

Why Do People Shake Their Legs

Is that energy — or is it fear? 29611dbb97 Why People Bounce Their Leg - Why People Bounce Their Leg 2 minutes, 22 seconds - Why **People**, Bounce **Their Leg**, (It's Not Energy — It's Stored Trauma) You think it's just a nervous habit. You think you just have a ... 29611dbb97 Trauma resets your thermostat — that heightened state becomes your new normal 29611dbb97 Fidgeting Health Benefits (MU School of Medicine) - Fidgeting Health Benefits (MU School of Medicine) 1 minute, 33 seconds - Previous research has shown that sitting for an extended period of time at a computer or during a long airline flight reduces blood ... 29611dbb97 What is Restless Leg Syndrome? - What is Restless Leg Syndrome? 2 minutes, 25 seconds - We all get a jittery after sitting still for too long. But some **people**, experience an irresistible urge to move **their legs**,, and it **can**, ... 29611dbb97 You've detached from it — you don't even recognize it's happening 29611dbb97 Playback 29611dbb97 Intro 29611dbb97 What causes leg shaking? - What causes leg shaking? 1 minute, 3 seconds - Shaking your leg, is a bad habit. But have you ever wondered why? Watch and know more! #restlessness #insomnia ... 29611dbb97 Spherical Videos 29611dbb97 Problems with dopamine signaling 29611dbb97 The stored trauma we haven't released shows up in the body 29611dbb97 I watch people's bodies — that bouncing is trauma 29611dbb97 What can be done 29611dbb97 Stored energy is stored trauma — almost PTSD-like 29611dbb97 Shaking your legs while sitting: Good or bad? - Shaking your legs while sitting: Good or bad? 2 minutes, 21 seconds - Do, you keep **shaking your legs**, when you **are**, sitting? Or **are**, you one of those who doesn't - and finds it highly irritating when ... 29611dbb97 First experience of letting it all in intentionally 29611dbb97 When it goes to the lower body and legs — you're stuck 29611dbb97 Subtitles and closed captions 29611dbb97 The metaphor: \"I'm not ready to step into and claim my life\" 29611dbb97 General 29611dbb97 2-Minute Neuroscience: Restless Legs Syndrome - 2-Minute Neuroscience: Restless Legs Syndrome 1 minute, 59 seconds - Restless **legs**, syndrome (RLS) is a condition that causes an urge to move the **legs**, that often occurs along with uncomfortable ... 29611dbb97 Search filters 29611dbb97 What causes RLS 29611dbb97 Why do some people shake their legs involuntarily? - Why do some people shake their legs involuntarily? 2 minutes, 14 seconds - Welcome to Learn Something! Here is a place filled with intriguing and fun facts, looking forward to sharing an exciting learning ... 29611dbb97 Keyboard shortcuts 29611dbb97 Bessel van der Kolk's \"The Body Keeps the Score\" + Robert Levine 29611dbb97 Did You Know? Why People Shake Their Legs Without Noticing ☐☐ - Did You Know? Why People Shake Their Legs Without Noticing ☐☐ 1 minute, 22 seconds - Did you know? Many **people shake their legs**, or tap **their**, feet while sitting... and most of the time, they don't even notice it! 29611dbb97 I've noticed you bounce your leg a lot — that's a trauma response 29611dbb97 What is RLS 29611dbb97 Psychology of People Who Shake Their Legs Unconsciously | Psych Lens - Psychology of People Who Shake Their Legs Unconsciously |

Psych Lens 2 minutes, 23 seconds - Most **people**, think **leg shaking**, is “just a habit,” but psychology says otherwise. In this video, we break down the hidden reasons ... 29611dbb97

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