



## What is the Research that Supports Mindfulness & Self-Care?

*"The future depends on what we do in the present."  
-Mahatma Gandhi*

Various recent studies conducted in the United States and all over the world have concluded that self-care techniques such as mindfulness (meditation) and yoga are beneficial in many, profound ways. Some research-based benefits of these self-care techniques are the following:

- Better stress management
- Improved relaxation of the nervous system
- Increased social & speaking skills
- Stronger sense of self-confidence & self-esteem
- Promotion of positive self-image
- Stronger muscles & muscle maintenance
- Healthier physical balance
- Better memory & concentration
- Improved brain health
- Increased self-control
- Increased immunity

### Here are the details:

#### *Better Stress Management*

In 2015 *Health Psychology Review* examined five studies on yoga and stress. It was determined that stress hormones and cortisol levels decrease more easily due to yoga practices.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Increased Social & Speaking Skills***

In 2016, *Current Behavioral Neuroscience Reports* published a review of meditation studies and found that meditation activated regions of the brain involved in speech and social engagement.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Improved Relaxation of the Nervous System***

In 2017, the journal *Psychoneuroendocrinology* published that yoga enhances parasympathetic nervous system activity and reduces activity in the hypothalamic-pituitary-adrenal axis (HPA) which lead to a decrease in cortisol levels (stress hormone).

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Promotion of Positive Self-Image***

In 2016, Australian journal *Body Image* surveyed 320 people (193 yoga practitioners/127 non-yoga practitioners) and found that practicing yoga may facilitate promotion of positive self-image.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Stronger Sense of Self-Confidence & Self-Esteem***

*Health Psychology Review* published a review of studies on yoga for stress and how there is an increase in positive feelings and self-compassion.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Better Memory & Concentration***

In 2017, a study in PLOS (Public Library of Science) found that working memory and recollective powers may be improved through yoga and mindfulness practices.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Increased Immunity***

In 2016, *BMC Complementary and Alternative Medicine* published a small study found that those who practices yogic breathing exercises showed reduced levels of pro-inflammatory molecules called interleukins and higher levels of antibodies called immunoglobulins. Antibodies are responsible for fighting germs, bacteria, and viruses.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Improved Brain Health***

In 2017, *Frontiers in Human Neuroscience* published a scientific study about the preservation of brain tissue. It was found that brain-derived neurotrophic factor proteins were increased by 300% as result of practicing yoga. Low levels of Brain-derived neurotrophic factor proteins (BDNF) have been linked to stress, depression, Parkinson's and Alzheimer's/Huntington disease. Yoga may help preserve brain tissue.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Healthier Balance***

In *Current Behavioral Neuroscience Reports*, Acevedo published studies that found that meditative movement may improve motor functions and balance.

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.

### ***Stronger Muscles***

In 2013, a study done by Colorado State University was published in *The Journal of Strength and Conditioning Research* and stated that those who practiced yoga had increased deadlift strength and upper/lower body strength (after 24 weeks of Sun Salutations).

Source: *The Science of Self-Care (And Yoga)*, *Yoga Journal*, June, 2018.