Refill Your Well

Yoga and Meditation Practices
For a Healthy Response to Stress

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Benefits of Yoga

Physical
  - Increases strength, flexibility and balance
  - Improves posture
    - Improves confidence
    - Increases energy
  - Eases digestion
  - Improves sleep
**Emotional**

- Balances energy
  - Wake up when tired
  - Relax when wired
- Improves emotional regulation
  - Attention
  - Emotional access
  - Arousal of the nervous system

**Mental**

- Calming
  - The Relaxation Response
- Increases focus and concentration
- Decreases reactivity
- Executive Functioning skills
  - Planning
  - Organizing
  - Flexible thinking

**Relationship**

- Potential for life practice (+22 y.o.)
  - Highly adaptive
  - Presented visually
  - Structured, repetitive, predictable
  - Noncompetitive, self-paced
- Opportunity for relationship
  - Teachers
  - Other students
Breathing Exercises
- Connects mind, body and breath
- Creates sense of calm in the mind and body
- Can be fun & accessible for any age
  - Bee breath – extend exhale
  - Imagery

Trauma Sensitive Yoga
- Trauma Center at Justice Resource Institute
  - Classes
  - Teacher training
  - Research
  - Conferences
  - Resources

Trauma Sensitive Yoga
- Implicit memories
- Present Moment Experience
- Invitational
References

- Evaluation of Yoga for Preventing Adolescents Substance Use Risk Factors in Middle School A Preliminary Randomized Control Trial. J. Youth Adolescence. Butzer B et al. (2016)
- Effects of Yoga-based Intervention for Young Adults on Quality of Life and Perceived Stress. The Journal of Positive Psychology. Gart T et al. (2012)