

ANTECEDENTS

- Higher stress due to ACEs (adverse childhood events)

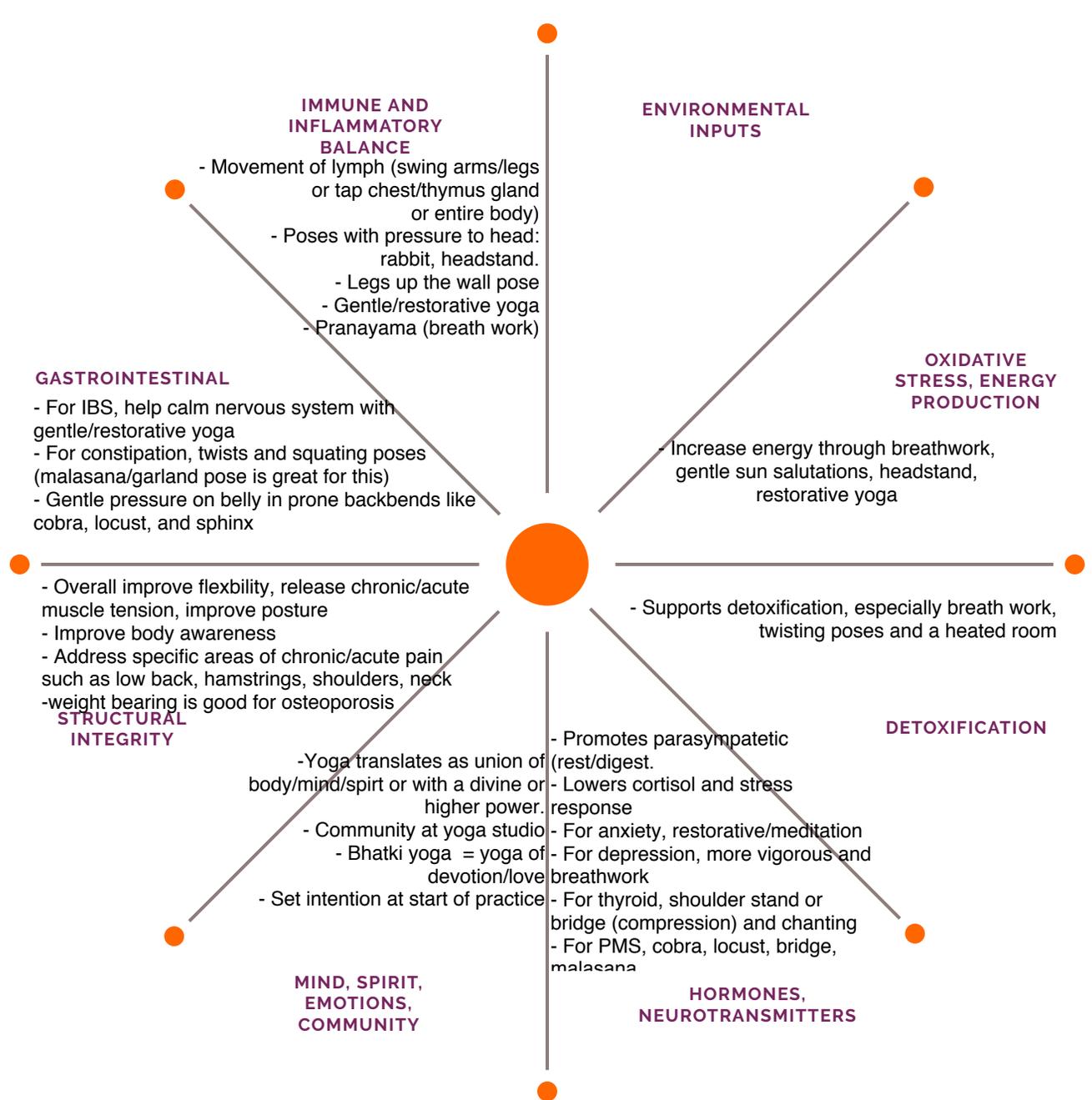
TRIGGERING EVENTS

- Acute stress event (physical/emotional)
- Acute pain event such as car accident

MEDIATORS

- Chronic stress
- Chronic physical pain or injury such as low back

- + yoga asanas
- + breathwork
- + meditation



SLEEP/RELAXATION

- gentle yoga
- yoga nidra (yogic sleep)
- guided meditation

EXERCISE/MOVEMENT

Many styles of yoga for all levels of ability: chair yoga, gentle yoga, Iyengar (alignmnet-based), vinyasa and ashtanga (more vigorous)

NUTRITION/HYDRATION

- Plenty of water before/after yoga
- Best to do yoga on an empty stomach

STRESS/RESILIENCE

- gentle yoga
- yin yoga
- meditation
- pranayama (breathwork)

RELATIONSHIPS/NETWORKS