

Demystifying the Trauma-Informed Yoga Practice

Tuesday, May 11, 2021 @ 4:00 p.m. EDT

Presenter: Julie Fernandez

Lead Trainer
Exhale to Inhale

Session Moderator: Martha Staeheli, PhD

Director, School Mental Health Initiative
New England MHTTC



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Trauma-Informed Yoga

May 11, 2021

4pm EDT



**Exhale
to Inhale**

Agenda

- What does it mean to be trauma-informed
- Vicarious trauma/self-care
- Trauma 101/How it heals
- Trauma-informed principles and its application
- Yoga Works!

“Being trauma-informed is a way for us to truly see people. It helps us compassionately and empathetically hold a safe container. It allows every interaction to be an empowering reminder: people are the experts of their own experience.”

- Molly Boeder Harris

VICARIOUS TRAUMA

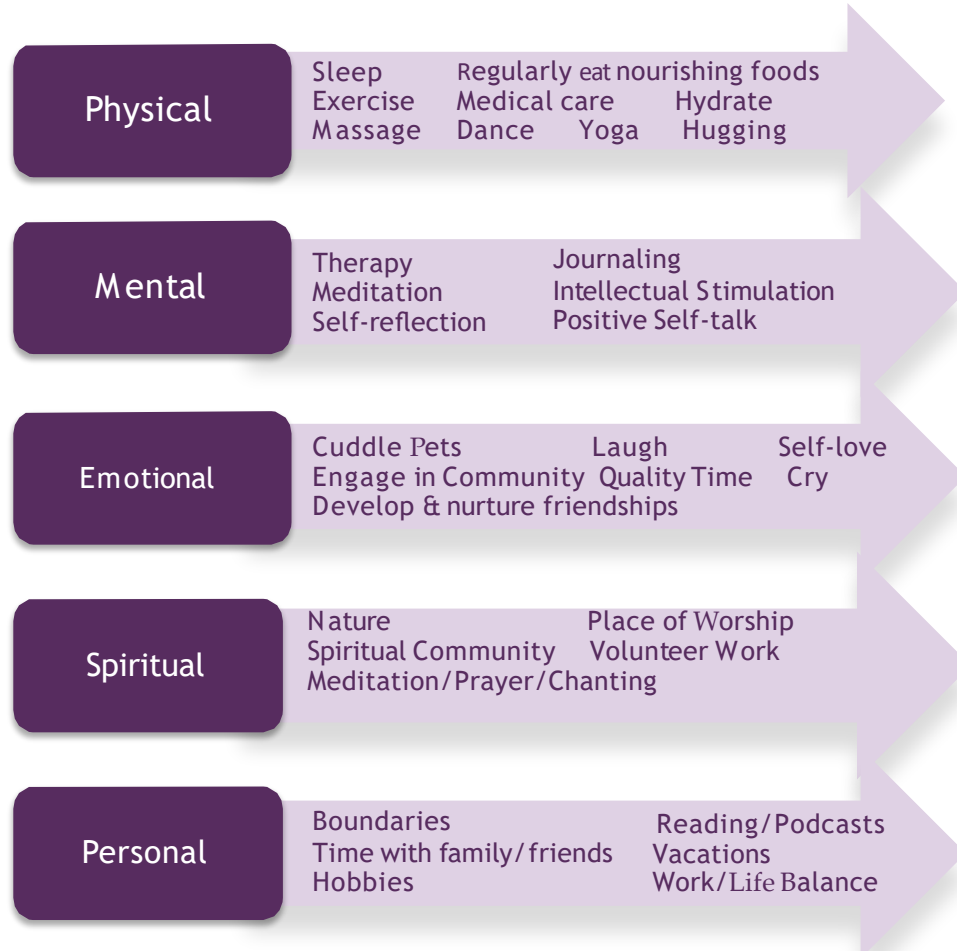
happens when we accumulate and carry the stories of trauma—including images, sounds, resonant details— we have heard, which then come to inform our worldview.

(Joyful Heart Foundation, 2015)

Common Signs/Symptoms:

- Anxiety/nervousness
- Anger/irritability
- Mood swings
- Difficulty concentrating
- Decreased self-esteem
- Change in worldview/less trusting of world
- Depression
- Signs of PTSD

SELF-CARE



Symptoms of Undischarged Traumatic Stress



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Symptoms of Undischarged Stress

“Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives.”

Bessel A. van der Kolk

The Body Keeps the Score:

Brain, Mind, and Body in the Healing of Trauma



The Exhale to Inhale method is rooted in:

- connection
- safety
- simplicity
- choice-making



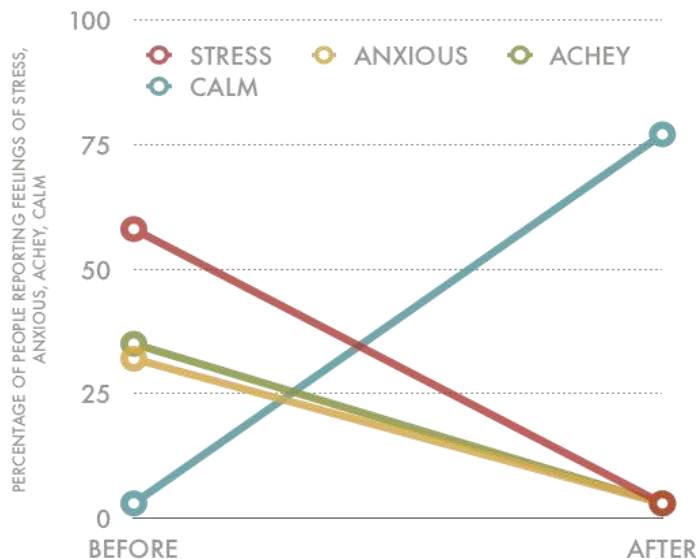
Trauma-Informed Yoga Works!

Key Areas of Assessment:

1. Stress
2. Body Aches
3. Agency

“During these difficult times, these sessions relieved the stress.”

Changes in Stress & Body Aches
from Before to After Online Yoga



From before to after online yoga, we see significant reductions in reported stress, anxiety, and body aches and significant increase in percentage of people reporting feeling calm.

This finding mirrors our in-person surveys, which show significant reductions in body discomfort and stress from before to after each yoga class.

EXHALE TO INHALE

Trauma-informed Yoga

TERM 1 - Jan 11 to April 4

TERM 2 - May 3 to July 25

TERM 3 - Sept 13 to Dec 12

2021 Weekly Classes

Partner Staff + Clients can practice
5 days per week over 12 weeks

- **Pre-recorded classes** are shared from Wednesday to Sunday
- Classes are available in **Spanish and English**
- Clients can **access a library** of 30-minute and 15-minute practices

General Public can practice live once a week over 12 weeks

- **Live online 30-minute classes** are offered every **Tuesday at 12pm ET** in English

Questions & Answers



Thank you for joining us!



@exhale2inhale | exhaletoinhale.org | info@exhaletoinhale.org

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Wednesday, June 16, 4:00 p.m. EDT
Self-Care for All: Strategies and Habits
to Infuse Wellness into Your Daily Life
with New England MHTTC Education
Coordinator Dana Asby, MA, MEd

In this interactive webinar, you will not only learn about actions to take to weave evidence-based self-care practices into your daily routines; you'll practice them, too!

Come prepared to be fully present in this hour of self-care, including:

- Breath work
- Meditation
- Trauma-informed chair yoga
- Mindful habit formation
- Other self-care practices

Register at <https://www.eventbrite.com/e/self-care-for-all-infuse-wellness-into-your-daily-life-tickets-151979455643>

Family Compassionate Conversations Series



Wednesday, May 26, 3:00 p.m. EDT
Family Compassionate Conversation:
Wellness for Latinx Families
(Conducted in Spanish)

Register at <https://www.eventbrite.com/e/family-compassionate-conversations-wellness-in-latinx-families-tickets-152780078327>

Our next Family Compassionate Conversation will focus on wellness in Latinx families. This session, conducted in Spanish, will offer positive wellness practices for families. We will offer tips on ways to share practices and tools with others in your circle. Participants will also experience a brief mindfulness practice that can be shared with others in their lives.

This is an opportunity for you to come with questions about discussing mental health and well-being with your partner, children, parents, and other family members, as well as a place to share positive and negative experiences around this topic.

This session is part of a monthly series. Make plans to join us for upcoming Compassionate Conversations other topics, including:

- [Addressing School Related Trauma](#)
- [Holistic Health: Mind, Body, Spirit](#)
- [Community Wellness](#)

National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Always and Now 8-Part Learning Series

The MHTTC Network is hosting an 8-part training series using the **National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools**. The Curriculum was developed by the MHTTC Network in partnership with the National Center for School Mental Health (NCSMH). It is intended to help states, districts and schools advance comprehensive school mental health and engage in a planning process for implementation.

Each session will be conducted as a 60-minute “live” event held on the 2nd and 4th Tuesdays of each month at 1:00 p.m. EDT.

**Next Session: Module 7:
Funding and Sustainability**

Tuesday, May 11, 2021



Learn more about the implementation guidance and upcoming events at

<https://mhttcnetwork.org/centers/global-mhttc/school-mental-health-curriculum-always-and-now-learning-series>



Complete Our Evaluation

Scan the QR code or follow the link below:

<https://ttc-gpra.org/P?s=459839>



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<https://cdn.forms-content.sg-form.com/4c469828-6af3-11eb-969e-1ee8dc6c6e67>

Contact Us:

Email: newengland@mhttcnetwork.org

Phone: (617) 467-6014

<https://mhttcnetwork.org/centers/new-england-mhttc/home>

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*Thank
you*

**School Mental Health Initiative
Childhood-Trauma Learning
Collaborative**

**Contact us at:
dasby@edimprovement.org**



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