

Verizon-Up To Speed LIVE
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>> What do you build a network for?

What did Verizon build their network for?

People.

Every tower raised.

It's the people.

And when people's every day is being challenged, that's when a network stands up and shows what it's made of.

Businesses are using Verizon's added capacity to keep it running and connecting with customers in an entirely new way.

When government and public health ask for network resources, they will deliver in more than 30 states.

And Verizon customers are making an average of over 600 million calls and sending over 8 billion texts a day every day.

Our connections make us all stronger.

And when you know people are depending on you for those connections, you do whatever it takes.

>> Coming to the office today, there are closed signs, doors are locked, lights are off.

And it's empty.

>> What I miss most is the people.

Not only as a coffee house but it really is our meeting place.

>> If we were to close, we don't want to close as a restaurant.

We close as a community.

>> It means the world to me.

I've always envisioned being able to let my business being a training hub for young women.

>> We have art and crafts made by local refugees that we helped resettle to Phoenix.

>> It's an opportunity for us to continue to pay our employees.

>> It's really been a Godsend.

>> It will absolutely save our business.

>> And I'm just so grateful that Verizon paid it forward.

>> We miss you all and look forward to seeing you soon.

>> What does it mean to be America's most reliable network?

Right now it means helping those who serve stay connected to their families.

They're on the front lines every day giving the most they can.

So Verizon wants to give them something back.

Introducing our best pricing ever.

\$30 per line for all nurses, teachers, first responders, military, and their families.

Not for a few months but for as long as they need.

Because the people we rely on deserve a network they can rely on.

>> I joined Verizon in January of 2014.

I worked in sourcing legal where I am primarily responsible for the negotiation of HR benefits.

The credo at Verizon, it really sets the foundation of how you are as an employee but also that spills over into how you are as a person outside of Verizon.

We have embodied that here at home.

>> This really is a time where we realize that just because we're just children, we can still make a huge difference in our community.

And any little effort goes a long way.

>> Our friends in Hillsborough founded meals for heroes.

We work with them to break out and start a branches in New Jersey.

>> I'm really happy and appreciative of all the nurses and first responders that are sacrificing their lives.

>> And we thought it was really important to just show our gratitude and say thank you.

Our main goal is to get meals to a lot of different places.

We still want to give back to everybody who's actually working during this time.

This was a triple win because we were able to get support from our friends and family all over North America.

And then we were able to give back to local businesses that really need the business during this time because obviously, due to social distancing, they're not getting their normal customers.

And then we're able to use those meals to help front-line responders.

>> And it made us feel really good to get all the messages and pictures back from the nurses of them enjoying the meals and how grateful they were.

>> We couldn't stop saying thank you to them.

You know, we are here for you.

If we can provide one meal that alleviates the anxiety or the concern about how am I going to make lunch, even if it's a five-minute meal, I feel that is success.

>> I would like to express my personal thanks to you, your team and Verizon.

>> For all of the amazing work you've delivered in the last couple of weeks.

>> For what you have done for first responders and small business.

>> I think you guys should get all of my credit.

And I love you.

>> I am a mother of two and have my elderly father who lives with me in my home.

I just wanted to say thank you.

>> I just wanted to take a moment to give accolades to Christina for her professionalism, patience, and uplifting attitude.

>> I just want to say thank you to our Verizon partners who helped us bring joy and encouragement to the most vulnerable in our community.

>> I want to report to you the actions of a good samaritan disguised as a Verizon lineman.

>> It's always a privilege, an honor to be with you and your team.

You guys are really synchronized in your vision.

>> My thanks to all of the employees and particularly those of you that are really providing all of us in the world kind of access to information.

What you're doing is helping not just the United States but the world stay informed.

>> Look at that.

She's upside down.

>> What did you do today, grandma?

>> Working on the computer, watching TV.

>> We're just getting ready for bed.

We wanted to give you guys a call.

>> How are my babies?

>> She's wiping your faces with a towel now.

>> Nice job.

>> Love you to the moon and back.

>> To the moon and back.

>> Love you.

>> You miss me, too?

>> I love you all very much.

>> Virtual hug.

>> Aww.

>> Big hugs in a couple months.

>> I can't do it because I will cry.

>> So big.

>> My name is Fred.

I'm a network technician of 21 years.

Volunteering has always been a big part of me.

And I said, what would be better than joining first aid squad if I could do it?

And then once I joined, my goal was to become an EMT, which I achieved last year.

>> As part of our response to the COVID-19 pandemic, we're offering our medically trained and certified employees a fully paid leave of absence to go out on the front lines and assist in the communities that are hardest hit by the pandemic.

We really wanted to show the community that we were there for them and that we believed in what they were doing.

>> As soon as I saw the opportunity for the leave, I mean, I was on it.

I knew my squad is hurting.

We're shorthanded, especially right now.

I couldn't get the application in fast enough.

>> For the next eight weeks I'll be an EMT.

A little nervous being more on the forefront of the virus.

But I'm excited.

I'm enthused.

And I look forward to being able to serve my community.

And be there for them.

>> Okay.
There I go.
My first -- my first shift.
As a full-time EMT.
>> People like Fred don't come along very often.
So when you find someone like him, you're very grateful to have him.
He's basically going to be scheduled for duty on nights but on daytime coverage and weekend coverage.
He said if they allow me to do this, he said I'm going to be right on the front lines with everybody.
>> As EMT, I'm responsible for direct patient care.
So the great thing about this leave program is it's less stress.
So now I don't have to focus on two jobs, only one.
>> Put them to bed and I'm tired.
I'm going to try to get some rest.
>> This opportunity has me speechless.
So many people are getting laid off.
So many people are going on unemployment.
And here my company is paying me to be full-time EMT for my volunteer organization.
Words can't describe that.
It's overwhelming.

>> Good to see you guys.
>> Good to see you.
>> Come on, Nicole.
>> You have to unmute the button.
>> Start streaming.
>> Yay!
>> With the project that we have.
>> Sorry, guys.
I'm just grabbing a file.
>> Thanks for working with me.
>> That door behind you.
>> Okay.
All right.
>> It looks like everyone's really happy.
>> Focus on what our next steps are going to be.
>> That is awesome.
Thank you so much for reminding us about that, Miley.
>> Morning.
>> How you guys doing?
>> Let's focus on the positive.
See you tomorrow.
Same time, same place.
>> We could never do what they do.
But what we can do is be a partner that never quits.

Verizon is the most reliable network in America.

Built for Interoperability and puts first responders first, giving their calls priority 24/7.

We do what we do best so they can, too.

>> To all our Verizon employees, we've never been so proud of our technicians, engineers, store employees and customer service reps who are doing critical work all over the country at a time when the country is forced to be apart, you're helping us come together.

Our customers are making an average of 800 million calls and 8 billion texts per day.

And you've kept our network reliable through it all.

Keeping people connected and safe at home.

So thank you.

Because of you, we are here and we stand ready.

>> I've been working for Verizon since 1997.

I live in a very small village in Wiltshire.

It's very picturesque.

We have no businesses so it's very quiet here.

Having been in the British Army, I thought, how can I give back to my community?

I have been serving since 2004.

I have all the same powers as a regular paid police officer.

Some assignments that I've got today.

I deal with anything, pretty much, that a normal police officer deals with, whether it's a car crash, a burglary or a break-in.

The only thing I won't do is I won't have a firearm and I'm also not allowed to taser.

Nobody knows whether you're a volunteer or not because we wear exactly the same uniform.

Go out and respond to jobs on the radio as they come in.

Which is are the constables have been a real help.

Police officers, we have to isolate, so we're feeling it with that.

These last eight weeks, it's been challenging.

People have different interpretations of the COVID restrictions, and we have to explain, educate.

It's really good to keep up the community engagement.

Foot patrol here in the United Kingdom.

So this is to give the public the ability and reassurance that the police are around.

We are finding rise in (Indiscernible).

I've learned a lot about the people and just general how different cross-sections of the community have their own problems.

I really appreciate people coming out.

And there is also a sense of purpose in my community, in my home life as well as my sense of purpose within Verizon.

It's just a really good fit.

It's good for my mind.

It keeps me focused.

>> JEREMY: Thanks so much to David, and he talked there about his purpose.

I appreciate him sharing that with us and so many of our folks who not necessarily lead double lives but serve in so many different capacities by day, they're Verizon employee,

Verizon media, what brings us all together and then in the evening, afternoons and weekends are doing things for their community.

Also to note, David, as you mentioned, served there and special thanks to all of those who served this weekend, and the U.S. will be celebrating armed forces day.

So thanks to those folks as well as military appreciation month.

Here we are 12:03 on the east coast.

It is Friday, May 15th.

Today on the show, we will have Guru giving us some updates on Verizon media group and joined by a special guest for wellness Friday.

Looking ahead to Monday, we will have Hans and Christy back.

And they will be talking about our next steps and how we're moving forward together through the COVID-19 pandemic as we go forward.

So I want to start with Guru, like I said, he is joining us today.

And the leader of our Verizon media group.

Guru, lots of folks want to know, a brief update, a general state of the business for VMG.

>> GURU: Thanks, Jeremy.

Good to see you and speak to you again.

Before I give the state of the business, I want to commend you and for your amazing work during this COVID time.

You've been -- I'll tell you this -- I hear this from my team, a daily staple in our lives for the past few months, and I can't believe we are saying few months now, and you've done a tremendous job.

So thank you for that.

And keep up the great work and that energy.

We need it every day, every minute.

So earlier this week, you know, I did one of the things -- I asked my leadership team about the biggest changes and pivots we've done in terms of how we operate, how we focus as a company as Verizon media, at least, I was really blown away by the progress, the changes we've made, the focus we've done on our employees, our customers, our society, and broadly speaking, shareholders as well.

So it was very impressive and I'll share some of those nuggets during this chat today.

And look, the summary here as we're listening to all our stake holders and working in lockstep, just as we are doing the daily up to speeds, I've continued to at least talk to the employees on a regular basis within the Verizon media side and, you know, we are following along.

It's become great where we can answer, keep them and have them come along.

On the media business or B-2C side, on the consumer side, we continue to see momentum which we talked about as we've seen a sustained traffic increase in finance.

Our teams have done an incredible job of providing (Indiscernible) content.

9 million consumers globally, and that looks strong.

But we've also seen our media platform bring amazing live events into homes of our users to initiatives like pay it forward live.

I'm hoping some of you caught the chance the rapper event last night and of course we had a Berkshire Hathaway live event that happened as well.

So there a lot of things that our media platforms are driving, that segues into our B2B

side.

And we're seeing some amazing wins and partnerships we announced with ampersand, next door, of course our partnership with Microsoft on the current that we have.

I'm very impressed and seeing the shift that our B2B teams are making in terms of closing these deals with advertisers and publishers as we continue.

And I will say last but not least, we heard from Hans and Christy a lot and other leaders as well, we are continuing to make meaningful impact on society through our commitment to mental health as we raise our awareness and help reduce stigma.

And this is no doubt a very, very challenging time for many of us, and it's incredibly important that we keep talking about how we are doing and when we need to talk or need help.

So as I look ahead, I think the rest of Q2, you know, we will go through this transition in a good way.

I think we are going to focus on the four stakeholders and continue making progress.

>> JEREMY: Thank you very much for the kind words.

Always appreciate that.

More questions for Guru coming.

Drop those in.

Before we get on with the Q&A, Guru joins us just about every Friday to talk wellness Friday.

I wanted to share what one of our employees on the West Coast is doing.

Finding ways to keep her family, her team engaged, to stay healthy and connected.

Take a look.

>> My name is Deb De Santis, partner within Verizon enterprise solutions.

I have been with the company 27 years.

Since COVID and our shelter in place, I think it's been more time than ever spent behind screens and on conference calls.

And I think it's really important that collectively we find ways to get ourselves moving and ensure that we all remain connected.

Getting ready to start my virtual one-on-ones with my team on video, staying connected.

I enacted a Fridays walk and talk with my one-on-ones.

I think it's important that we get creative in how we are practicing self-care.

And I think getting out and moving has really made the difference.

Finally a moment to get outside with my dog, Lance, my 4-year-old labradoodle.

You want to say hi, Lance?

Say hi?

Yeah?

We are ready to start our family game night of latenopoly.

Lance joined us.

The banker, Justin, has got our money sorted out.

Excited to win.

As we move into the next phase of what is the new normal, I think the lessons learned is really to appreciate and maybe keep some of the behaviors and connecting with our kids and getting out and doing our bike rides and hikes and time spent together.

We're learning a different way to work.

But it's really allowing us to kind of get back to the grounded to the basics of spending time with people that we love that are closest to us, our family.

But also ensuring that we remain connected to the people that we work with.

For me, the motivation to keep going and balancing all the balls that we balance is you've really got to be passionate about what to do and stay positive.

>> Deb, a lot of good stuff that we can all take with us and implement in our lives.

Good to see you and your family and your team doing so well across the world.

Guru, let's jump into some questions here.

What I'm going to call a lightning round.

Get right to it.

Another thing folks are talking about, sports.

With many of our beloved spring and summer sports with an uncertainty future.

How are you and the teams looking at the sports industry and coverage right now?

>> GURU: Sure.

That's a great question, Jeremy.

And I'll tell you like all of us, I miss sports a lot.

I mean, it's just unfortunate what we are going through.

But I'll also tell you this.

Sports has been one of the oldest things and stuff we did for fun for competitive stuff, you know, in humanity, right?

When you think about it.

And that's not going anywhere.

It's going to come back even more stronger as you think about it.

So as we know, modern sports right now, they are going through their own processes to determine how they are going to continue among the COVID-19 pandemic.

But as I said, long term, sports will come back in a much stronger way.

We have an advantageous position as Verizon and Verizon media.

There has never been a more exciting time to be in sports to be honest.

You think about the ability to create next-generation and experiences for fans, whether it be stadiums, at home or opportunities for Verizon media or partners or fans, all of this creates a massive scale opportunity for us to work on that product and make it even stronger to be ready when the sports leagues start coming back.

And I would say that's more on the consumer side how they're going to consume, so there's going to be new experiences that are going to happen and our sports teams are very, very focused on it to be working hard.

To be ready when things come back.

I would say on the media B2B side, there is good moment up.

Just last week we signed a new global partnership deal with dugout.

For those who don't know, it's bringing Verizon media new and exclusive advertising packages to market through sales teams and self-serve which is what Verizon media.

We are excited to reach that audience of 16 million users of highly engaged football enthusiasts across the globe.

So this is soccer globally.

So dugout football-related videos brought together from past leagues, world-class clubs globally including arsenal, Chelsea and I'm sure some fan teams there.

I know Ronan's probably thinking I didn't call out his team yet, but there are many that

dugout brings and we're really fortunate.

So I think even though there is a lull right now in sports and we are -- we don't have live events happening, it gives us time to work on the platform and be ready and actually sign amazing partnerships.

Diego and team, we have been working together, with Tammy to work with the leagues now in a much faster way.

So really exciting times for us.

I think it's going to disrupt industry even more.

>> JEREMY: Yeah, the business of sports continues on even if folks aren't out on the field.

I've got to tell you, I'm with you.

I'm ready to see some sports on TV again.

A lot of folks want to know -- obviously a lot of your team working remotely.

And that's unique and challenging.

How have you and the team stayed connected?

How are you making it work?

>> GURU: Look, you know, to be very honest, it's been -- it's definitely been an adjustment, right?

So at this point I do feel it's a new normal.

That said, we are all facing new situations, new challenges.

Personally and professionally.

On the professional side, you know, keeping the lines of communication, I think, you know, you look at Hans leading by example.

You have Christy and the leadership team, what do you do?

Keeping the transfer and communication on a daily basis very, very important.

So we do the same thing with our teams.

I have my leadership meetings every day.

Our team's doing the same thing, so we are there to answer questions, really being prompted.

Anything I feel we become more connected on the professional side.

On the personal side, we've been, you know, we've been able to get to know each other better.

I'll tell you honestly we didn't do that, you know, it kind of makes you feel (Indiscernible) but we are connected more closer.

We didn't know much about each other more personally.

Now we know much more.

I've created a text group, a personal -- which has no work in there but with all my direct reports.

So we share all the fun pictures that are happening during the day.

Sending out the morning motivation message or somebody's got a good workout.

A lot of that goes in.

And look, lastly, it's about bringing everyone together, right?

Whether that be personal, professional.

What's happened now that all of work and life has come down to the four walls.

You know, that's your life.

Employee resource group and our culture force have done a tremendous job giving our

employees giving employees access to expert panels, cooking classes, workouts.
I did a cooking class.

One of my favorites was their music video challenge.

So many different groups from Paris and Omaha and you name it, they've been creating amazing work from home using videos.

So that's been what we've been doing.

I think we have more than 2,000 employees tuning in, doing some kind of experiences and products and, you know, all of that.

So it's good to see that balance and how people are adapting to it.

>> JEREMY: Yeah, that's good.

And I watched some of your cooking challenge earlier this week.

It was fun to see that.

It looks like you've got a great team of culinary experts on your team.

And I loved seeing you out of bounds.

Out of bounds.

That's what he said.

A lot of good stuff to keep that going there.

One final question before we go full on into wellness Q&A.

So what's the latest efforts you and your team are doing to drive mental and wellness health around the globe?

>> GURU: Look, this has been -- Jeremy, that's a great question -- and it's been a very important priority.

You know, even before the pandemic started, mental health has been a big priority at the Verizon level, and this only affects it greater.

So I'm actually sad about two upcoming wellness event that's coming up.

One, it's called reset your mindset.

That will take place on Wednesday on May 20th.

Next week.

And then the following week on Wednesday, May 27th, on Yahoo! Live and Yahoo! Finance.

These events will feature entertainment, sports, health, business leaders talking about wellness, mental, emotional, physical well-being and how it translates at home and work.

We have a great lineup.

I hope everybody here gets to watch it.

For the consumer event we've got everyone from Serena Williams to fitness Guru Jillian Michaels to actress Shailene Woodley.

So we've got amazing people there on the consumer event which is happening next Wednesday.

And for the business event, we've got really top CEOs and business leaders from different sectors.

So I'm excited about this open dialogue, about mental health and balance with our users and business community and fortune is going to be partnering with us on this as well.

A lot of work going on.

If people have time, please go check out Yahoo! Live.

A lot of great content for you, if you're a fit parent, you want to think about medication, to

anything content between mental, physical, emotional well-being, we really are putting a lot of good effort and we've seen our user numbers go up a lot.

So please take advantage of that if you have a moment.

>> JEREMY: So many great resources and thanks for always kind of grounding us in what is good.

So with that, I want to wrap up my section, remind folks that we'll be back with Hans and Christy Monday talking about our next steps.

Obviously, throughout the week and, you know, I can't end the week without saying thank you to all of our employees around the world and their families who are going through this right now and helping supporting one another.

So thank you all for that.

Like I said, back with you Monday.

Guru, the show is all yours now for the wellness Friday.

I hope you have a good weekend.

Thanks.

>> GURU: Great.

Thanks so much, Jeremy.

That was great and hope you and everybody else have a great weekend.

So now we're going to go into our up to speed live on wellness Friday.

I hope all of you are excited.

We've got a very special guest joining us today.

Kelly McGonigal.

You might know her from her TED Talk, how to make stress your friend.

I've watch it had a few times to be honest which is actually one of the most viewed TED Talks of all time with over 20 million views.

She's a health psychologist who specializes in understanding the mind/body connection and also best tell selling author of the will power instinct and the upside of stress.

Her latest book, we'll talk about it, the giant moment, explores why physical exercise is a powerful antidote to depression, anxiety and loneliness that is important right now if you think about it.

So Kelly thank you for being here.

I'm a big fan of yours.

I've been listening to a lot of your Instagram posts and also the TED Talk.

So welcome.

Thank you for being here with us today.

>> KELLY: Thanks for having me.

It's been so great just so far today to listen to what's happening in your community.

I want to give a big shoutout to Deb and to Lance for being a perfect role model of how to integrate the joyous movement into your work day.

>> GURU: Great.

Thank you, Kelly.

So I want to start, actually, the first one, I was amazed when I saw the video which is around making stress your friend.

And talk to us a little bit, how do you make stress your friend?

>> KELLY: Yeah.

So first of all, you accept the reality that it is impossible to live a meaningful human life

without stress.

And the idea is not that things we call stressful are good for us, but that stress can bring out the good in you.

That stress is basically what happens in your brain and in your body.

When something that you care about is at stake.

And so your stress response can give you energy so that you can rise to the challenge.

Your stress response might nudge you to reach out to others and ask for help.

Stress can help you learn and grow by literally triggering the biology of resilience in your brain.

And so the idea making stress your friend is just to figure out, okay, in moments of stress, how do we turn your attention to who and what matters most to you?

And then how do you -- how do you harness the natural stress strength that you are born with as a human rather than what we sometimes do which is look for the easiest way to feel better or start to tell ourselves stories like if this is stressful, it means there's something wrong with me.

If I'm super stressed out, it means I'm not up to the challenge.

And instead to think, okay, I'm stressed because I care.

And so figure out what's the best way to harness the stress to continue to choose, you know, your values, your goals and that the people who matter most to you.

>> GURU: That's very beautifully said, Kelly.

You know, if you think about now, you know, our V-team, all of us, our colleagues, you know, they've been working from home now for several weeks.

You know, we're all sheltering from home.

I am starting to finally get adjusted to this new setup.

So when you think about not just stress but new setup, how have you been adjusting to this new normal?

Has your work changed, and how are you doing overall?

>> KELLY: Yeah.

And so my work is all about large gatherings, whether it's teaching at Stanford or talking at conferences.

I was supposed to be on book floor right now.

That's not happening.

And even just teaching the dance classes that I teach at my local community center.

So for each one of those roles, I've been looking at how to create authentic connections through video basically.

And it's so -- it's a really interesting challenge because the content of my work is often about the importance of being together.

That's also what I'm encouraging people to do, to come together, to have shared experiences.

I'll talk about the benefits of a hug for your brain health.

And it's really interesting.

I'd say the biggest difference now is for me to try to continue to figure out how do we create the type of social connection that we know is so important for resilience and for meaning when we can't rely on a lot of what humans have relied on, you know, since forever.

Whether it's the ability to experience touch, to literally be in the same space and allow

our emotions to resonate with one another.

And it's challenging but, you know, you have been talking about one of the things that I've been doing that has been effective is asking people to share sides of themselves that they value that maybe we don't always see in other settings.

So, for example, one of my Stanford classes that got moved online, we start the course by having people share an object in their home that reminds them of someone or something they love.

And so we're all getting to know each other that way, which is really -- it's a nice way to connect, and it reminded when you were talking about how you were sort of running your time, a similar way to try to bring our whole selves into this moment.

>> GURU: Right.

That's great.

I think it's interesting when you start thinking about those memories and all of that.

At what point -- I mean, there's going to be a shelf life for that, right, when you start thinking about memories and you start relating to objects and how you do that.

I did that yesterday.

I was telling someone, I was eating a particular type of fruit and it reminded me of a different country.

And it brought amazing talks during that.

I mean, the challenge -- the question for you is what's an easy trick to get into that mode?

Like, how do you trick yourself to be able to relate to those things?

Are there more tips on that that you'd give?

>> KELLY: Yeah.

So basically, it's like you were using the language of a mindset reset.

What is sort of a mindset antidote to the most destructive mindset that might be present right now.

So if you tend to feel overwhelmed or lonely or you tend to feel anxious, what's the emotional antidote and then to really start to cultivate a set of resources that give you access to that emotion.

One of the ones that I've been encouraging people to use is music.

Music is one of the most powerful emotional triggers.

And you can create a playlist that is linked to not only positive memories but to lyrics that remind you of strength, you know, power songs that give you a sense of energy or purpose, and since we're talking also about the importance of movement, this is actually one of the best mindset resets you can do is put on a song that you love or that makes you feel brave and powerful or grateful.

And then move your body in a way that feels consistent with that emotion.

You know, you take three minutes, you feel better, and you're also reset for whatever it is that you have to do next.

>> GURU: And that's great.

That's great, Kelly.

And I think that's a good segue into, of course, your book.

I want to start discussing a little bit about the giant moment.

It's all about how physical exercise can help us battle anxiety and loneliness, something that I know many people are dealing with during this pandemic.

In your book you say that exercise can change the brain in ways that make us happier and more resilient.

Can you share with us a few of the ways that exercise changes the brain?

>> KELLY: Yeah.

There are both immediate benefits and also long-term changes.

So when you move your body, really in any way that gets your heart rate up a little bit, your breathing a little bit more deeply, you're using your muscles, you will have increases in brain chemicals.

First -- the first hit is usually dopamine and adrenaline which gives you more energy and more positive motivation.

So you feel ready to pay attention to engage with life with more optimistic.

And then the next thing is you keep exercising a little bit longer.

Say about 20 minutes.

You'll get this burst of endocannabinoids and those are the brain chemicals that cannabis mimic.

When you get a burst from moving your body, it's a little bit different than, like, a cannabis buzz.

Endocannabinoids dampen down stress, anxiety and fear and relieve physical fear.

So whatever is going on inside of you that was inner suffering, that starts to dial down.

And endocannabinoids also enhance pleasures.

So anything that could feel good is going to feel even better.

And the other thing that was really surprising to me is that the brain chemistry that happens when you move your body also primes you for social connection.

So those endocannabinoids, they really enhance the pleasure we get from conversation, from cooperation, from being able to play or to listen.

That anything that can feel good about connecting with other people, whether strangers or family members, those pleasures are enhanced by the brain changes that happen when you exercise.

The first way to think about it you don't even have to worry about physically getting in shape.

It is about a state change.

You move your body as little as three minutes will give you a feel-better effect.

And if you can get through 20 minutes, you're going to be in a brain state that makes you less stressed, more optimistic, and better able to connect with others.

And that's just the short term.

So super briefly, in the long term, we know that because of those brain changes that happen when you exercise, you actually teach your brain to change both its structure and its function to make you better able to regulate negative emotions and stress.

We become more resilient.

You get more connections between the systems of the brain that help you control stress and anxiety or anger.

And I think this is the most incredible.

It actually changes your brain's reward system to make you more sensitive to joy and to positive motivation.

That it's not just exercise feels better, which does happen, but also meals taste better.

And you look more forward to a challenge at work.

And spending time with your loved ones is more satisfying.
Everything good in life becomes more joyful and meaningful.
Because exercise makes your brain more responsive to joy.
And I think that is -- that seems like a miracle to me.

I don't know about you.

>> GURU: No, look.

In an interesting way, I've been more disciplined now doing the kind of, you know, staying at home and maintaining physical distancing, work out every morning.

There is a good routine.

You get meditation in.

And I can totally attest to the difference.

And it's also not -- I think you're making a very important point.

It's not about, you know, most of the -- I think we get into the stress mindset of I've got to work out this much and it's about looking good.

It's not about that.

I think there is a much deeper meaning.

And that's what you are explaining here.

Saying, look, you only do three minutes, there's a value that changes your state of mind.

That's great.

So -- and I think there's -- one point, you talked about exercise can be a powerful antidepressant.

Right?

How does physical activity prevent or reduce depression?

>> KELLY: Yeah.

And so you see this actually around the world.

It's been studied in so many different cultures and countries and age groups that's becoming more physically active and actually be an effective treatment for depression and can also prevent depression for people who are in highly stressful circumstances.

I'm going to explain some reasons how.

But I also want -- people always worry when we start to talk about this that we're devaluing other approaches like therapy or medication.

And so this is not due -- you know, go for a run instead of.

This is in addition to anything else that supports you.

One of the things -- you can think about it on a biological level.

We share with everyone listening.

The biological insight about exercise that I think is the most exciting scientific finding of the past two decades.

And that is when you exercise, your muscles secrete molecules into your bloodstream and act like antidepressant medication.

And your muscles actually make them.

It's not that your brain makes these chemicals.

But your muscles are making these molecules.

They're storing them in your muscles.

And when you exercise, that's when your muscles decide it's time to release these molecules that some scientists have called hope molecules.

And they travel through your bloodstream when you exercise.

They reach your brain.

And in your brain, they can act as short-term sort of anti-anxiety, antidepressant, and in the long term, they also change the structure of your brain to make you more resilient to stress.

So I think that's -- to understand that your muscles are like a pharmacy for you and that any type of movement that involves muscle contraction can function in this way.

Swimming, cycling, dancing, yoga.

It's everything.

And then, of course, we go to the psychological level which is people who move, that movement can change the way you feel about yourself.

That when you move, you can experience yourself as someone who can persist through discomfort.

You learn that you are somebody who can change and grow in meaningful ways.

And so often part of what makes movement so powerful for depression or anxiety is it's almost as if movement becomes a metaphor.

And you get to know the strength that you have, and it starts to change the story that you can tell about yourself and who you are.

And those stories can be really powerful when you're trying to figure out how you're going to get through grief or get through a job loss.

Or get through a global pandemic.

If you know that you're somebody who in moments where your muscles are screaming to you, I can't possibly do this, I need to stop, and you've learned through running or cycling or holding a yoga pose longer, that actually you can take a breath and take the next step.

That's a really powerful knowing to have.

>> GURU: You know, Kelly, you bring up a great -- I want to double click on this a little bit, which is you are getting to the point of just physical activity, especially powerful at building social connections in a way.

You take that and you take -- can you talk a little bit about why that is, and also how -- this is different during this time and we're all, you know, maintaining physical distancing or social distancing, what advice can you give us through movement in this context?

>> KELLY: Yeah.

This is such a challenge for me personally because I love group movement so much.

So we know -- first of all, I've already mentioned that your brain chemistry, when you exercise, it changes in ways that makes it easier to enjoy connecting with others.

So one way you can harness this now is to know that even if you can't exercise with your usual walking group or the group fitness class you love.

Even if you exercise on your own, the very next time you connect with someone, those brain chemicals don't evaporate.

It's a state change.

And after you exercise, you're a different version of yourself, often for hours afterward.

So you do your personal workout, and then you go spend time with your kids.

Or your spouse.

Or you go on to a Zoom call.

That who you are is going to be able to get more out of every social interaction.

That text message that you get from a family member far away, you're going to get more of a warm glow out of it.

It's going to feel more like social contact if you created this brain state that really helps you, exploits our ability to connect and take joy in that.

So that's one way to think about it.

But we also know that when you move with other people, there's also this thing called a synchrony effect.

We start to sense ourselves as deeply connected and it causes you to trust more.

It leads to bonding and strong communities and relationships.

And it's one of the reasons why people love the groups that they move with even if they start out as strangers, whether it's a sports team or, you know, a running club or a dance class.

So that's much harder for us now.

And, you know, I've been encouraging people to lean into the virtual and to know that even if it feels like a bit like a paler shadow of the real thing, that it is a way to maintain connections.

I mean, there's even some interesting research that when you move with an avatar, like a virtual human being, you do still feel connected to that avatar.

And you get the same endorphin rush that we believe is a signature of the social bonding that happens during exercise.

So even if you have to, you know, do that Zoom exercise class or you're doing a video, to know that if you're following along virtually, you're still going to get that same endorphin rush that makes us feel bonded and connected.

And then, again, you can harness that and basically think about pointing that positive state change in the direction of the connections that you actually are able to sustain.

At this time.

>> GURU: Yeah.

And Kelly, that's a great point.

I do this with a couple of my colleagues and friends.

We do biking together in the morning generally, early morning, and I can now relate to what you're saying.

One of the things we do first thing is we will text each other, okay, we're all on this together.

We'll take a class and after 30, 45 minutes, you know in many ways at least mentally you're putting them in this frame saying okay, we're all riding together, and it makes you feel like you've got to visualize a lot but I think we've got the brain power to manage that and go through that.

That's beautiful the way you explained it.

And now I'm connecting to what I'm doing.

It's going to have a newer meaning.

>> KELLY: Right.

>> GURU: You mentioned a little bit about being outside as well, right, which is harder now and being in groups which is around being in nature, right?

Being in nature is particularly powerful in terms of physical activity, just taking a walk, whatever it is, right?

Being outside.

How does being in nature affect the mind?

>> KELLY: Yeah.

This is a particularly powerful way that movement can change your mindset.

There's something about being active in nature that affects the brain very similar to meditation.

So there have been fascinating studies looking at brain activity after people have gone for a walk in nature.

And what you see are changes that look almost identical to what you see in people who have dedicated thousands of hours to training the mind in mindfulness meditation.

And what that feels like when you experience it is all that inner chatter that creates so much stress and suffering, it quiets down without effort.

You're not struggling to, like, suppress worries.

You're not trying to push away the things that you don't want to think about now.

The mind just quiets and enters this state of feeling connected to the present moment through what you hear and what you see and what you smell.

And part of it is the rich sensory stimulation that we often get from being outdoors.

And so many people report that any sort of activity outdoors is incredibly calming and also empowering because nature also creates something that they call the unity sensation.

And that's our ability to feel connected to something bigger than ourselves.

Whether it's -- and it sounds cheesy when you're not in it.

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But when you're in it, it makes total sense.

You feel connected to life itself.

You feel more -- a greater sense of peace with the role that your life plays in the great story of human experience.

And in times like this and we can feel sort of trapped or we can feel alone or we can feel despair, being out in nature is one of the best antidotes to that.

And meditation is also -- I mean, you might know -- so my own scientific research is focused a lot on the benefits of meditation.

And yet we also know meditation can be hard to learn.

And so what's great is that first of all, being active in nature trains your mind in how to access that state of mindfulness that can be such a relief, that can bring so much hope and peace, and also if you're somebody who sits down to meditate and it's almost like it turns up the volume of the inner experiences that are causing you stress, that going out in nature can be a way to more quickly tap into that relief that people often are seeking when they turn to something like meditation.

>> GURU: Sure.

I think that's a great, easier way to meditate, if you will, right?

You can be out there and really zone out.

And even if it's 10 or 15 minutes.

>> KELLY: You know what it is?

It's not zoning out.

It's tuning in.

And one of the practices that I teach people is to go outdoors, you're walking.

You are playing with your dog.

You are stretching.

And just turn your attention from sense to sense continue.

So imagine you're breathing with your ears and just listen.

And then take a moment to look around you and just see what captures your attention.

Feel the breeze on your skin or the sun or the rain on your skin.

And it's that tuning in rather than the idea of zoning out that is what seems to create these powerful new changes.

>> GURU: I like that.

I like the tuning in aspect.

I'm going to keep that in mind.

The last question I'll have before we go to signs of compassion, what advice do you have for people who think they don't like exercise in any form or aren't at all active right now?

What advice would you give them?

>> KELLY: Yeah, lots of people think they hate exercise because it's always been defined to them forcing them to do something that hurts, doesn't feel good, and reminds you that there's something wrong with your body that you need to fix.

So let's not define exercise in that way.

Let's define exercise as moving your body for the purpose of experiencing all of the benefits that movement can give you.

And one thing I encourage people to do is think about something that already brings them joy if they want to experience more of.

So maybe it is being outdoors.

Maybe it is the joy of listening to music that you love.

Maybe it's spending time with a particular person, and you're going to do that, you know, walk and talk or Skype session or playing with your kids or having a dance party with someone that you live with.

That there are a lot of things that we love, that movement actually gives us greater access to.

Maybe it's mastery.

And so you're going to find something on YouTube, you know, a really difficult yoga balance that you're going to work on or some other physical skill that you're going to get good at in this time.

And maybe that's the joy for you.

It's actually called skills thrill.

And that's a real thing.

So don't think about how many sets you have to do of something that's going to hurt.

But think instead about something you want to experience and what's the active version of that?

And the other thing that I encourage people to focus on is choose forms of movement that seem to be connected to who you want to be at this time.

So I mentioned I teach a lot of dance classes.

And most of my movement has been in yoga and dance.

But during this pandemic, having to shelter at home now for two months, I've been doing a lot of kickboxing and heavy bag work.

I actually bought a heavy bag and it's in my driveway and punching and kicking feels so empowering right now.

And that's the version of myself, someone who is going to stand up, fight and feel strong that feels most appropriate to this moment.

And so I encourage people to think about, again, if you're not defining it as go is to burn calories, who do you want to be?

What's the icon, the role model, and then just do, like, whatever version you can.

Just start where you are.

>> GURU: Yeah.

An interesting transition, you talked about a punching bag and that state of mind to the sides of compassion.

When you think about you do a lot of workshops and all kinds of compassion.

And in this training you talk about why compassion is a natural human capacity.

It is often competing with other basic human needs and instincts which can make it really hard to find compassion when we are faced with suffering.

So can you tell us a little bit about this relationship?

>> KELLY: Yeah.

So compassion can be defined as a response to witnessing suffering.

It requires that we notice some pain or suffering in the world.

It could be in yourself or it could be in other people.

And from that recognition, you feel a desire to relieve that pain or suffering.

You think you have the resources to do something, to respond.

And you have this motivation that leads to action.

And ideally, it also includes some sort of warm glow that you feel good about what you've been able to do.

You feel connected to the one that you're helping.

It strengthens your values.

That's what compassion is.

And actually, I do think it is connected to kickboxing because one of the things that compassion requires is courage.

So some of the instincts that can compete with compassion are things like empathetic distress where you notice suffering and you become overwhelmed.

You become afraid.

You become sad.

And you start to look for ways to escape those feelings because maybe in that moment you don't feel brave enough for supported enough to engage with that suffering.

And so you shut down.

We also know that there is an instinct called compassion collapse.

Which is what happens when the suffering is so big.

You don't think that anything you can do will make a difference.

And so the brain will protect you from feeling the pain of being ineffective will actually cause you to stop paying attention and to stop caring as much.

And so we know there are all these competing instincts that can work against our natural compassion and nature, and courage is actually one of the best antidotes as well as focusing your attention strategically on what you can do.

So compassion as a human instinct is meant to work at the local interpersonal level.

Like you see a stranger or a loved one who's suffering, and you, you know, physically lend a hand.

So in this time when we're faced with so much global suffering as well as personal suffering, it can be really useful to think, okay, what's a single action I can take to take care of myself?

What's a single action I can take today to support the people I care about most in my household or my community?

And as you have the resources, what's a single action I can take today that supports global well-being?

And that's why people are drawn to things like making masks or to celebrating people who are on the front line, essential workers, through song and cheer because they have a sense that in that moment, even if they can't fix all of the suffering in the world, they're choosing to do one thing that honors their desire to help them support.

So that's my best advice right now.

One thing for you, one thing for your loved ones, and something that honors your commitment to supporting the world, knowing that, like, the great thing about compassion, it's not a do-it-yourself project.

It only works when everyone is doing their part, and also everyone is open to receiving the support that is available to them from others.

>> GURU: Thank you, Kelly.

That's very -- it is very true and we need that even more today, like how we should look at compassion.

If you were to sum up between the giant moment and compassion as we take quick tips for everybody, what would your last comments be for all of us here listening to you?

>> KELLY: Yeah.

So the biggest thing that surprised me in researching the joy of movement was how no matter who I talked to and what their favorite activity was, we're talking about people who are running ultra marathons, doing obstacle courses, power lifting, everyone told me the greatest joy was interdependence.

That through that movement form, they discovered that they were both able to help and support and celebrate others and to be helped and supported and be celebrated by others.

And I think that is just so important for the time we're living in now.

If nothing else, the situation is saying, you cannot deny that interdependence is what it means to be human.

And so to the degree that we can take joy in that and celebrate it rather than feel afraid by the fact that we are -- our well-being is linked to the well-being of others, and we need one another.

And also we have something to offer others.

We need to take joy in that and just embrace it.

And movement often is one of the ways people first learned to do that.

So I think that's the key takeaway.

>> GURU: Thank you.

I will take that, joy and interdependence as we are all in this together.

And having feelings together.

Kelly, thank you so much for joining us today.

This was so impactful, and I imagine it is really helpful for everyone.

I have taken notes and we'll share this again.

For those watching find Kelly online at KellyMcGonigal.com.

Also on Instagram, her latest book is the joyous moment is out now.

Thank you again for tuning in.

I hope all of you have a great weekend, and please take Kelly's advice and take time to move.

Whether that's practicing yoga, don't compete, don't stress out, taking a jog, walking, a dance party with your kids, or just a walk around your neighborhood.

But make a commitment to yourself to find that joyous moment.

So have a great weekend, everyone.

Stay safe.

Stay strong.

We'll see you next week.

Bye.

Thank you.