

REACHING OUT WITH YOGA: SHARING WHAT WE'VE LEARNED

Using Yoga in Your Work with Women, Children, Youth and Yourself!

Knowledge Hub Research Briefing

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Reaching Out with Yoga Project

Purpose:

To provide, and to measure the effects on health and well-being of trauma-informed yoga for women, children and youth who are impacted by violence.



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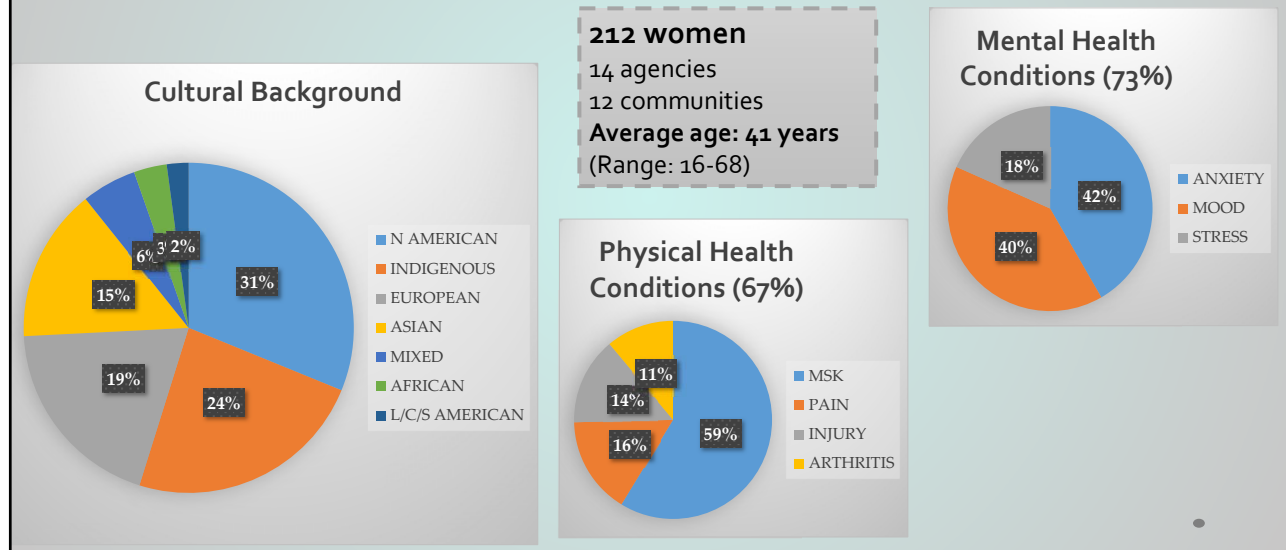
Trauma-informed Yoga



- Student is the expert of their own body
- Choice
- Options, modifications
- Invitational language
- Focus on self-awareness and own experience
- No physical adjustments
- Shortened poses
- No music or scents

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Results: Demographics



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Stress Symptoms

Q

A

Have you experienced any of the following in the past month?

- Pain/ discomfort in body
- Memories/ intrusive thoughts/ bad dreams
- Sleep difficulties
- Fear/ worry/ on guard/ jumpy
- Lost interest in activities/ detached/ difficulty having positive feelings
- Self-medication/ drug/alcohol use
- Appetite changes/ difficulties
- Thinking of yourself or others negatively

- Not at all
- Once a week or less / A little
- 2-3 times a week / Somewhat
- 4-5 times a week / Very Much
- 6 or more times a week / Severe

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Results: Stress Symptoms

Symptom	Rating	Pre (%)	Post (%)	p value
Pain/discomfort in body	6+/severe	34.8	25.8	.695
Memories/intrusive thoughts	6+/severe	34.8	14.3	.005
Sleep difficulties	6+/severe	36.2	17.6	.009
Fear/worry/on guard	6+/severe	32.8	15.2	<.001
Self medication/drug or alcohol use	6+/severe	6.0	1.5	.187
Appetite changes/difficulties	6+/severe	10.3	6.0	.016
Negative view of self or others	6+/severe	19.4	8.7	<.001
Detached/difficulty having positive feelings	None	13.2	42.6	<.001

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Results: Interviews

MOOD & MINDSET (39%)

"I got happiness becoming aware of how agile and strong my body still is"

*"Just **reframing negative thoughts**, I probably do that several times a day...just letting the thoughts or emotions come but not so much being impacted by them"*

SLEEP, RELAXATION, SELF-REGULATION (86%)

*"It just provided me with a little **respite from the unrelenting anxiety** that's so hard to overcome"*

ACCESSIBILITY OF TIY (39%)

*"She doesn't tell us what to do, **she invited us to try and see what works for us**"*

PHYSICAL BENEFITS (55%)

*"I was **amazed that I could touch my toes**, we were like "oh my god I can touch my toes!" It's silly but it increased my flexibility amazingly"*

PAIN REDUCTION (43%)

*"I had **less tension and pain**...I'm recovering from a surgery and have had a lot of pain in my back and this class really helped me release that. I felt much less pain physically since taking the class."*

SOCIAL CONNECTION (21%)

*"I find that with what I'm going through, it's really nice to get out of the house and to have different activities, especially with other people...we've developed friendships, so there's some social aspect to that as well and I think that's very helpful because **you meet other people who are going through similar circumstances, and we're all growing and learning and healing**"*

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Key Takeaways

Yoga...
is good, but need:

- Buy-in (clients, staff, leadership)
- Resources (\$, props)
- Space (physical, time)
- Training

Research...
is hard, but better if:

- Time is protected
- Time is paid
- Flexible
- Adaptable




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Tools & Resources

bcsth.ca/projects/reaching-out-with-yoga/



YOGA-BASED ACTIVITIES FOR CHILDREN AND YOUTH
 A RESOURCE FOR PEACE COUNSELLORS AND OTHERS WHO WORK WITH CHILDREN AND YOUTH IMPACTED BY VIOLENCE

This resource, created as part of the Reaching Out with Yoga (ROWY) project, offers some yoga-based activities to use in group or individual sessions. It is informed by ROWY participants' feedback, as well as by conversations with the PEACE counsellors themselves. We hope this contains some ideas that you, and the children and youth you work with, enjoy!

What this resource is and what it is not
 A selection of ideas for bringing yoga activities into your sessions with children and youth. It is not a teacher training manual. We hope it inspires creativity and FUN! Please seek additional training and resources for more fulsome information and guidance (see the Resources section at the end).

Safety considerations
 The main focus is on safety and not pushing anyone past their physical limitations. Encourage children and youth to listen to their bodies and only move in ways that feel comfortable, and not in ways that cause pain or tension. Emotional safety is also key. Ensure that they are choosing if and how they are participating. Offer options for different ways to participate.

Teach what you know
 It's important to stick with teaching what you know and not go beyond that. Use the activity ideas as a guide. You might also incorporate your own ideas based on previous experience or training.

Using Yoga at Work

We invite you to experiment and mindfulness, grounding techniques your everyday work. You are welcome to try, how long you hold them.



YOGA YOUR WAY
 LETTING YOUR BODY GUIDE YOUR MOVEMENT

Visit our resource portal for access to:

- Trauma-informed yoga online videos x 5
- Booklets for women, youth and staff
- Staff chair yoga poster
- Yoga for Children and Youth resource

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Thank you!



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Questions?

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