sex with them first and then we killed them all. And apparently many people still have neanderthal DNA within them. You probably know a couple people. No.

John Pellitteri: [11:08](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=668.45) But it's true if you get your DNA analyzed you might find out that you have 2% neanderthal DNA in you which is not super amazing because we share 50% of our DNA with a banana so DNA is a chumps game, doesn't matter. The other thing that we're able to do is and this is something that has all sorts of interesting ramifications is that we can believe in things that aren't true. Believe in things that aren't true that helps us survive. So, for example, we can believe in a thing like America or in democracy or in law and we operate in our lives as if these things are real. I ask my students sometimes this, okay you're at a stoplight in the middle of the night in Kansas where you can see forever and there is two things in Kansas, flat and flatter. And you can see for hundreds of miles and yet you're sitting at a stoplight that's red with nobody around in the middle of the night. Do you go through the light or not?

Audience: [12:13](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=733.67) Done it. Go through it.

John Pellitteri: [12:16](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=736.52) And a lot of them say, oh no, no, no. Red light I don't go through it. Why not? It's breaking the law, that's my son again right? My daughter would be like, I'll do it. But we believe in these things that helps us get along and work forward in life. So homo sapiens, our ability to believe in fantasies, things like government and things like structure and order and the fact that we are able to work in bigger groups. So, why do we have stress at all? Because it has been adapted in us, it has been evolved forward in us and just to get a little bit technical, basically what we're talking about when we talk about a stress response is a sympathetic nervous system response. Our sympathetic nervous system is what takes us offline. And it does all those things that helps you fight for your life, to flee or to fight and sometimes to freeze. And freezing can be adaptive too because if you're being stalked or hunted, I don't know maybe by a director or coordinator here at Mt. SAC and you freeze.

John Pellitteri: [13:20](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=800.01) I use to say, my director, her vision works only on movement like a T-Rex so if you, they can't ... So you'd see her come in with something to do, okay John and I would just freeze when she'd be, “where'd John go? Well, Michael, you take this over", like that. So that sympathetic nervous system response does all those things that helps us fight. Our eyes dilate to take in more light, we start to breathe quicker, our heart rate goes up, our blood is pumping faster, our hair stands on end to look bigger and maybe if something were biting us they get a mouth full of hair rather than skin. All sorts of different things that happen.

John Pellitteri: [14:02](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=842.35) Now that's a good thing if you're fighting for your life from a saber-toothed tiger or something like that, that's a good thing to have all of those sympathetic nervous system arousal systems at play. Unfortunately, there's also some harm that goes along with it. There's also some harm that goes along with that sympathetic nervous system response. Hans Seyle who is termed the father of stress, how'd you like to have that nickname? Hey Hans how you doing? The father of stress, he's always stressed out. Really that's kind of a misnomer, it's not really stress we're talking about.

John Pellitteri: [14:34](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=874.44) Hans English was not his first language so when he did some studying about stress, what we call stress, he went to a friend of his who spoke English better than him, happened to be an engineer and he said to him, “what do you call that force that is on you that makes you feel upset and anxious and sympathetic nervous system arousal?” And his friend said, “oh that sounds like what you're talking about is stress.” Well technically stress is the force you put on an object, strain is that ability to withstand stress. So we don't really care about the stressor what we care about is what it does to us. So if anybody ever says, oh I'm all stressed out, you can say, "no you're not you're strained out moron". And most people respond very nicely to that and go, "thanks" and they buy you a diet coke and the whole bit so. But technically we're talking about strain or your ability to withstand pressure. We'll just call it stress because that's what its called. So why is it bad at all? I mean, stress is adaptive, stress helps us survive, that sympathetic nervous system helps us navigate certain situation, why is it bad at all? Well, one of the things it does is it inhibits our immune system and that makes us susceptible to diseases. It also wears out our organs.

PART 1 OF 3 ENDS [00:16:04]

John Pellitteri: [16:00](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=960.4) You, being in a stressful state, a stress-alarm state for too long can make you wear out. It wears out all of your different organs. In fact, I would say that this is not an exaggeration: stress either causes or makes worse every single disease we face.

John Pellitteri: [16:22](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=982.96) Every single disease we face is either caused by or made worse by stress. So, not very good for us. Long-term cortisol production results in organ damage, it's been linked to heart disease and hypertension and diabetes and all sorts of things. This stress response, what happens is your brain tells your hypothalamus that this is something to be stressed about, which signals your pituitary gland and the adrenal gland, which create adrenaline and cortisol and norepinephrine, which sit over the kidneys.

John Pellitteri: [16:53](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1013.82) Flood your system with this adrenaline, this cortisol, and it wears out your system. So, long-term stress is bad for everything and everyone. Now, why don't Zebras get ulcers? If you are a Zebra in the Serengeti, eating grass, what are you thinking to yourself? You're thinking, "That's some tasty grass. I am enjoying this grass. This is some fine aged grass."

John Pellitteri: [17:27](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1047.35) Then, out of the corner of your eyes, you see a Lioness and she's stalking in tall grass and now, you have a sympathetic nervous system response. Your heart starts racing, your heart beats faster, you take off running and when you're a Zebra, you don't need an explanation why your buddy Zebra's running, you just run, right?

John Pellitteri: [17:46](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1066.04) "Hey, bud, what are you doing? What's going on?" No. You go, "Whoa, okay," and the best defense Zebras have is the Lion can't pick one of them out of the herd and that's the best you got. So, now what are you thinking as you're running for your life? You're thinking, "Oh my gosh, I wish we lived in a place without Lions. Why can't we put a gate up? Maybe we should bell them? I should've stretched this morning."

John Pellitteri: [18:13](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1093.81) "People tried to get me into yoga, I should've tried that. I hope he gets Bob, because Bob wasn't ... oh, looks like he got Bob. Okay. Too bad, well he was old anyway." And then he goes back to eating grass and now, it's back to, "That's some tasty grass. This is some good grass."

John Pellitteri: [18:35](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1115.25) Because a Zebra does not have the cognitive capacity to worry about things that aren't happening. A human, one of our gifts, one of the things that make us the dominant human, dominant animal on this planet is that we are able to imagine things that never were. We can imagine things ... if I say to you, "I'd like you to picture a Tyrannosaurus Rex in a party dress," you can do it.

John Pellitteri: [19:02](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1142.82) So, you're driving to Mount Sac and all of a sudden, a car pulls out, almost hits you, "Whoa," now it didn't hit you, you're fine, you're driving along and yet, our frontal lobe can create these scenarios: "Those stupid kids. They're driving all over the place. They need to watch where they're going. The problem is they're on the phone all the time. I'm gonna text my wife and tell her how these kids always get me."

John Pellitteri: [19:27](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1167.85) "For crying out loud, they're always on their phone thinking about them and their rock and roll. Get off my lawn!" And we can create a sympathetic nervous system response out of thin air. We can create a sympathetic nervous system response out of nothing. This is the problem that we are facing. If we are going to make it, assuming we're gonna make it anyway, as a species, we are going to have to develop a sympathetic nervous response in a graded way.

John Pellitteri: [19:58](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1198.58) So, in other words that when we don't get the right coffee at Starbucks, we don't have a sympathetic nervous system response. We have a "I didn't get the right coffee at Starbucks" response, which is not fight or flight, which is not cortisol dumping, which is not adrenaline organ wasting.

John Pellitteri: [20:16](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1216.54) But as of right now as humans, we have either a sympathetic nervous system response or not and you know how long it takes you to get aroused like that. How long does it take you to get mad? How long does it take you to have that anxious reaction? Immediately, right? It takes less than a minute, less than a second. And how long does it take you to calm down and get back to normal?

John Pellitteri: [20:38](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1238.65) It takes 15-20 minutes, you gotta calm down. And there's a reason for that and the reason is it that the ganglia that are part of our sympathetic nervous system are right next to our spinal cord, so these gangli and it doesn't make much sense if it were averse, you know, here comes a Tiger and 15 minutes, I'm gonna be ready to run, you know? And then to calm down immediately, though that would be pretty helpful.

John Pellitteri: [21:03](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1263.68) And then the ganglia that calm us down in our parasympathetic nervous system are way out here by the organs, so they come back online slowly. It makes sense adaptively, but it doesn't help us. And so, this is our biggest dilemma is that our brains, besides allowing us to be the dominant species on the planet are also one of our biggest problems and that's the imagining things that causes us to have a sympathetic nervous system response or a stress response.

John Pellitteri: [21:35](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1295.6) If I gave you a few minutes and I said, "I'd like you to create that, you can do that. You can just think of something that made you angry, you dwell on it a little bit, and your heart would start pumping faster and your breathing would speed up and the whole bit. So, what do we do about this? Well, stress has physical effects on our bodies, as I've mentioned. Stress has psychological effects on us and stress has emotional effects.

John Pellitteri: [22:03](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1323.3) So, what we're gonna do is we're gonna look at how do we combat the effects of stress in these three areas? So, what do we do about this? Well, physically, unfortunately, there's really only one thing you can do to make your body strong against the effects of stress and that's have a strong body. So, unfortunately, it's proper diet and exercise. Boring, you know, but that's to address the wear and tear of stress, that's all we can do. Vitamins, water, walking, avoiding people who are sick, get enough sleep, relaxation, don't smoke, don't have any fun. All of that, so physically that's all we got. So, let's take a step out and say, "Okay, what can I do psychophysiologically, what can I do cognitively to help me combat the effects of stress?

John Pellitteri: [23:06](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1386.78) And what I'd like to do is introduce you to something I do in my private practice: it's called optimum breath frequency training. So, what I could use would be a volunteer from the studio audience and let me tell you what you're gonna have to do first before you volunteer. I'm gonna have to put a little respiration belt around you and a finger clip and we're gonna watch your respiration and your heart rate variability.

John Pellitteri: [23:31](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1411.68) Anybody open to being a volunteer? Yes sir, come on up. Thank you.

John Pellitteri: [23:39](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1419.87) Most of our sympathetic nervous system, we have no access to. For example, if I said, "I'd like you to increase your blood pressure," you can't just do it. I mean, you could do something that increases your blood pressure, you could get up and walk around, the whole thing, but you can't control your blood pressure directly, right? You can't control your heart rate directly, okay? Make your heart go faster, you can't do it.

John Pellitteri: [24:06](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1446.83) You could do something, you could get up and do some jumping jacks, your heart will speed up, but you can't affect it directly. But we can, oh my god, someone call 9-1-1. Just kidding, I just wanted him to get ready, 9-1 and then, okay. But we can control one aspect of our sympathetic nervous system and that's our breathing. Our breathing we have shared control over it. If you don't think about it, your brain will go ahead and let you breath, will breath for you and if you want to take control over it, you can.

John Pellitteri: [24:39](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1479.35) And hold your breath or breathe very fast. You have control over that to a certain extent. Just as a sort of side thing, anybody live with anyone who snores really loud? Yeah, usually sleep apnea. Yeah, so my dad had ... he would snore like nobody's business. I mean ...

Rob: [24:59](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1499.32) My brother does.

John Pellitteri: [25:00](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1500.23) Your brother too? I mean, the whole house would breath with him and then he would have an apneic event, he would have an obstruction and be like, "Dad? Don't go in the light dad. Dad?" And what's happening is your brain while you're sleeping is doing its thing and as you stop breathing, your brain will wake you up a little bit, "Hey, wake up." So you don't die and you will clear that airway and you a lot of times don't even wake up.

John Pellitteri: [25:44](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1544.56) And so when you do these sleep studies, you see the EEGs all night long, you never hit those deep, refreshing, slow-wave sleeps. So, people who have sleep apnea will get up in the morning and be like, "I slept for eight hours, but I still feel so tired and exhausted," because they never touch that deep theta-wave where they feel refreshed, but your brain will not let you die, the brain will keep you alive by waking you up so that you turn over and you take the pillow off your face and so forth.

John Pellitteri: [26:12](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1572.41) Any case, but we do have some control over our breath, so there is an optimum breath frequency, a number of breaths per minute that everyone has that you could find out if you wanted to do a half-an-hour type test, but you don't really need to, you could guess it's about six breaths per minute. Usually that's about right, but it might be seven, it might be five, might be five and a half, might be six and a half. We could find out technically for you, but like I said, usually it's about six breaths per minute.

John Pellitteri: [26:42](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1602.2) So, six breaths per minute is usually the best breathing that you can do that fully oxygenates your blood based on your heart rate, so you're breathing, you're exchanging gasses and it's going with your blood and your heart is pumping it in a nice, efficient manner. Is that making any sense? So, if you think of it like a loading dock, the truck comes up and you load the oxygen on and it takes off again.

John Pellitteri: [27:09](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1629.99) In a perfect world, the truck pulls up, we load it up, it goes off and this just keeps happening and this oxygenates your body very efficiently. The way we usually breath is about 12-14 breaths per minute. Raggedy, we're talking, we're laughing, we're coughing and it's okay. It's not bad for you, it's just a raggedy breath. In other words, the truck pulls up, we missed it, it took off without any oxygen. The next one pulls up, we fill it and we have to wait around and then it goes and the next one comes too slow and we fill it up and it goes, so that's kinda the raggedy way that we breath normally, 12-14 breaths per minute.

John Pellitteri: [27:44](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1664.03) But if we breath at our optimum breath frequency, about six breaths per minute, that fully oxygenates our blood, goes around to all of our different organs and it gives our autonomic nervous system the message that all is well. Because the hallmark of the sympathetic nervous system is breath like that. The hallmark of the parasympathetic nervous system is calm, slow, deep, quiet breaths.

John Pellitteri: [28:13](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1693.99) So, if you control your breathing with this calm, slow, deep, quiet, you're sending a signal to the rest of your sympathetic nervous system that all is well and it will go along with it. Now, this is not the type of breathing you should do all the time. You're not supposed to breath six breaths per minute all the time, but five minutes a day, three times a day or when you want to toggle that sympathetic nervous system.

John Pellitteri: [28:39](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1719.39) When you're feeling stressed by doing this, you can reset that system. While I've been talking, Rob has quietly passed away. Oh, he's back. Very good, very good. Welcome back, anything to teach us about the light? It's a beautiful light, your family was there? Stop talking into that, alright.

John Pellitteri: [29:09](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1749.29) Now, what you're seeing here is the blue line is his respiration, so can you breathe in and out a little bit? So, as he breathes in, it goes up and he breaths out, it goes down. So, that's his respiration. This is not his heart rate, this is his heart rate variability. When we breath in, that is a function of our sympathetic nervous system, our heart rate speeds up. When we breathe out, that's a relaxing, that's a parasympathetic nervous system, that's our heart rate going down.

John Pellitteri: [29:40](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1780.45) So, the computer is graphing when his inter-beat interval is short. In other words, from beat to beat, when the beat-to-beat is short, it goes up. When beat-to-beat is longer, and these are in milliseconds, you know 500 milliseconds, 700 milliseconds, when it goes down, it's down lower, okay? So, what I would like to show you is this: now, you've been watching this and it's been kinda all over the board. Now, Rob, what I'd like to ask you to do is just go ahead and pull your feet in just a little bit. Sit up a little bit straighter if you could and then I want you to do what's called diaphragmatic breathing. So the way that we diaphragmatically breathe, and if you are a yoga person or if you are a musician, a swimmer, musician, martial arts, you know this already. Meditators know this kind of stuff.

John Pellitteri: [30:28](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1828.35) How many of you know what I'm talking about when I say diaphragmatic breathing? Okay, so a lot of people do. Here's diaphragmatic breathing in a nutshell: so, what we want to do is you want to start your breath by pushing out your lower stomach. Now, we have no muscles around our lungs. Our lungs are plastic bags with no muscle in it. The way that our lungs inflate is that we create negative space, we create negative pressure around our lungs and that inflates it, which is why if you have a collapse lung, the surgeon goes in between the ribs and sucks out the air, which inflates the lungs.

John Pellitteri: [31:01](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1861.5) So, you push out your lower stomach, which pulls your diaphragm down, which creates more space around your lungs, which increases your ability to fill your lungs completely. So, what I'd like you to do is just kind of sit up straight and stick your lower stomach out as you start your breath, breathe in through your nose. If you'd like to try this, feel free and we roll our breath in from the bottom up. So, you're gonna go and all the way up to your neck.

John Pellitteri: [31:31](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1891.15) You're gonna fill your whole lungs and throat with air. And then, when we exhale, to control our exhale, it's a lot harder to control your exhale if you just try to do it without pursing your lips, if you just try to go ... you have to have some resistance. So, the best way to do it is to purse your lips, so like this. And by doing that, you can control your exhale.

John Pellitteri: [31:57](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1917.14) So, what we're gonna do is a five count, five seconds, breathe in, five seconds, breathe out.

PART 2 OF 3 ENDS [00:32:04]

John Pellitteri: [32:00](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1920) That's a 10 second cycle. That's six breaths per minute. And nice, smooth. And what I want you to see is that his heart rate variability starts to match up with his breathing. Look at that. And as he exhales. So our peak to peak, remember what it looked like before. And as he breathes in his heart rate variability starts to get in sync with his breathing. So this is him controlling his heart rate with his breathing. It doesn't get any better than that. That's beautiful. So this is his optimum breath frequency, and immediately when he starts to do that his heart rate falls into line. This means his blood is being oxygenated more efficiently. Now if he does this for about five or six minutes, one of three things will happen. Well, I say one of four things. Either he'll pass away. No. Number one. Either- (laughs) There it goes.

Audience: [33:07](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1987.45) (laughter)

John Pellitteri: [33:07](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=1987.45) Fire him. (laughs) Get back to work. Get back to work. You're doing great. You're doing great. Alright, either he will feel a little dizzy. And that means he's breathing out too much CO2. Or he'll feel super tired for a couple of seconds, which usually happens to my students for some reason. Or number three, what we're shooting for, is he'll feel that feeling that you get when you catch your breath. You know when you've been exercising or doing something (pants), and then there's that one breath that you just kinda go (gasp and sigh). You know what I'm talking about? Where you just kind of catch your breath? That feeling of well-being and that feeling of I'm okay now, however you wanna define it. And that's kinda what we're shooting for. What that's doing is that's the parasympathetic nervous system switching on saying, "All is well." Okay? Any questions about that? What do you think? Interesting?

Audience: [34:08](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2048.62) mm-hmm (affirmative).

John Pellitteri: [34:08](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2048.62) Alright. That's it. Thank you very much.

Audience: [34:08](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2048.66) (applause)

John Pellitteri: [34:22](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2062.62) So what are the three ways that we can deal with stress, that sympathetic nervous system response? Number one: you can steel your body for the effects of that stress. How do you do that? You make it strong. How do you make your body strong? Proper diet and exercise. Okay? How do we inspire our parasympathetic nervous system to be activated, to bring us back to homeostasis, to calm us down?

John Pellitteri: [34:54](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2094.13) One way is using breathing techniques. And one breathing technique is this optimum resonant breath frequency. Usually about six breaths per minute. So just like Rob was doing, you know sitting down, back straight, sticking your abdomen out, breathing in for a nice, slow, calm, quiet, deep breath for a count of five, and then controlling your exhale again quiet, deep, calm, slow, for a count of five. If you're breathing that way for about five minutes, that should be enough to kinda kick your parasympathetic nervous system into gear, and you're going to feel less stressed. You're going to feel better. You know? Those people that I've taught this to before, sometimes I see them on campus and they go, "This works." You know?

John Pellitteri: [35:41](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2141.38) I had a professor, he says, "You know I'm being stressed a lot and I just take some time and sit in a chair and do this." He goes, "It helps so much." So that's one thing you could do. There are a couple of other breaths you could use. There's the four-seven-eight breath. There's the, what they call the cup of coffee. The bellows breath where you're breathing in and out really fast. So there's different kinds of breathing techniques you could use. But in my opinion, neuro-physiologically the six breaths, the optimum breath frequency, is the best one. So that particularly stimulates cranial nerve number 10. That's our Vagus Nerve, V-A-G-U-S. Not Vegas nerve like "Let it ride!"

Audience: [36:25](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2185.76) (laughter)

John Pellitteri: [36:26](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2186.97) That would be a different kind of Vagus Nerve. The Vagus Nerve innervates all of our internal organs. When you feel seasick, when you feel an upset stomach, that's your Vagus Nerve being activated. You know it's very interesting about our nervous system. Our nervous system is really who we are. When you scratch an itch, this is your nervous system telling you that there is a bug or something on you. And then your nervous system directing to fuzz out that sensation to itself. So this nervous system is always attending to itself. When it comes to mindfulness and meditation practice, that kind of thing, I think it's a very interesting conundrum because our nervous system is always addressing ourselves. You have a choice at every single moment to be attending to the nervous system that is bringing in information from the outside world. Or you can attend to your internal neurons just firing. Our brains are very good at making connections between things. So seeing cause and effect, a lot of times when it doesn't even exist, is what our brains do best. Is it sees cause and effect. It fills in patterns.

John Pellitteri: [37:50](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2270.84) So when you find yourself daydreaming, what's happening from a neural perspective? Well, your neurons are firing, and you're thinking about something. And that leads you to another pattern, which you start firing different neurons. And that leads you to another thought, which means you start firing other neurons. So as you're sitting there, you know, I think to myself, "Oh I gotta stop by Trader Joe's. I wanna get some of those soy beans. The last time I went to Trader Joe's that weird guy was there that talked to my daughter weirdly for a little while. I wonder what his name is. He had a weird mustache. Oh that reminds me, I wanna get my beard trimmed. I'm new to beards and stuff." And you can spend, as you know, your whole life in your brain running these neural patterns.

John Pellitteri: [38:38](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2318.55) And you know when people say, "You know the older you get-" have you heard this before? "The older you get the faster time seems to go." I think that's because we have more and more memories to draw on and we spend more and more time in our head. It takes a lot of practice and effort to change our focus from that daydreaming running this internal neurons and just zapping out to attending to the neurons that are giving us information about the world right in front of us. So those of you who practice mindfulness stuff, you know what I'm talking about. The more I practice, the more I realize that time will slow down for you when you are attending to what you're doing rather than to be in this fantasy land in your head. And you can tell when people are doing it, right? I mean, "Hey Rob, how are you doing?" And Robs like this.

Audience: [39:23](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2363.63) (laughter)

John Pellitteri: [39:25](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2365.61) "Rob, where are you?" "Huh? I don't know where I was. I was somewhere else. I was having a myocardial infarction." Finally, we talked about physical. We talking about psychophysiological. Then the final part addressing stress is the cognitive approach. So how do we approach stress, and to appraise it as non-stressful as possible? And this is a lot of the stuff that I do in my psychotherapy practice is helping people reframe what it is that they- the rules that they have made for themselves that lead them to be depressed and stressed and anxious and so forth.

John Pellitteri: [40:04](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2404.79) And one theory that I like to use is Albert Ellis' theory, the ABC Model of Cognitive Appraisal. And what Albert Ellis would- well he wouldn't say anything now; he's dead. But when he was alive, he would've said that you can't really do anything about the things that happen to you. Those are A, Activating Events. The Activating Events are things that happen to you in life. These are stressors according to Hans Selye. And those lead to emotional consequences, which to a large extent we can't control either. So what happens to us and how we feel are two things that are kind of out of our control. But he says that there is there is a belief system at play. Activating Event, belief system, emotional consequence. This belief system that's at play that informs and results in the emotional consequence. So you can affect the belief system. Albert Ellis is the father of modern Cognitive Psychology. He would say that no one can make you feel a certain way without your permission. Would you agree with that? No one can make you. If I wanted Mike to feel angry, could I make Mike feel angry right now?

Audience: [41:18](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2478.22) (laughter)

John Pellitteri: [41:19](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2479.74) You know, if he chooses not to be angry, there's really nothing I can do to make him angry. He has to buy into it too. And according to Albert Ellis, whatever I do has to be intertwined with this belief system. If I go over and stomp on his foot, he still doesn't have to get angry. But a belief system at play could be something like, you know, "He shouldn't have done that, doggonit. He's assaulted me and I'm gonna be angry about it." So that emotional consequence comes with it. When I see couples a lot of times, one of the things they say when we get into couples counseling, is they'll say, "He makes me so mad." Or, "She makes me so mad." How does somebody make you mad? Well they did this or they did that. Well I can understand they're doing different behaviors, and you're not happy with it. But how is it that that person is making you mad. Really what you should say is, instead of saying, "You make me so mad." You should say, "You tap into the anger that lives within me."

Audience: [42:15](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2535.94) (laughter)

John Pellitteri: [42:21](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2541.5) That's a little bit more accurate. So next time somebody ticks you off, take responsibility. "You tap in, it's already there, and you just, you, like a straw, you suck, yeah. You suck the anger out of me." Let's just shorthand it, you suck. So, when stressful things come at us, if we can appraise them in a proper way, and that by addressing the belief system, we can cut down on their impact on us. Once we get stressed, we can use things like the breathing techniques. And once that stress has already hit us, and we haven't been able to manage it, hopefully we have the health to be able to combat that stress. So these are the three parts.

John Pellitteri: [43:11](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2591.4) When it comes to this RET, and it's aspirational, we try to do this, nobody's perfect at; it's a lifetime journey. But some of the things we try to do is we use words like "although." "Although I wish my director had not said this to me, this is not a saber tooth tiger attacking me and I'm gonna be fine, and we'll communicate better next time and everything will be fine." And it doesn't mean that I feel happy about what happened. It just means I feel less upset. So Albert Ellis, and this is a great impersonation of Albert Ellis but you'll never know it because you're never gonna hear him. But if you YouTube him you're gonna be like, "John nailed it." Okay, you watch.

John Pellitteri: [43:46](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2626.64) But he would say one of the ways that he came up with this is when he went to college in New York is he fell in love with every woman he met. And he asked them out on dates and all that, and never got any dates. So he decided that he would sit in Central Park, and he would ask 100 women every day out to dinner. And learned that if you ask 100 women out to dinner every single day that 97 will say no, two will slap your face, and one will say yes.

John Pellitteri: [44:16](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2656.07) So he would say, "It's just a numbers game. You ask enough women and then eventually someone will say yes." And he would do this every single day and he would have dates for dinner every single day. And by doing that he learned how to take rejections very well because he was being rejected all day every day. And one of the things that he thought of was, you know, you can be rejected. "At first, a woman said no to me. I asked her if she would go out to dinner, and she said no. And I felt devastated, like I was unlovable and I would never meet anyone and I would die alone. So that's a belief system that leads to a very sad emotional consequence. By changing his belief system, and one thing I say to use is the word "although." By changing your belief system, "Although I would prefer if she had said yes, I still got 94 women to ask today and one of them will probably say yes." I still am gonna move forward with my life. So although I would prefer this not to have happened, I'm still going to be fine and all that.

John Pellitteri: [45:22](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2722.28) So a challenge that you could make for yourself is the next time you feel yourself in a strainful situation, you can try to reappraise it in a way that gives you emotional room. That gives you the emotional option to not feel quite so stressed and depressed. So instead of feeling devastated, we feel slightly annoyed. Or we feel a little bit depressed. And then like I said, we could use then the breathing techniques and eventually we have to just come down to proper diet and exercise.

John Pellitteri: [45:52](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2752.38) Some examples that you have a belief system that is not working 100 percent is when you start saying these words like "should," and "must," and "can't." " She shouldn't treat me that way." Albert Ellis would say, "Why not. You're not the king of the world. She can do whatever she wants. She's a human being just like you." I must get my way. He calls this Mustabatory Activity.

Audience: [46:16](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2776.17) (laughter)

John Pellitteri: [46:16](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2776.52) I can't fail. "Why not? You can do all sorts of things. You can succeed and you can fail." This is called awfulizing. It's just awful. Well, maybe it's not what you prefer, but it's maybe not awful. "Don't talk to me like that." Well people can talk to you however they want. It's really no- you have no control over this, and this should and shouldn't happen. So by changing your belief system, we have the Activating Event, belief system, we have emotional consequence, and we have a new disrupting belief system, which leads to a new emotional consequence. So appraisal, using psychophysiological techniques like the breathing and then the physical health and all that.

John Pellitteri: [46:54](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2814.89) That's all I've got. I hope you found this interesting and more useful. So if you want my slides, contact Pod. I'm happy to give them to you. Have a great day. Thank you.

Liesel Reinhart: [47:15](https://www.rev.com/transcript-editor/Edit?token=hj_nxtco3v1kOwy2c3KXcXqeXCyxnFLhdkTLevq30KEDOtTZBvCl4poBm353bC-myLia9DXLnbZQXxc74gREdf0svzM&loadFrom=DocumentDeeplink&ts=2835.92) Hey, thanks so much for joining us for the Magic Mountie Podcast. We love your likes, we love your shares, and we love your comments. So please engage our community, download from wherever you love to get your podcasts, iTunes, Google, Rate My Professor. We're there. And we want you to be back with us next week. Remember any opinions that are expressed in this podcast do not necessarily represent Mount San Antonio College or any of its agents. We'll see you next time.

PART 3 OF 3 ENDS [00:47:58]