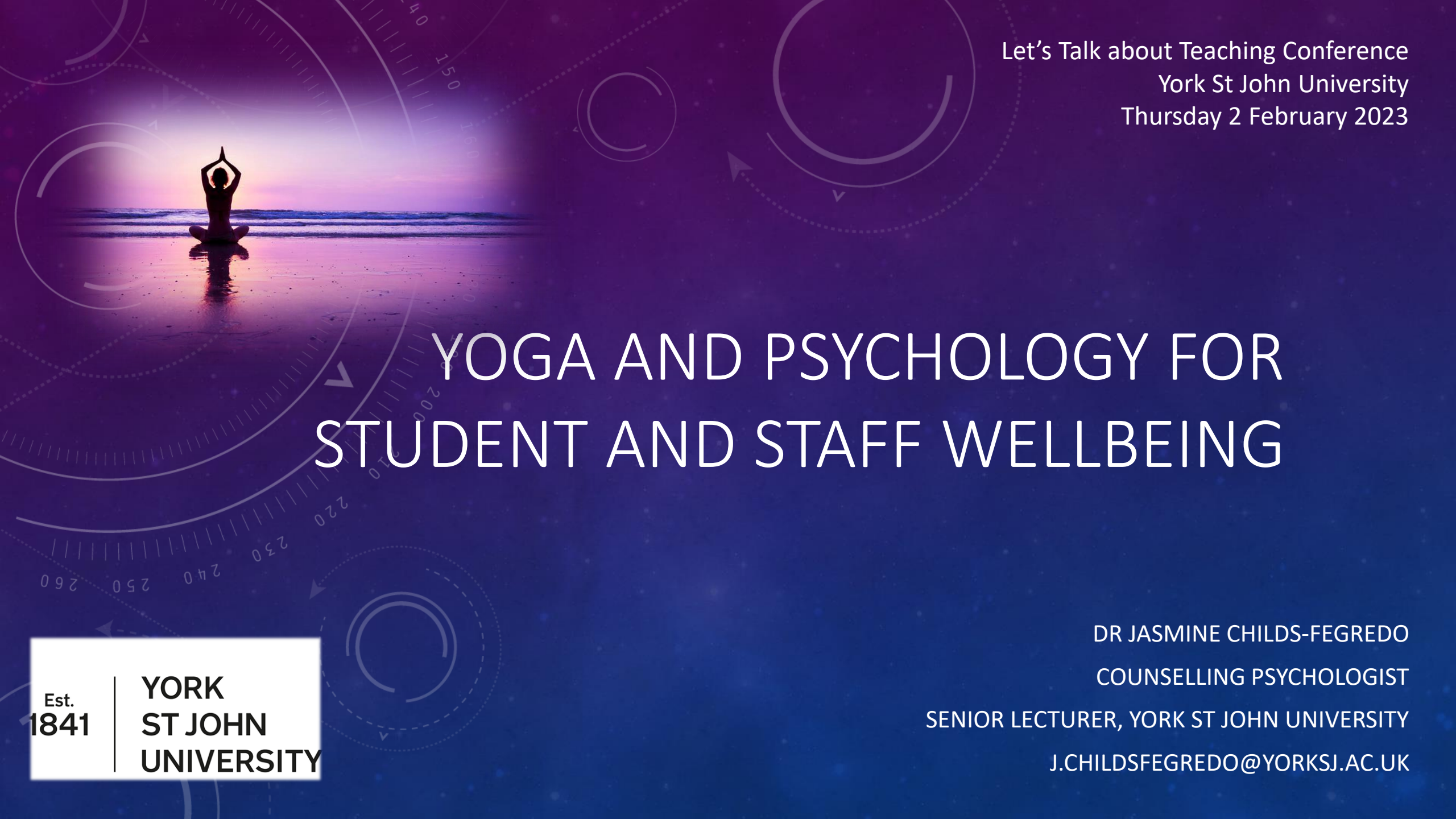


Let's Talk about Teaching Conference
York St John University
Thursday 2 February 2023



YOGA AND PSYCHOLOGY FOR STUDENT AND STAFF WELLBEING

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YOGA-INTEGRATED PSYCHOTHERAPY (YIP)



THIS SESSION

1. YOGA

- What is yoga?
- What does yoga do?

2. PSYCHOLOGY

- THE SCIENCE explaining the mind-body connection
- THE EVIDENCE for yoga to alleviate psychological difficulties

3. HAVE A GO! (20 minutes)

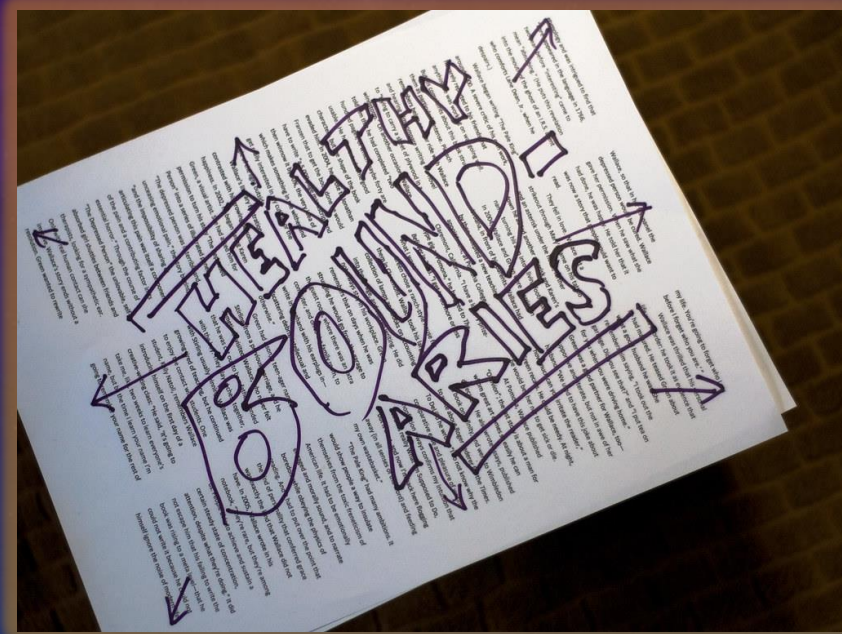
- Some basic breathing and stretching exercise
- ALL these are optional

WHAT'S IMPORTANT WHEN WE TALK ABOUT MENTAL HEALTH & WELLBEING?

Boundaries

Non-judgemental

Compassion



Respect

Empathy

Proper understanding to
break down stigma



YOGA

- ‘Unity’ – breath, body, mind
- Based on *philosophy* which is over 5000 years old
- Uses postures to purify the body (*asana*)
- Uses breath to cleanse the body and to focus the mind (*pranayama*)
- Uses meditation to reach higher states of mind (*dhyana*)
- Emphasises importance of relaxation (*savasana*)
- Use of sound and energy e.g. A-U-M or OM
- Through these practices, individuals naturally gravitate towards healthier lifestyles
- Yogis abide by a code of ethics

- *N.B. Cultural appropriation of yoga – paying respect to the lineage*



1. Proper Exercise:
Asana



2. Proper Breathing:
Pranayama



3. Proper Relaxation:
Savasana



4. Proper Diet:
Vegetarian

WHAT DOES YOGA DO? (KHALSA, 2013)

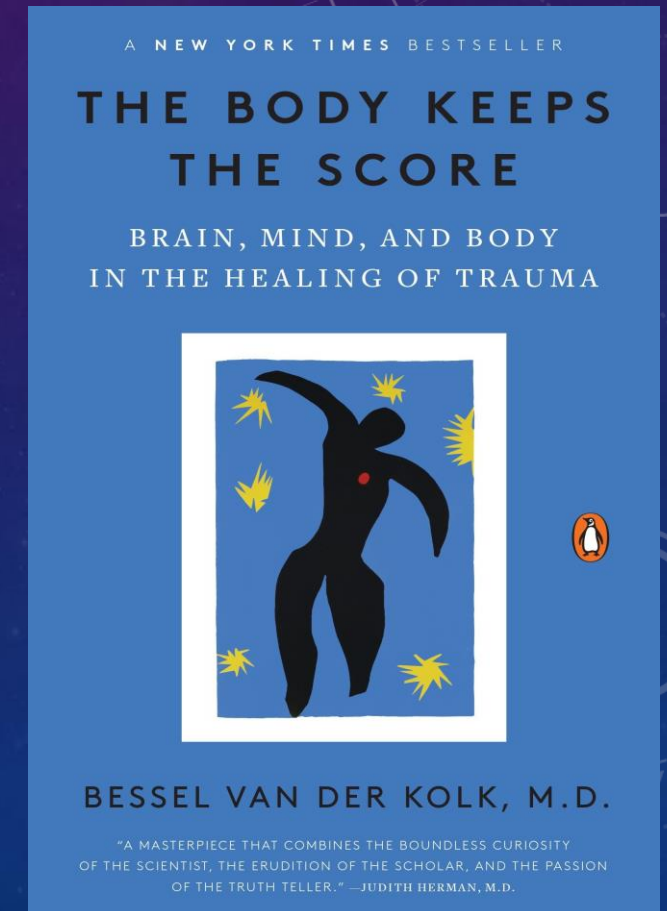
1. **Physical postures, breathing, relaxation** – working the body to affect global function
2. **Self regulation** – helps to control our internal stress response developing resilience, and equanimity in the face of stress which leads to psychological self-efficacy
3. **Mind-body awareness** – feeling what is going on in the body and to experience what is going on mentally which leads to increased mindfulness and thereby influences behaviour in a positive way
4. **Spirituality/experiencing deeper states** – these can be transformative and lead to positive lifestyle choices and improve life-meaning and purpose

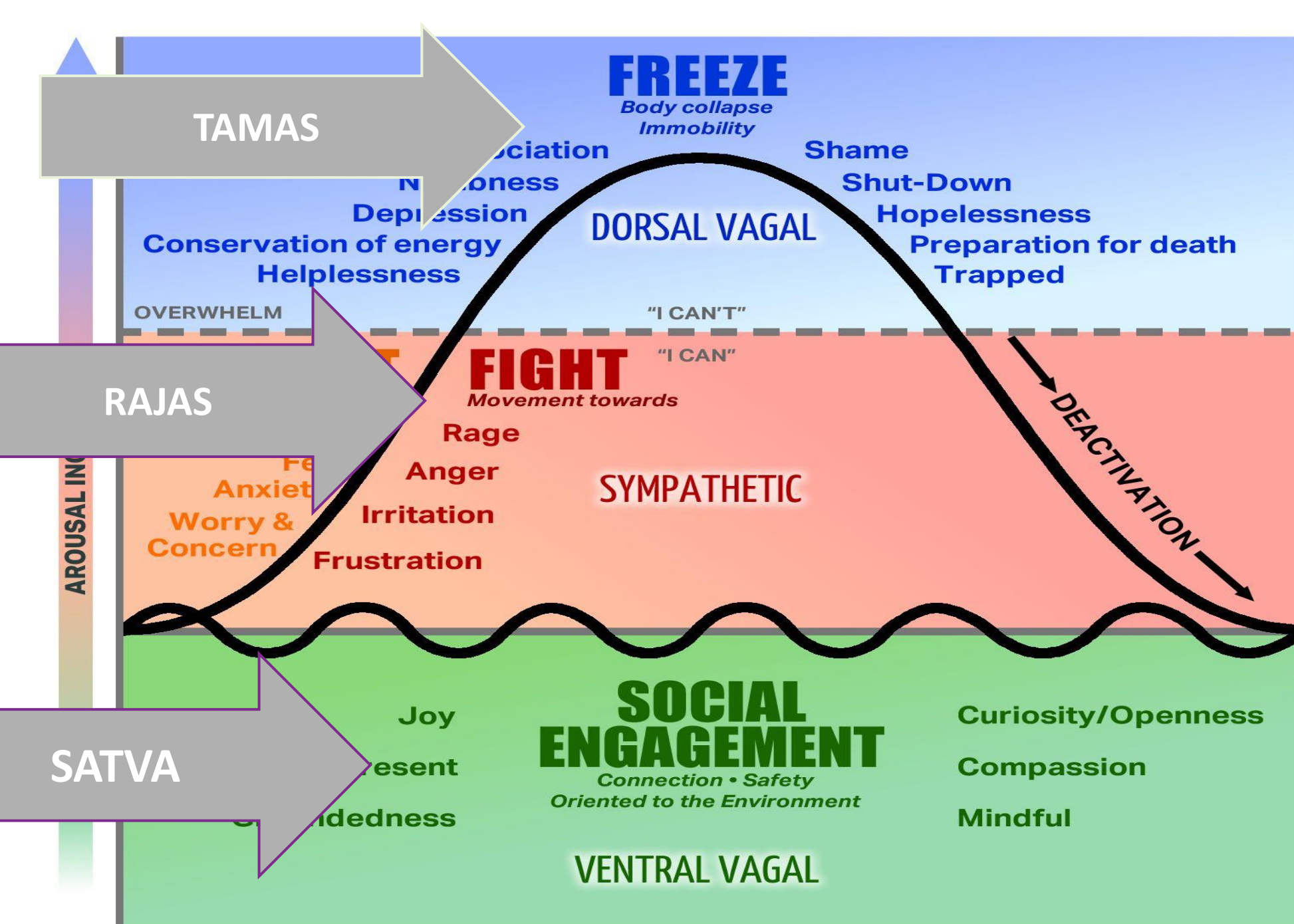
THE SCIENCE

The background is a dark blue gradient with a subtle pattern of white stars and technical diagrams. On the right side, there are several circular diagrams. One large diagram at the top right features concentric circles with tick marks and numbers ranging from 80 to 210. Below it is another circular diagram with dashed lines and arrows. In the bottom left corner, there are more circular elements, including a dashed arrow pointing left and a solid arrow pointing right.

THE MIND-BODY APPROACH TO MENTAL HEALTH

- Emotion, experience, memory, trauma.... Is stored in and remembered by the body
- The mind and body, the brain and body, the brain and the mind – are all interconnected
- Epigenetics (McEwen, 2016)
- Poly Vagal Theory (Porges, 2007)
- *"maybe that's your body telling you that something is up, and going on, 'cause at the beginning, I thought it was just my mind, but it's actually everything else that you feel around your body so that's very eye-opening to me". (Childs-Fegredo et al., 2022)*





PARASYMPATHETIC NERVOUS SYSTEM
DORSAL VAGAL - EMERGENCY STATE

Increases
Fuel storage & insulin activity
Endorphins that help numb and raise the pain threshold.

Decreases
Heart Rate • Blood Pressure
Temperature • Muscle Tone
Facial Expressions • Eye Contact
Intonations • Awareness of the Human Voice • Social Behavior • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases
Blood Pressure • Heart Rate
Fuel Availability • Adrenaline
Oxygen circulation to vital organs
Blood Clotting • Pupil Size

Decreases
Fuel Storage • Insulin Activity
Digestion • Salvation
Relational Ability
Immune Response

PARASYMPATHETIC NERVOUS SYSTEM
VENTRAL VAGAL

Increases
Digestion • Intestinal Motility
Resistance to Infection
Immune Response
Rest and Recuperation
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)
Ability to Relate and Connect

Decreases
Defensive Responses

- **BENEFITS TO PHYSICAL HEALTH**

- Diabetes
- Back pain (*NICE, 2019*)
- Heart disease (*Review, European Journal of Preventative Cardiology*)

- **NEUROSCIENCE**

- Yoga practice enhances levels of oxytocin (Jayram et al., 2013) and GABA (Streeter et al., 2010)
- Yoga protects the brain from the decline in grey matter brain volume as we age

- **BENEFITS TO MENTAL HEALTH**

- Depression - Broota et al., 1990; Butler et al, 2008; Janakiramaiah et al. 2000; Kinser et al., 2013; Rohini et al., 2000
- Anxiety - Brown et al., 2013
- Depression during pregnancy (Field et al., 2013)
- Obsessive compulsive disorder (Shannahof-Khalasa & Beckett, 1996)
- Post-traumatic stress disorder (Van Der Kolk, 2006 & 2014)
- Panic disorder (Williams-Orlando, 2013)
- Insomnia (Khalasa, 2004)
- Schizophrenia (Xie et al., 2006)

YOGA BENEFITS

YOGA IS NOT FOR THE FLEXIBLE.
IT'S FOR THE WILLING.

- GROUNDED & BETTER FOCUS
- Peace of Mind
- HELPS DIGESTION
- INCREASES ARM STRENGTH BY 12% AFTER 16 CLASSES
- INCREASED LUNG CAPACITY
- INCREASES METABOLISM
- Increases Libido
- Slower Breathing Less Stress
- LESS CHANCE OF HEART DISEASE
- 35% INCREASE IN FLEXIBILITY AFTER 8 WEEKS OF PRACTICE
- BETTER POSTURE
- DECREASES LACTIC ACID IN MUSCLE & DECREASES JOINT PAIN
- OXYGEN TO THE BRAIN

THE WHOLE U
UNIVERSITY of WASHINGTON

The background is a dark blue gradient with a starry texture. On the left side, there is a large, semi-circular scale with tick marks and numbers ranging from 140 to 260. Several circular patterns, some solid and some dashed, are scattered across the image, some containing arrows indicating direction.

HAVE A GO*

**ALL MIND-BODY INTERVENTIONS DELIVERED IN THIS SESSION ARE OPTIONAL
NO SPECIAL CLOTHING REQUIRED*

HAVE A GO

1. Guided reflection
2. A-U-M (sound)
3. Basic stretches
4. Breathing
5. Guided reflection

CONCLUSION

- *"The yoga psychotherapy has been life-changing, absolutely life-changing, cause I have learned skills I can apply literally for the rest of my life"*
- *"it's life-changing in the sense that...a different perspective has given to me...my eating habits are different...the way I look at the world is different... But also the spiritual side of it"*

SIGNPOSTS

- Yoga with Adriene (YouTube) e.g. 30 days of yoga; yoga for sleep; yoga for anxiety; yoga for....
- The Stables Yoga studio, York
- Meditation centre – Gillygate, York
- Apps – Insight Timer; FitMind
- Sivananda Yoga www.sivanandalondon.org
- Vipassana meditation www.dhamma.org

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