



Yoga

Are you registered on RenewU?

If not, please register now so you can provide us with feedback at the end of this session.



What is the Evidence for Yoga and Health Promotion?

Ciezar-Andersen, et al., 2021. -

- Yoga *promotes* well-being, self-compassion, mindfulness, quality of patient care and positive outlook on life; while decreasing stress, anxiety, and depression in health professionals and students.
- *Decreases* stress, anxiety, depression, heart rate, blood pressure, and musculoskeletal aches and pains.

Bansal, et al., 2013. -

- Yoga *decreases* anxiety, depression, social dysfunction and somatic symptoms.

Gopal, et al., 2011. -

- Yoga *decreases* examination stress.

Mahalingam, et al., 2015. -

- Yoga *promotes* positive affect.
- *Positive affect* refers to the propensity to experience positive emotions and interact with others positively, even through the challenges of life.
- *Negative affect*, on the other hand, involves experiencing the world in a more negative way.

Mathad, et al., 2017. -

- Yoga *promotes* self-compassion and mindfulness.

Ward, et al., 2013. -

- Yoga *decreases* pain and other musculoskeletal symptoms.

Büssing, et al., 2012.

- Yoga *decreases* pain and pain associated disability.

What are the Mechanisms for the Health Effects Yoga?

- Decreases Inflammatory Markers
- Decreases Blood Pressure and Heart Rate
- Decreases Cortisol



Breathing Exercises

Components of yoga used: Pranayama (breathing exercise), Asanas (postures) and Meditation

There are many types of breathing exercises, the one in this video is the three-part breath which is characterized by increasing focus and concentration, bringing us back to the present moment. The term three-part refers to the three parts of the body that are used in this breath: the belly, ribcage and upper chest.

Three-Part Breath Video: <https://youtu.be/FIAyvA1hKbo>

Other breathing exercises are:

1. Nadi Shodhana or Alternate Nostril Breathing
2. Ujjayi or Ocean's Breath
3. Shiitali Kumbhaka or the cooling breath
4. Siitkari Kumbhaka or the hissing breath
5. Brahmari or the humming breath

Once you have completed the practice respond to the following prompts

Did you notice a shift in your stress? If yes, explain.

Was anything else affected by your practice (i.e. body posture, focus, etc.)?

Chair Yoga

Components of yoga used: Pranayama (breathing exercise) and Asanas (bodily postures)

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support.

You can do chair yoga nearly anywhere you can find a place to sit.

Chair Yoga Video: https://youtu.be/YnU_iLnWFbM

Once you have completed the practice respond to the following prompts

Did you notice a shift in your stress? If yes, explain.



Was anything else affected by your practice (i.e. body posture, focus, etc.)?

Grounding Meditation

Components of yoga used: Pranayama (breathing exercise), Asanas (bodily postures) and Mindfulness

A Grounding Meditation is a way of connecting your body and mind to the present moment, the here and now, the earth.

Grounding Meditation Video: <https://youtu.be/091CbqSZJ5Q>

Once you have completed the practice respond to the following prompts

Did you notice a shift in your stress? If yes, explain.

Was anything else affected by your practice (i.e. body posture, focus, etc.)?

Yoga Practice Debrief

- Which yoga practice seemed the most effective in reducing stress?
- Which yoga practice is the most accessible to you during the workday?
- Where do you see an opportunity to continue your yoga practice in your daily routine?



References

- American Psychological Association. (2022, May). Resilience. <https://www.apa.org/topics/resilience>
- Bansal, R., Gupta, M., Agarwal, B., & Sharma, S. (2013). Impact of short term yoga intervention on mental well being of medical students posted in community medicine: A pilot study. *Indian Journal of Community Medicine: Official Publication of Indian Association of Preventive & Social Medicine*, 38(2), 105-108. <https://doi.org/10.4103/0970-0218.112445>
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822-848. <https://doi.org/10.1037/0022-3514.84.4.822>
- Büssing, A., Ostermann, T., Lüdtke, R., & Michalsen, A. (2012). Effects of yoga interventions on pain and pain-associated disability: A meta-analysis. *The Journal of Pain*, 13(1), 1-9. <https://doi.org/10.1016/j.jpain.2011.10.001>
- Ciezar-Andersen, S. D., Hayden, K. A., & King-Shier, K. M. (2021). A systematic review of yoga interventions for helping health professionals and students. *Complementary Therapies in Medicine*, 58(102704). <https://doi.org/10.1016/j.ctim.2021.102704>
- Gopal, A., Mondal, S., Gandhi, A., Arora, S., & Bhattacharjee, J. (2011). Effect of integrated yoga practices on immune responses in examination stress - A preliminary study. *International Journal of Yoga*, 4(1), 26-32. <https://www.ijoy.org.in/text.asp?2011/4/1/26/78178>
- Hojat, M. (2009). Ten approaches for enhancing empathy in health and human services cultures. *Journal of Health and Human Services Administration*, 31(4), 412-450. Retrieved April 28, 2022, from <http://www.istor.org/stable/25790741>
- Mahalingam, Craighead, J., & Gomathi. (2015). Yoga Practices and Psychological Well-being of Student Nurses. *The Nursing journal of India*, 106(2), 84-87
- Mathad, M. D., Pradhan, B., & Sasidharan, R.K. (2017). Effect of yoga on psychological functioning of nursing students: A randomized wait list control trial. *Journal of Clinical and Diagnostic Research*, 11(5), KC01-KC05. <https://doi.org/10.7860%2FJCDR%2F2017%2F26517.9833>
- Neff, K. D., (2003). The Development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223-250. <https://doi.org/10.1080/15298860309027>
- Shankarapillai, R., Nair, M. A., & George, R. (2012). The effect of yoga in stress reduction for dental students performing their first periodontal surgery: A randomized controlled study. *International Journal of Yoga*, 5(1), 48-51. Retrieved April 27, 2022, from <https://www.ijoy.org.in/text.asp?2012/5/1/48/91714>
- Sherman, K. J. (2012). Guidelines for developing yoga interventions for randomized trials. *Evidence-Based Complementary and Alternative Medicine*, 2012(143271). <https://doi.org/10.1155/2012/143271>
- Ward, L., Stebbings, S., Cherkin, D., & Baxter, G. D. (2013). Yoga for functional ability, pain and psychosocial outcomes in musculoskeletal conditions: a systematic review and meta-analysis. *Musculoskeletal care*, 11(4), 203-217. <https://doi.org/10.1002/msc.1042>

Please provide your feedback for this session.



Thank you for your feedback!

Visit RenewU to explore more evidence-based resilience resources for individuals, teams, organizations, and students!