

The Benefits of Yoga Therapy on Workplace Stress

- goal in this population: **reduction and/or management of stress and its accompanying symptoms**
- application of efficient tools that can lead to:
 - positive transformation for members of this group
 - from a place of distraction to direction; from a place of suffering to wellness.
 - **productive, meaningful, purposeful, inspiring, and joyful.**

STRESS IN THE WORKPLACE	BENEFITS OF YOGA THERAPY
Poor posture e.g. forward head	Improved posture, improved spinal health
Pain, muscle tension	Pain relief, reduced muscle tension
Physical and mental fatigue	Improved vitality, lung capacity, sleep, circulation, BP, HR, RR
Anxiety, depression, burnout	Activation of the Parasympathetic NS (rest and digest), slow and deep breaths, normal or near-normal BP, HR, RR
Less mindful eating habits	Mindful eating, better digestion and elimination
Weight fluctuations (loss or gain)	More sustained weight, improved body image
Poor focus (excessive work load)	Improved concentration, mental clarity
Constant worrying (meeting deadlines)	Mental calmness, sense of peace
Complaining about work to family, friends	Detachment, sense of freedom from distractions, letting go
Reduced productivity	Increased productivity, sense of gratitude
Competitiveness	Harmonious working relationships, compassion for others
Feeling isolated	Self-care strategies, healthy relationships with family, friends, community and Nature, Self-less service

By Aimee Quizon, C-IAYT