



Taming Stress with Yoga Meditation in Motion

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MBSR & Yoga

Yoga in MBSR (Kabat-Zinn)

- Yoga *is* meditation!
- Reduces stress, increased energy
- "Mindful" Hatha Yoga
 - self-acceptance
 - listening to & honoring your body
 - exploring limits lovingly, gently, respectfully
- Improved mindfulness, stress, anxiety, psychological well-being (Carmody; Gard)

VA MBSR Programs and Studies

- PTSD, pain, depression, anxiety, other
- Kearney, Simpson studies
- MSCOE study - submitting grant



David Kearney in MBSR class with Veterans, 2009

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Alicia's Yoga & MBSR Experience

Yoga Practitioner

- MBSR, classes, retreats, workshops, immersions

VA MS Fit Study (Turner)

- Referrals to local classes, NMSS grant, online, free DVDs

VA Take Control of MS Study (Turner, Bourdette, et al)

- Comparing two educational group oriented programs
- NMSS brochure: "Taming Stress in Multiple Sclerosis"

VA Puget Sound - Rehab Care Services

- OT offers yoga classes to Veterans (Roberts)
- Improved patient selected goals related to physical and mental health (8 weeks, 3 days/week, n=18); Increased demand for program.

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Yoga History



- India, Ancient tradition
- Yoga (Sanskrit) means "yoke"
 - Practice of yoking together or unifying body & mind
- "Secular", mainstream
- Evidence-based benefits in health and mental health care

(Kabat-Zinn)

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Yoga History



Om

- Sound of the universe
- Mantra for mind, body, and spirit

Namaste

- Every day greeting in India
- "The Spirit within me salutes the Spirit in you."

(urbandictionary.com)

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Yoga Styles



Common Types – Good for MS

- **Hatha (Basics)** - slow paced, gentle, basic poses; focus on self-regulation; "Mindful Yoga" – Jon Kabat-Zinn
- **Iyengar (Basics)** - body alignment, holding poses; Eric Small; Oken study
- **Viniyoga (slow flow, renew/rebuild, restorative)** - individualized approach to student's needs, gentle movements; Laura Yon, yoga teacher for MS

People with MS - Be Careful Of or Avoid:

- **Vinyasa ("flow")** – can be fast paced, breath synchronized movement, "sun salutations"
- **"Hot" (Bikram)** - 95-100 degrees, 26 poses, physically demanding
- **"Power" (Ashtanga)** - fast paced, physically demanding, 80-90 degrees

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Anyone can do yoga!



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Anyone can do yoga! Seriously...



Oken's Oregon/WA Survey of People w/MS:

- 30% practice yoga
- 57% Yoga is "very beneficial"

More controlled studies needed with higher number of subjects...

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Evidence Based Practice in MS

Fatigue

- Asano Meta-analysis: 2 studies (Oken; Velikonja)
- Guner & Inanici, 2015: Pilot study - fatigue, gait, balance
- Velikonja – Significant reduction of fatigue

Cognition

- Improved selective attention (Oken; Velikonja)

Mood/Stress

- Kim & Oken: MSCOE website
- Focused breathing and positioning (Oken, et al)
- Reynard, Sullivan, Rae-Grant 2014 Review: Class IV evidence - Pritchard, et al, Yoga Nidra meditation MS & Cancer
- Complement to psychotherapy & pharmacotherapy (NMSS Clinical Bulletin: Minden, et al)



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Evidence Based Practice in MS

Self-Regulation

- Emotional, cognitive, behavioral self-regulation to reduce stress (Gard)

Physical Wellbeing – Gard; Velikonja

- Stretching, flexibility, strengthening, endurance
- Isometric muscle contraction and relaxation
- Spasticity, muscular strength, flexibility- reduction EDSS pyramidal functions score (Velikonja, et al)
- Fatigue, Balance & Gait - step length, walking speed (Guner & Inanici)



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Yoga's Five Tools of Mindful Resilience

1. Breathing
2. Meditation
3. Mindful Movement
4. Guided Rest
5. Gratitude



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Yoga In Your Practice!

- Simple Yoga Breathing Techniques
- Chair-based Yoga
- Distribute brochures & DVDs, online sites
- Refer clients to MS oriented yoga classes
- NMSS grant – call MS Navigator about classes or referrals (1-800-344-4867).
- Participate in yoga yourself
- Let's Try it!

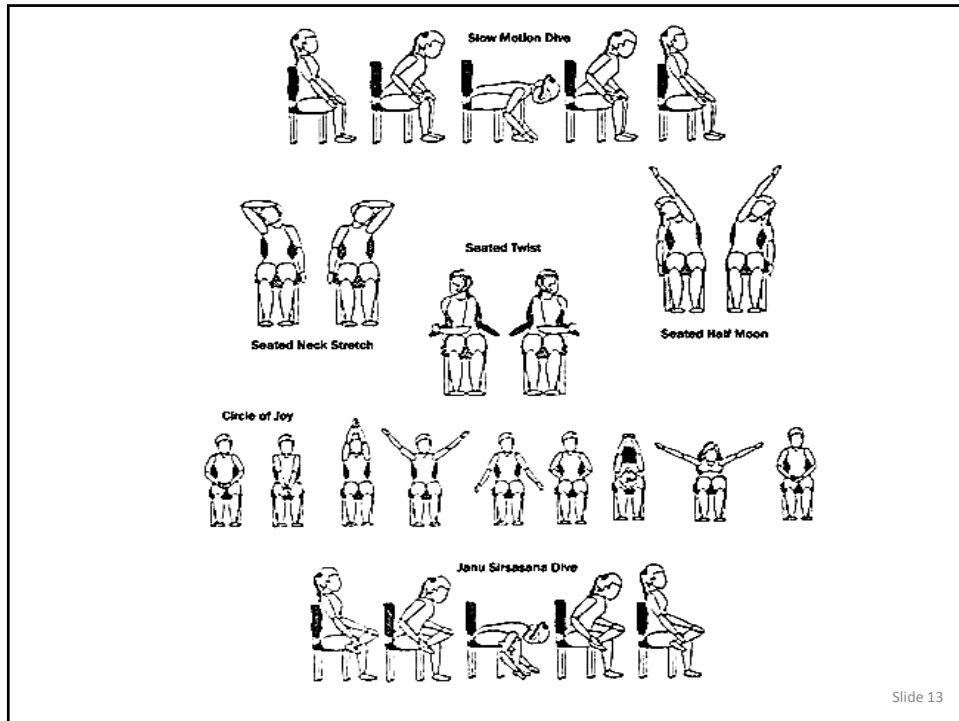


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Breathe out that Stress!



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Lion's Breath

1. Sit or kneel with your seat resting in your feet.
2. Place your hands on your knees.
3. Inhale through the nose.
4. Exhale through the mouth, making a "ha" sound.
5. As you exhale, really push your breath out, open your mouth wide and stick your tongue as far out as possible towards your chin.
6. Inhale, return to a neutral face
7. Repeat 3-5 times



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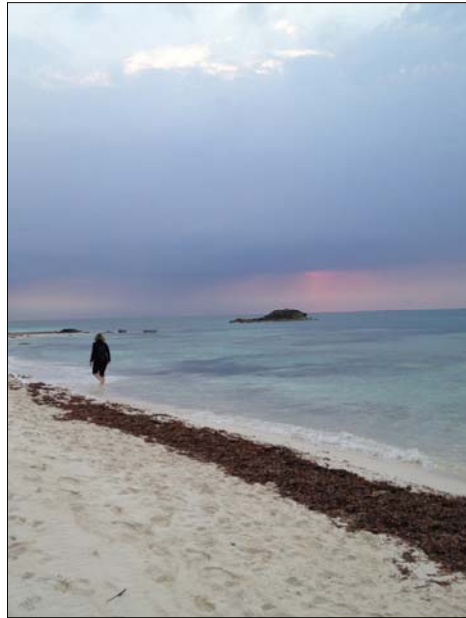
<http://yoga.about.com/od/breathing/a/Yoga-Lions-Breath.htm>

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Another Breathing Exercise

- Take a deep breathe.
- Hold it for 3-5 seconds.
- Then blow it out as fast as you can.
- Repeat a couple of times until you feel better

Namaste!



Alicia's sunrise walking meditation, Yoga Retreat at Maya Tulum, Mexico, Photo by co-yogi Jennifer Miller, May 2013.

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Online Resources

Social Work Professionals

- NASW Code of Ethics: www.socialworkers.org/pubs/code/code.asp

Mindfulness Based Stress Reduction

- NMSS Mindfulness: [www.nationalmssociety.org/About-the-Society/News/Study-Suggests-Meditation-Improves-Quality-of-\(1\)?feed=AllNationalNews](http://www.nationalmssociety.org/About-the-Society/News/Study-Suggests-Meditation-Improves-Quality-of-(1)?feed=AllNationalNews)
- Online MBSR course: palousemindfulness.com/selfguidedMBSR.html
- UMASS MBSR Training: www.umassmed.edu/cfm/Stress-Reduction
- UC San Diego MBSR Training : mbpti.org
- VA Mobile App: www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp
- VA Mindfulness Treatment: www.ptsd.va.gov/professional/treatment/overview/mindful-PTSD.asp
- VA Puget Sound MBSR Program: www.pugetsound.va.gov/services/mindfulness.asp
- VA Mindfulness App: www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp

MS and Stress

- “Taming Stress in Multiple Sclerosis” Brochure: www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Taming-Stress.pdf
- “MS and Your Emotions” Brochure: www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Emotions.pdf
- MS Veteran Newsletter: www.va.gov/MS/newsletters/Spring_2015_Newsletter.pdf
- NMSS: www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/WellnessMSSocietyforPeoplewithMS.pdf

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Online Resources

MS and Yoga

- NMSS Financial Assistance Program: <http://www.nationalmssociety.org/Resources-Support/Insurance-and-Financial-Information/Financial-Resources/Financial-Assistance-Program>
- NMSS Yoga: <http://www.nationalmssociety.org/Living-Well-With-MS/Health-Wellness/Exercise/Yoga>
- MS Active Source (Biogen): <http://www.msactivesource.com/ms-yoga.xml>
- “Yoga for MS” DVD (Teva Neuroscience, Inc., 2014): Distributed free to patients by Teva Clinical Nurse Educators.
- VA MSCOE: www.va.gov/MS/Veterans/complementary_and_alternative_medicine/Yoga_and_Multiple_Sclerosis.asp
- Eric Small <http://yogams.com/> and his book *Yoga and Multiple Sclerosis*, coauthored with Dr. Loren Martin Fishman: <http://www.mscares.org/default.asp?page=BookReview2007g>

General Yoga

- Veterans Yoga Project guide: www.veteransyogaproject.org/uploads/6/4/4/5/6445971/vyp_practice_guide_2nd_edition.pdf
– Yoga poses poster: www.veteransyogaproject.org/uploads/6/4/4/5/6445971/vyp_practice_guide_poster.pdf
– Free yoga and meditation: www.veteransyogaproject.org/practice.html
- Yoga Journal: www.yogajournal.com
- Free yoga online: www.myfreeyoga.com/
- Wheelchair Yoga: <http://mayallbehappy.org/wheelchair-yoga/>
- Gentle Chair Yoga: <http://gentle-senior-yoga.com/GSY-Chair-Yoga-Seated-DVD.html>

YouTube

- There are a variety of yoga videos on YouTube.
- Go to www.youtube.com, and type in “multiple sclerosis yoga”, “wheelchair yoga” or “chair yoga” and many choices pop up.
For example:
 - Adaptive Yoga for Multiple Sclerosis: Chair Yoga www.youtube.com/watch?v=hb3T2IYcv_w&list=UU_U4wqb2FgR6_UVomDVT8XQ
 - Easy Chair Yoga: www.youtube.com/watch?v=tIKKNTVVVw
 - Wheelchair Yoga For Those with Severe Physical Limitations: www.youtube.com/watch?v=01kA5qF7mtY

Studies

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