Reducing Stress To Fight Inflammaging Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Day 7 and Stress

– Hey, I hope you're enjoying Day 7 of the Reverse Inflammaging Summit as much as Steve and I did when we put it together. I can't believe we're, we're on the last day. We, we've been so lucky.

We've heard some great speakers, some great interviews and there are more coming today. So hopefully you'll be able to stay in and watch to the very end in this mini talk segment. I again, wanna share with you some of the teaching points about lifestyle that I use in my coaching program to help people reverse inflammaging in themselves. So today we're gonna talk about an important topic that's a whole topic into itself and that's stress.

How Stress Affects Inflammaging

And many of the speakers throughout this week have talked about stress and its effect on inflammaging. And we Steve and I are going to have some dedicated programs on reversing stress and the importance of inflammaging and longevity.

Suffice it to say that even if we do all the other lifestyle changes that are necessary, if we don't correct the stress in our lives, inflammaging will persist.

Now, stress is different than many of the other lifestyle things we've touched on is it's unique in that unlike almost all the other factors, stress begins in our minds. For example, an unconscious person, like in a coma has very little mental stress and similar to inflammation.

Breathing and the Vagus Nerve

Our body's acute stress reaction can be healthy and and can be important for survival. For example, like when a lion attacks, we experience stress, but that helps us survive the attack and, and get away if necessary.

But like inflammation, what is unhealthy is the chronic or long term activation of stress or constant stress? Sort of like waiting for the lion attack? That never comes.

Some things can help with stress. Simple things that I use like like pausing during the day just to take a breath, a deep breath.

Changing Your Reaction to Stress

For example, this act of breathing actually stimulates one of the important nerves in our body, the vagus nerves that drives our autonomic nerve system to relax and and decrease stress.

One thing I found valuable, perhaps most of all in stress is to conceptualize it or remember that stress is not just what happens in our lives because we can't control what happens in our lives.

But stress is also a result of how we react to what happens in our lives. There's a great quote from Anthony de Mello. I often remember it's quote "To a disciple who is forever complaining about others. The master said, if it is peace you want, seek to change yourself, not other people. It is easier to protect your feet with slippers than to carpet the whole of the earth." Well, with that in mind, we can think about that.

Purpose, Mindfulness, and Meditation

The same event can be stressful to one person and literally joyful to another person depending on the meaning that

we give it. In other words, how we react to the event in our lives can either generate stress or it can generate joy. What do we mean by that?

For example, having surgery to remove a kidney for cancer is very stressful. On the other hand, you can have the exact same surgery to remove a kidney for, let's say, donation to save the life of a family member or a total stranger with a kidney transplant.

That could be a joyful experience. How we react to the events is is also tied into this is how we conceptualize our purpose. Having a purpose in our lives, reduces stress and makes us healthier and live longer.

My friend, Dr. Mark Hyman beautifully said about purpose that we should find something in our lives that is worth dying for and then live for it. And that is purpose one final way to reduce stress. That I use is to try, like I said, to change the meaning we give to events in our lives.

And this approach now is through cultivating something called awareness or mindfulness. And this can be very valuable to limit stress. And this is often done with some sort of mindfulness or meditative practice. And there are, there are like so many things, there are many, many apps that are available on the internet.

Many of them are free or at very low cost. They work from your smartphone. They can give you coaching tips about meditation or mindfulness and, just these things about limiting stress and they each take a different approach.

The best approach though is the one that resonates for you. The one that works for you.

Recommended Apps and Closing Remarks

And here are a few, they're all good ones. These are three, that particular ones I like, I happen to be enjoying the Sam Harris waking up app right now, but they're, they're all good and uh please check them out and let me know what you think.

So, that's it for today's mini talk number 7. So please enjoy the rest of today's program and we'll see you later.