

SELF-CARE THROUGH SOUND & BREATH

USING ANCIENT TECHNIQUES OF
SOUND AND BREATH TO COPE
WITH THE NEW NORMAL

By
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AIMS

- By the end of the presentation you will be able to:
- Identify how the new normal can trigger Compassion fatigue, Vicarious trauma and Burnout.
- Understand how these issues impact us and bring into focus the ethical concerns for self-care
- Learn about the Vagal nerve, how it relates to mental health, and how it can be modulated by sound and breathing
- Learn about how the breath and sound are used to heal both in ancient and modern cultures
- Learn 4 ancient Vedic breathing healing techniques
- Learn 4 healing techniques using sound
- Learn to use the breath and sound to become fireproof in the new normal



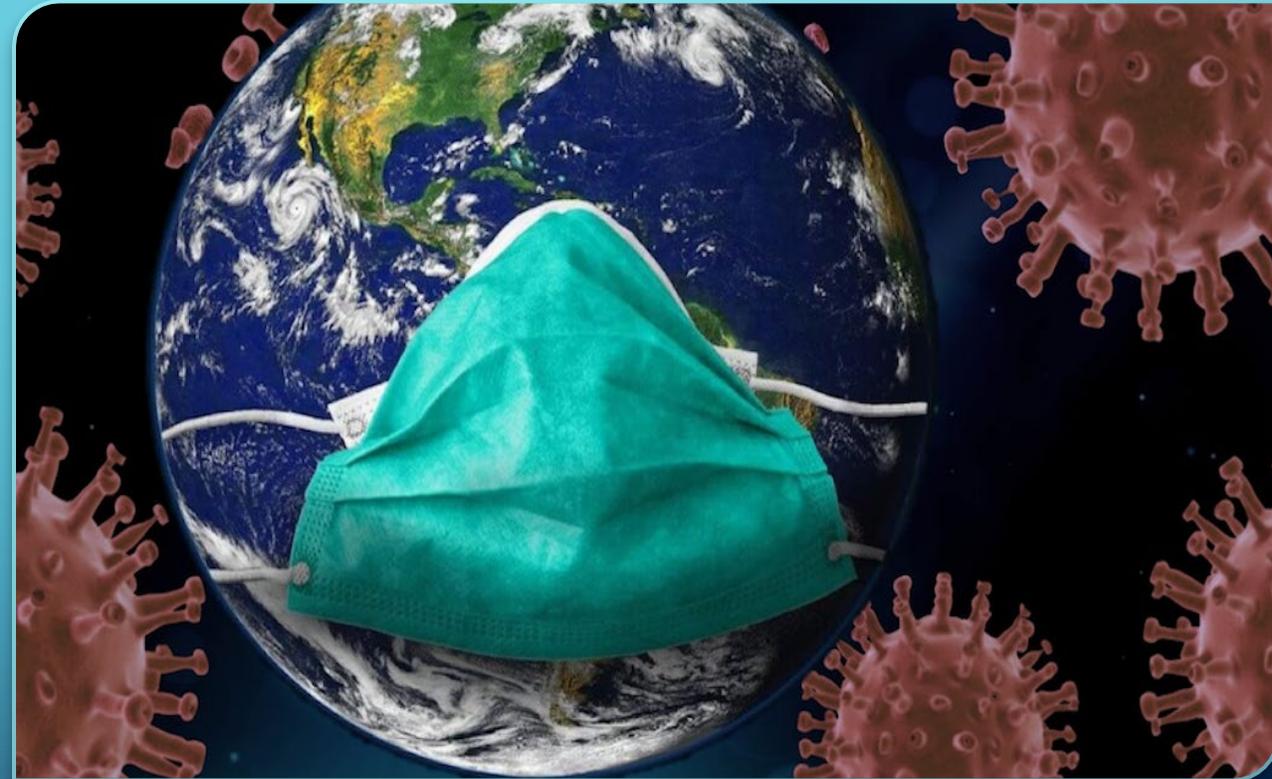
SELF-CARE & ETHICS

- Many definitions
- Common component
- Provisions for self –care now found in every ethical code of mental health care
- Core component in academic courses geared towards the helping profession

IMPACT OF THE NEW NORMAL

I CAN'T BREATHE!

- Increased stressors for individuals, as well as clients
- Burnout, Compassion fatigue, Vicarious trauma
- Absenteeism, loss of job satisfaction, changes in co-worker relationship, lack of flexibility/reluctance to change-self and others, negativity towards management-shift to cost effectiveness, lack of leadership
- Reduced/lack of self-care.
- COVID LONG-HAULERS!

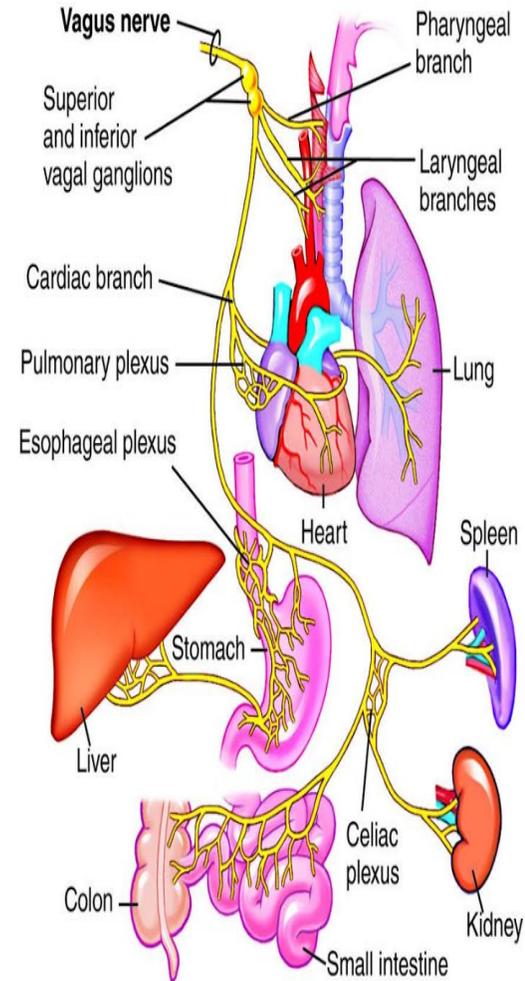


THE VAGAL NERVE

What it is.

What it does

Connections with stress, the heart, and breath

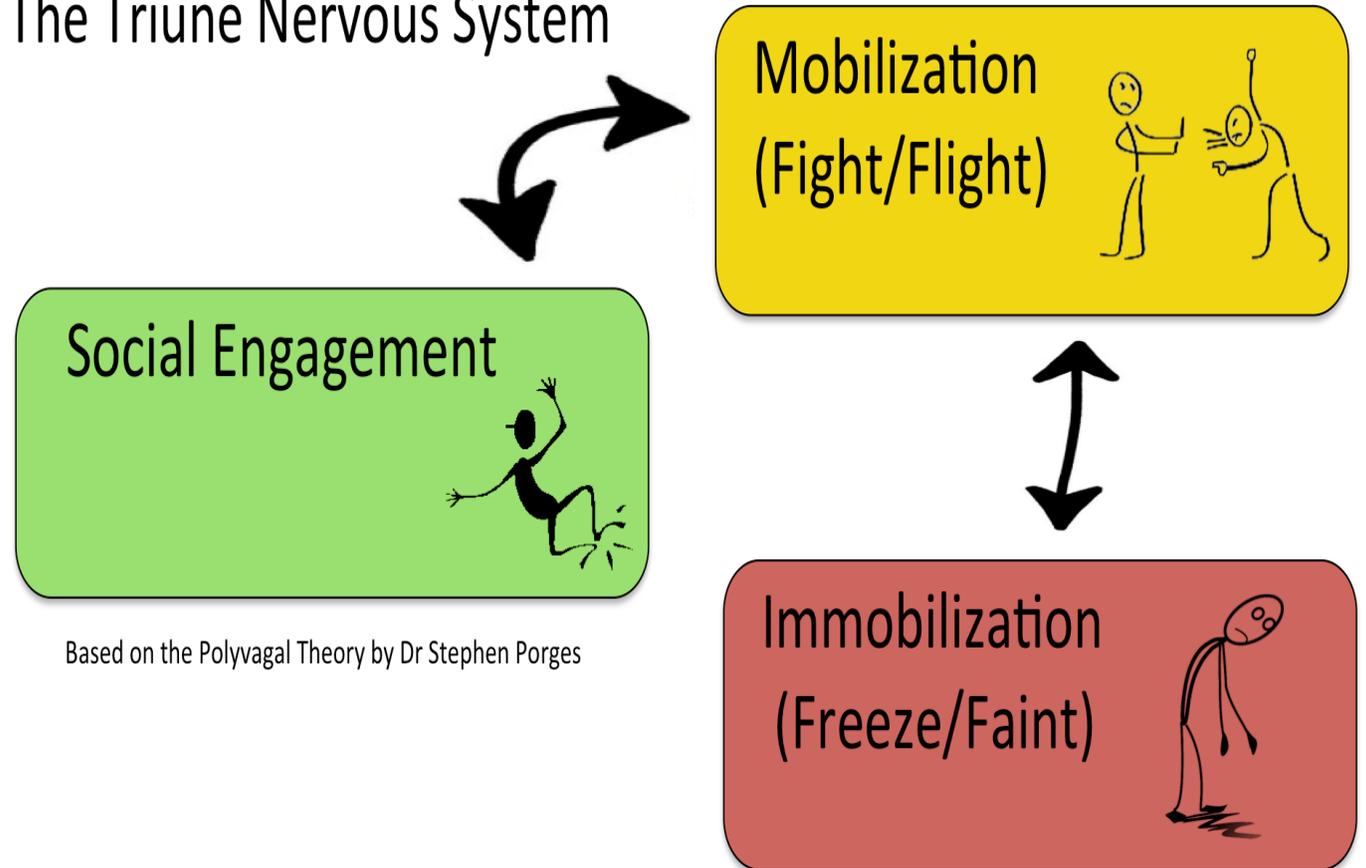


Here is another diagram of the vagus nerve, showing more of the areas it interacts with, including those that connect within the head. The auricular branch of the vagus interacts with the ear. The pharyngeal branch interacts with the ear, larynx, and palate the mouth, carries sensory and motor information,

POLYVAGAL THEORY

- VVC
- SNS
- DVC

The Polyvagal Theory and The Triune Nervous System



Based on the Polyvagal Theory by Dr Stephen Porges

SOUND HEALING

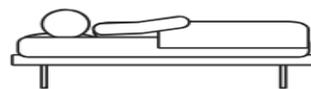
- Definition
- Vibration
- Frequency
- Theory: Applying sound vibration to the mind/body system can favourably impact the vibrational state of that system (Heather, 2004) Based on principles of Resonance and Entrainment.
- Resonance
- Entrainment



SOUND HEALING APPROACHES

- Bonny Method
Singing bowl/tuning fork
- Dalcroze method
Vibroacoustic therapy
- Mantra
- Guided meditation
- Neurologic music therapy
- Nordoff-Robbins
- Singing bowl/tuning fork

Binaural Beats Brainwave States & Associated Benefits



- *Deep Sleep
- *Pain Relief
- *Healing
- *Access to unconscious mind
- *Anti-Aging
(cortisol reduces, DHEA increases)



- *Rem Sleep
- *Pain Relief
- *Deep Relaxation
- *Inner Peace
- *Meditation
- *Hypnopompic & Hypnagogic State
- *Creativity



- *Relaxed Focus
- *Positive Thinking
- *Accelerated Learning
- *Stress Reduction
- *Flow State (effortlessly engaged in an activity or environment)



- *Focused Attention
- *High-Level Cognition
- *Analytical Thinking
- *Problem Solving
- *Stimulates Action & Energy



- *Memory Recall
- *Peak Awareness
- *Cognitive Enhancement
- *Transcendental States
- *High-Level Information Processing

SOUND SOURCES

- Voice
- Instruments
- Nature sounds



MANTRAS

- Aum
- Om Mani padme hum
- Om Shanti
- Switchwords
- Halelujah
- I love you, I'm sorry. Please forgive me, thank you
- Every day in every way, I am getting better and better





BREATH

- Importance of breathing-One of my favorite birthday cards shows a picture of a “seeker” coming to the “top of the mountain” to ask the great sage and seer of all knowingness, “Oh great baba, what is the secret of long life?”
- Inside the card, baba reveals, “Keep breathing as long as you can.”
- Connections between the autonomic and somatic system
- Breath, mental health, and well-being
- HRV



BREATH

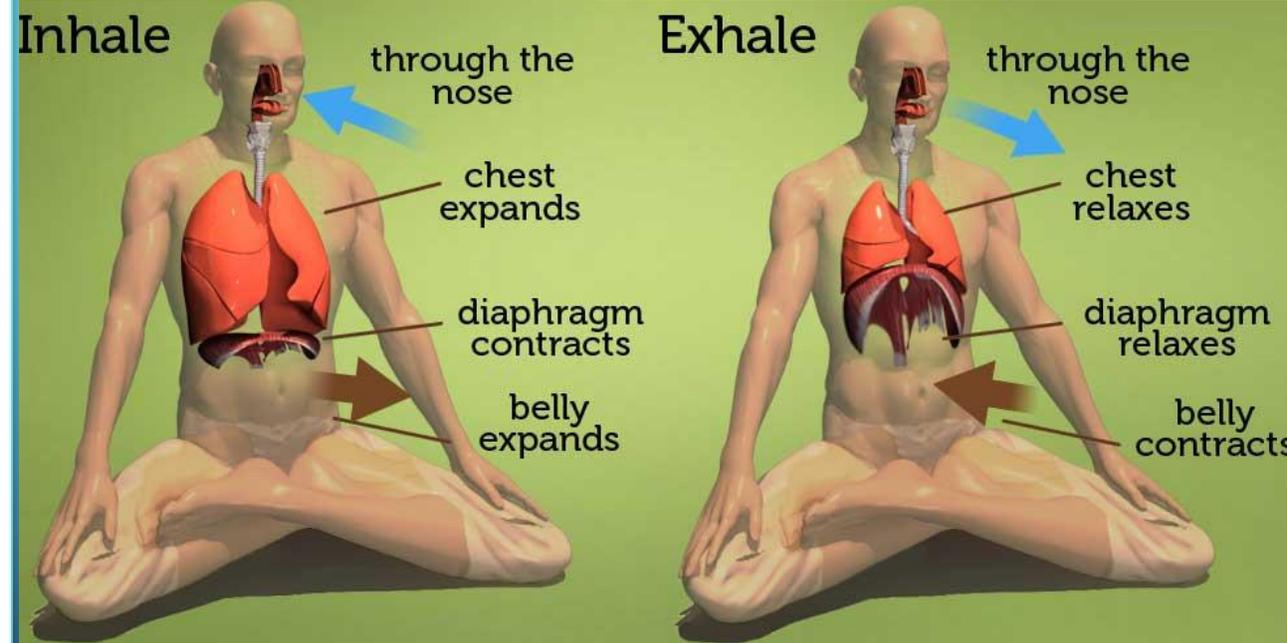
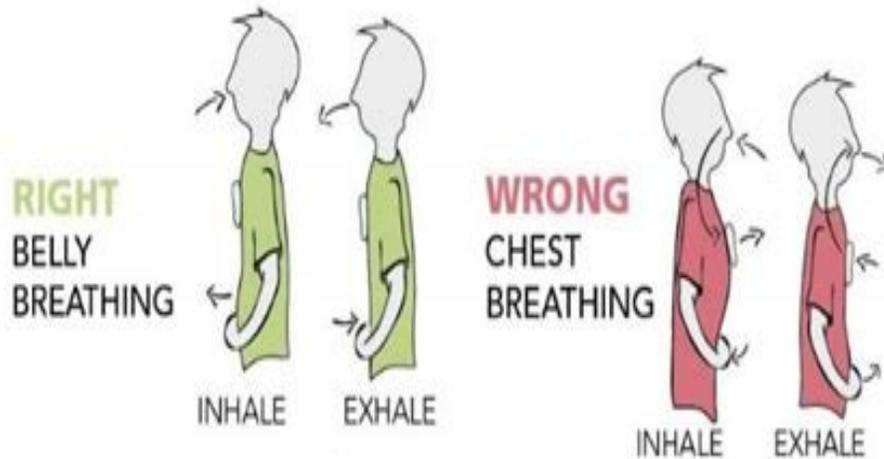
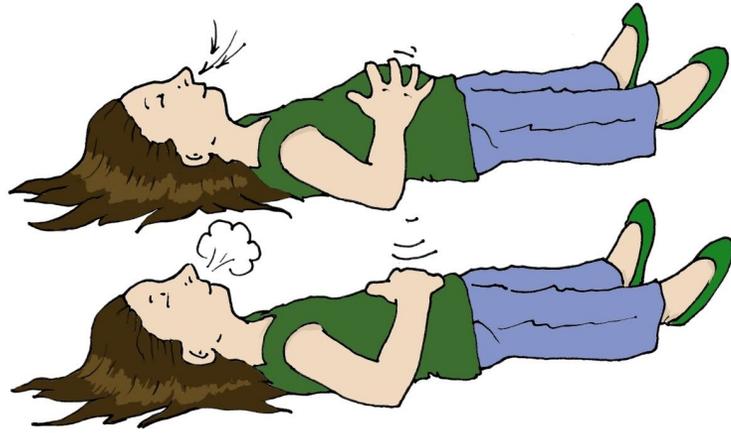
- Slower means living longer
- Lung capacity



Just
breathe

HOW TO BREATHING PROPERLY

- Straight back...shoulders stable



EFFECTS OF SOUND AND BREATH

- Quiets the vagus nerve:
- Lowers blood pressure, heart rate, and respiration
- Removes lactates from the blood (lactates can increase feelings of anxiety)
- Increases Alpha brain waves (calm, meditative state)
- Releases serotonin-increases feelings of satisfaction and pleasure

What Happens When You Hold Your Breath For A Few Minutes A Day?

The Benefits Of Intermittent Hypoxia

Benefits:

1. Vasodilation & Improved Circulation
2. Increase In Red Blood Cells
3. Memory & Cognitive Function
4. Induces Cancer Protecting Protein p53
5. Proliferates Antiaging Stem Cells

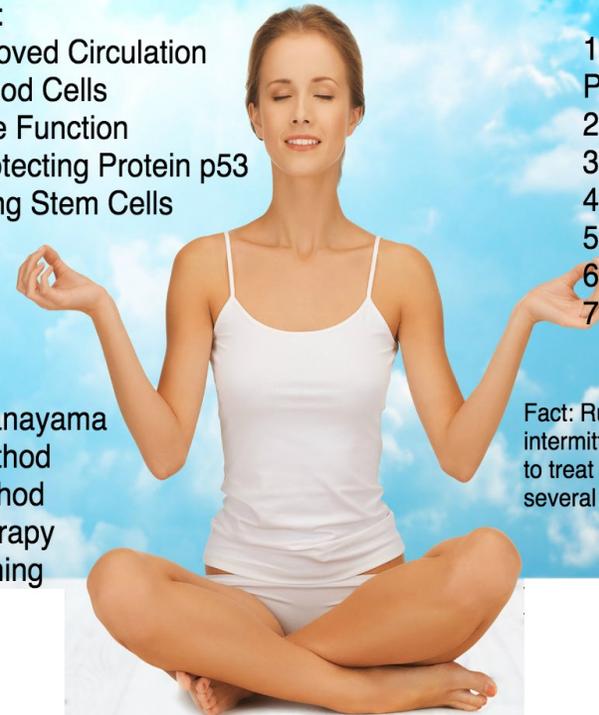
May Treat:

1. Alzheimer's, Dementia, Parkinson's
2. Type 2 Diabetes
3. Coronary Artery Disease
4. Osteoarthritis
5. Inflammation
6. Autoimmune Conditions
7. Depression

Methods:

1. Rechaka Pranayama
2. Wim Hof Method
3. Buteyko Method
4. Hypoxia Therapy
5. Altitude Training

Fact: Russian scientists have used intermittent hypoxia as 'hypoxia therapy' to treat a variety of health issues for several decades.



“I CAN’T BREATHE!”

BREATHING- PRECAUTIONS

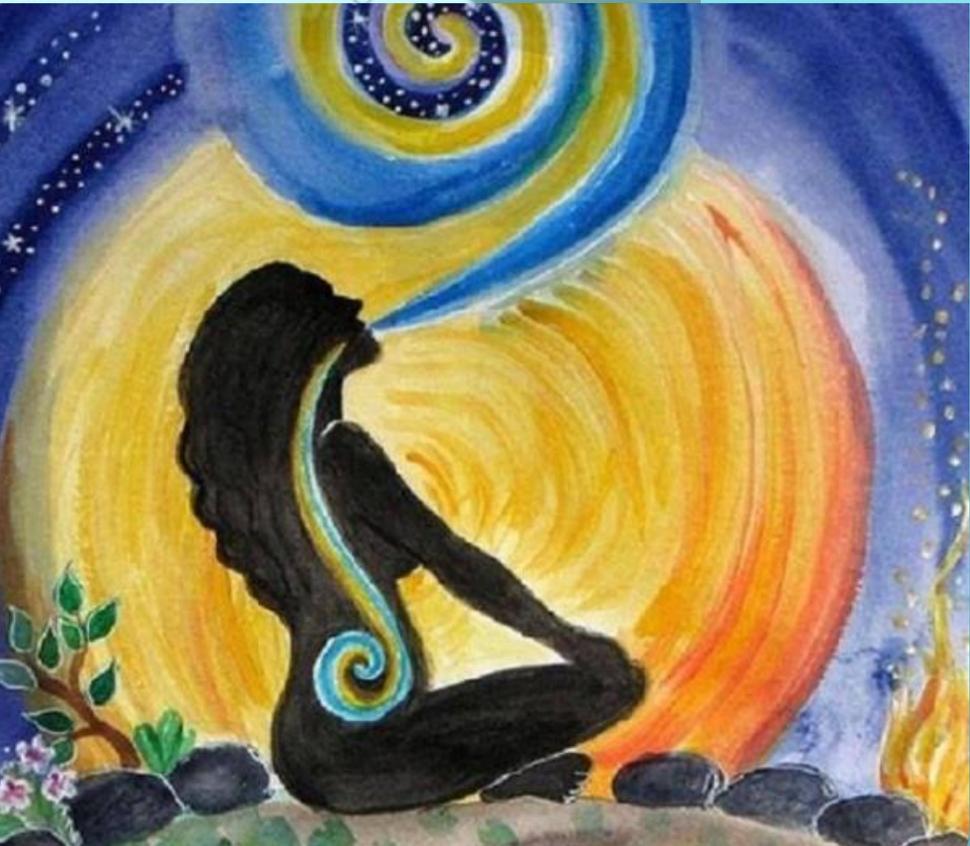
- Asthma
- Panic/anxiety
- COPD
- Reactive airways
- Emotional triggers
- Pregnancy
- CAREFUL WITH YOUTUBE





VEDIC & MEDITATION BREATHING TECHNIQUES

- “ am breathing, I am breathing out”
- Increasing count
- 4-7-8
- 12-24
- Alternate nostril



RESOURCES

- Wim Hoff - [Wim Hof Method Guided Breathing for Beginners \(3 Rounds Slow Pace\) – YouTube](#)
- [OM Chanting @ 432 Hz – YouTube](#)
- [Breathing Exercises for Covid-19 - YouTube](#)

[Can Long COVID Be Treated? - The Atlantic](#)

A MISSING PIECE of the puzzle, the Mount Sinai teams soon found, was right in front of them: breathing. Everyone knew, of course, about severely sick COVID-19 patients on ventilators. What the researchers and doctors at Mount Sinai hadn't realized was that even mild cases might be affecting respiration after the acute phase of the disease. Evidence began to accrue that long-COVID patients were breathing shallowly through their mouths and into their upper chest. By contrast, a proper breath happens in the nose and goes deep into the diaphragm; it stimulates the vagus nerve along the way, helping regulate heart rate and the nervous system. Many of us breathe through our mouths, slightly compromising our respiration, but in patients with post-acute COVID syndrome, lung inflammation or another trigger appeared to have profoundly affected the process. In these cases, patients' breathing "is just completely off," McCarthy told me.

Over the summer months, Chen's and Putrino's teams refined their treatment approaches, observing and analyzing all the while. They addressed patients' disparate symptoms (such as new food sensitivities, or roaming pain) with dietary changes, stress-management techniques, and individually tailored rehab. In addition, they introduced a science-based breathwork program, designed by a new company called [Stasis](#), to try to restore normal breathing patterns in the sickest patients. Jessica Cohen used it over the summer to help recover from her setback. For Caitlin Barber, breathwork came in the fall, more than half a year into her ordeal.

One night in April, Josh Duntz woke up with an idea and scribbled "breathwork" in his bedside notebook. He reached out to David Putrino.

The Stasis program is deceptively simple and strikingly low-tech: It involves inhaling and exhaling through your nose in prescribed counts in the morning and at night. The protocol was developed by Josh Duntz, a Navy Special Operations veteran, and his co-founder, Dan Valdo. During a decade in the Navy—he left in December 2019—Duntz had become obsessed with physical and mental performance under stress. "It was quite literally the difference between life and death," he told me. Trying breathwork himself after a workout partner introduced him to it, Duntz noticed immediate improvement in his endurance runs: He could run for longer with a lower heart rate, and without getting tired. He dug into the emerging science of breathing and became a convert.

By luck, Duntz knew Putrino; the two had been working together on a project prior to the pandemic. In the spring, he heard about the persistent breathing problems of COVID long-haulers. One night in April, he woke up with an idea and scribbled "breathwork" in his bedside notebook. "So I reached out to David to say, 'I think this could work and here's why.'" A piece had clicked into place for Duntz: Similar symptoms (fatigue, shortness of breath, racing heart) occur in people who have low carbon-dioxide levels in their blood—a condition known as hypocapnia, which can be triggered by hyperventilation, or shallow, rapid breathing through the mouth. Duntz wondered if perhaps these long-COVID patients, so many of whom suffered from dizziness and tachycardia, were also breathing shallowly, because of either lung inflammation even in mild cases or viral damage to the vagus nerve. The theory seemed plausible to Putrino: Oxygen is key to our health, but carbon dioxide plays an equally crucial role, by balancing the blood's pH level. Mount Sinai was able to launch a breathwork pilot program swiftly because of "how desperate people were—the hospital was so overwhelmed," Duntz said. The program also didn't have to pass FDA clearance.