

Understanding ASMR and sensory experiences - Video transcript

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00:00:22 Kind of like it, other people do. They **binge watch videos** of this: people **soap shaving**. You saw it there, **whispering**, **finger tapping**. And obviously, it's a little bit strange as you're watching it.

00:00:36 For a lot of people, members of the **ASMR** community in particular, it's **healing**. They say it alleviates **stress** and **insomnia**, **depression** and even **pain**.

00:00:44 And the reality is, I had actually never allowed myself to just fully envelop in the sensation from that, and it felt a little.

00:00:52 Get your attention. It does. It sucks you, pulls you in so much that you forget if something else was going on in your mind that you.

00:01:06 I'd rather hear one of the girls **whisper** like that. I would, the right voice, the right tones, the right. Obviously they're also using really good audio, right? Why? What is this thing?

00:01:21 Okay, so **ASMR** stands for **Autonomous Sensory Meridian Response**, and basically, it refers to the feelings of **euphoria** and **tingle miss** that people get, especially in response to **sensory stimuli**.

00:01:32 The most common ones from research studies are **whispering** and **crisp sounds**, as you saw in that video. So the fingernails, eating pickles.

00:01:41 And the reason why people think that it helps them is because it tends to promote this **relaxation** sort of quality.

00:01:48 And some people will say they've felt better not only while listening to those videos, but up to hours afterwards. 80% of people will say that they increase their **mood**.

00:01:59 However, there's no controlled study, so we don't actually know how it works. I have some clients who swear by this though, and they kind of use it as an alternative **therapeutic technique**.

00:02:06 I kind of want to watch it again. Does anyone? Ah, right, a little bit of. I bet that's easy. Boy, see you want you like twice the best can we avoid? Did you glean?

00:02:22 Yeah, of course, if someone is on **medication** and they're getting treatment from a **counselor**, I wouldn't say stop your **medication** and just do this.

00:02:28 You can do it in conjunction with a medical professional's opinion, but if you have mild **depression** or something and you don't even need **medication**, then this could be really soothing in those instances too or in conjunction with **medicine**.

00:02:43 I couldn't agree with you more, but it seems like a benign way to call, maybe you have a few.

00:02:49 Judy, does this work for you? Yeah, it all does. I like that. Do you like that? Clearly this could all be **placebo**.

00:03:10 [Applause]

00:03:18 You.