

YOGA: DESTRESSING AT WORK

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April 3, 2025





ABOUT ME

I've been teaching yoga for 19 years, E-RYT200, from MD, taught at nursing conference in 2013, Yoga Nidra for Nurses

Why I teach - I believe in the transformational power of yoga. It is mood enhancing, empowering, and it's lessons apply on and off the mat

Where and what I teach: Yoga studios, corporate classes, private students, workshops, lululemon legacy yoga ambassador, Yoga Nidra (Yogic Sleep)

Online Zoom classes with access to recorded classes

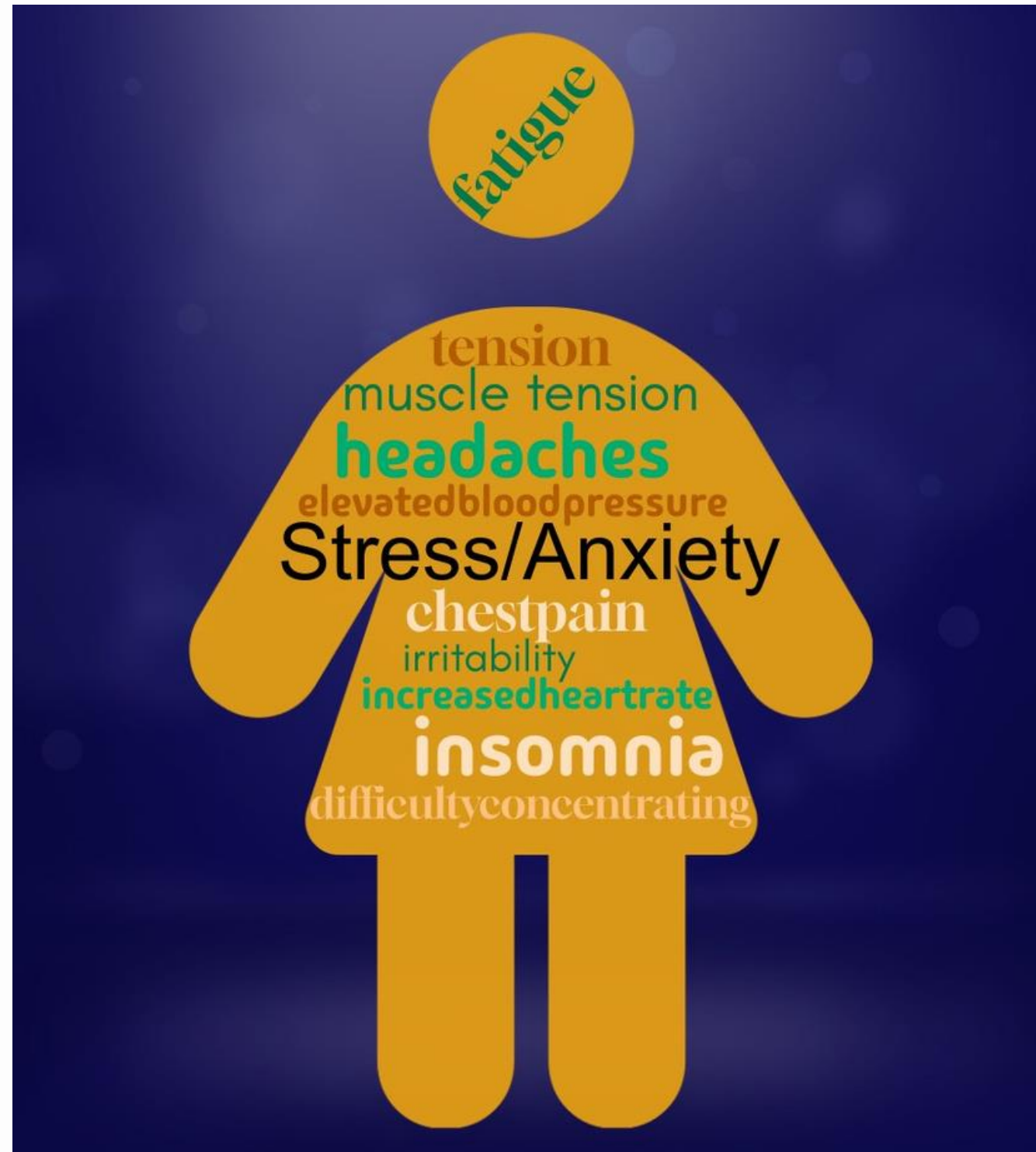
OBJECTIVES

- **Identity strategies to achieve stress reduction in the workplace.**
- **Demonstrate basic yoga (poses) that can be done at work to reduce stress.**

FOCUS FOR THIS PRESENTATION

- 01 Stress and Anxiety oh my...
- 02 What is yoga anyway?
- 03 Head, Shoulders, Hips and Toes...

- 04 OMMM (Oxygen, Mindfulness, Meditation, Movement)
- 05 Stress relief toolkit
- 06 But wait, there's more!



STRESS AND ANXIETY OH MY...

Stress and anxiety are interlaced. Multiple areas in the brain are stimulated in both stress and anxiety responses.

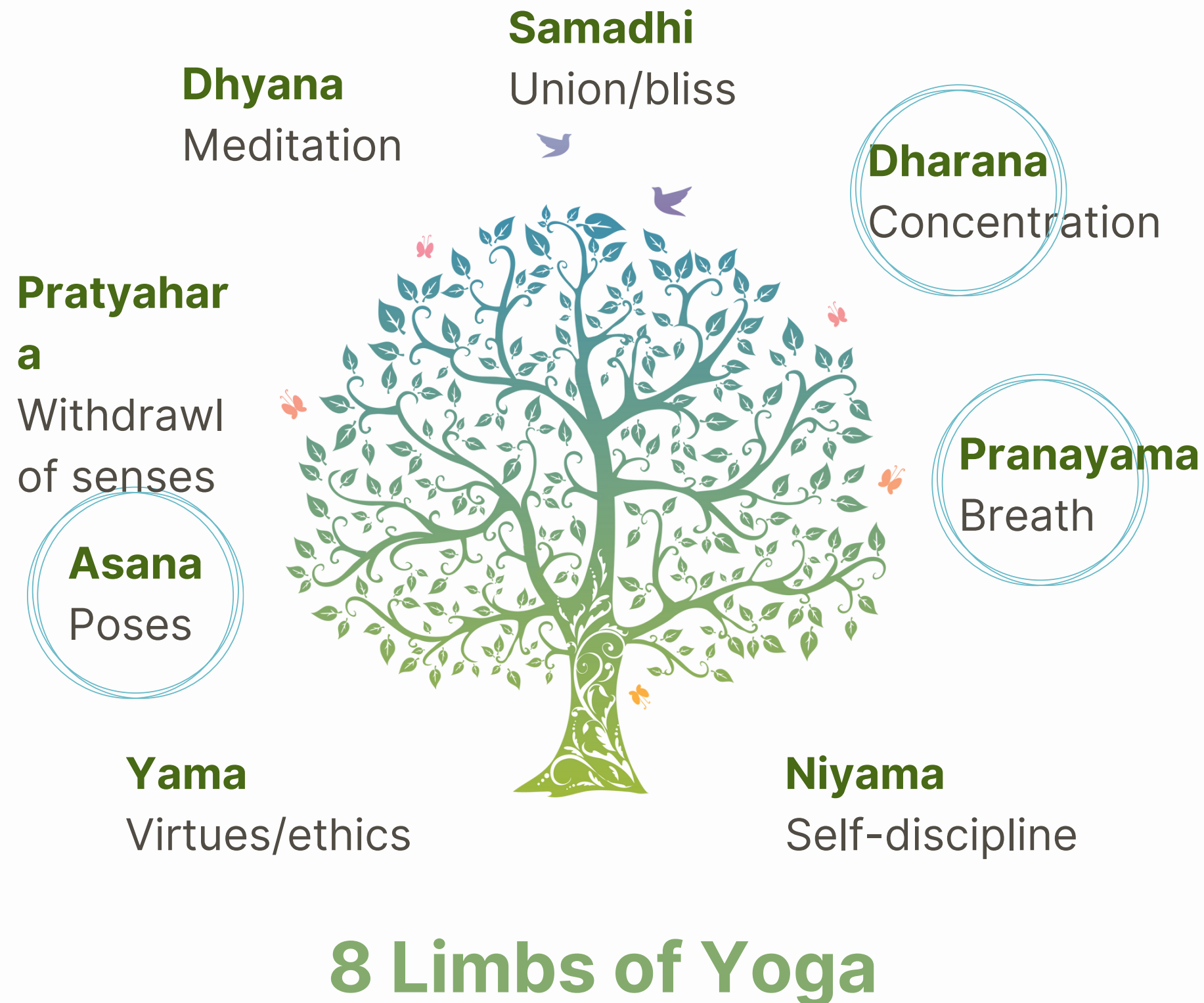
- Stress - response triggered by a real or perceived threat, a specific situation
- Anxiety - experienced in anticipation of a threat that hasn't yet happened or without a clear cause

How do I reduce my stress and anxiety at work?

I can't leave my shift

I can't empty my mind and turn off my thoughts!

YOGA: DEFINITION AND PHILOSOPHY



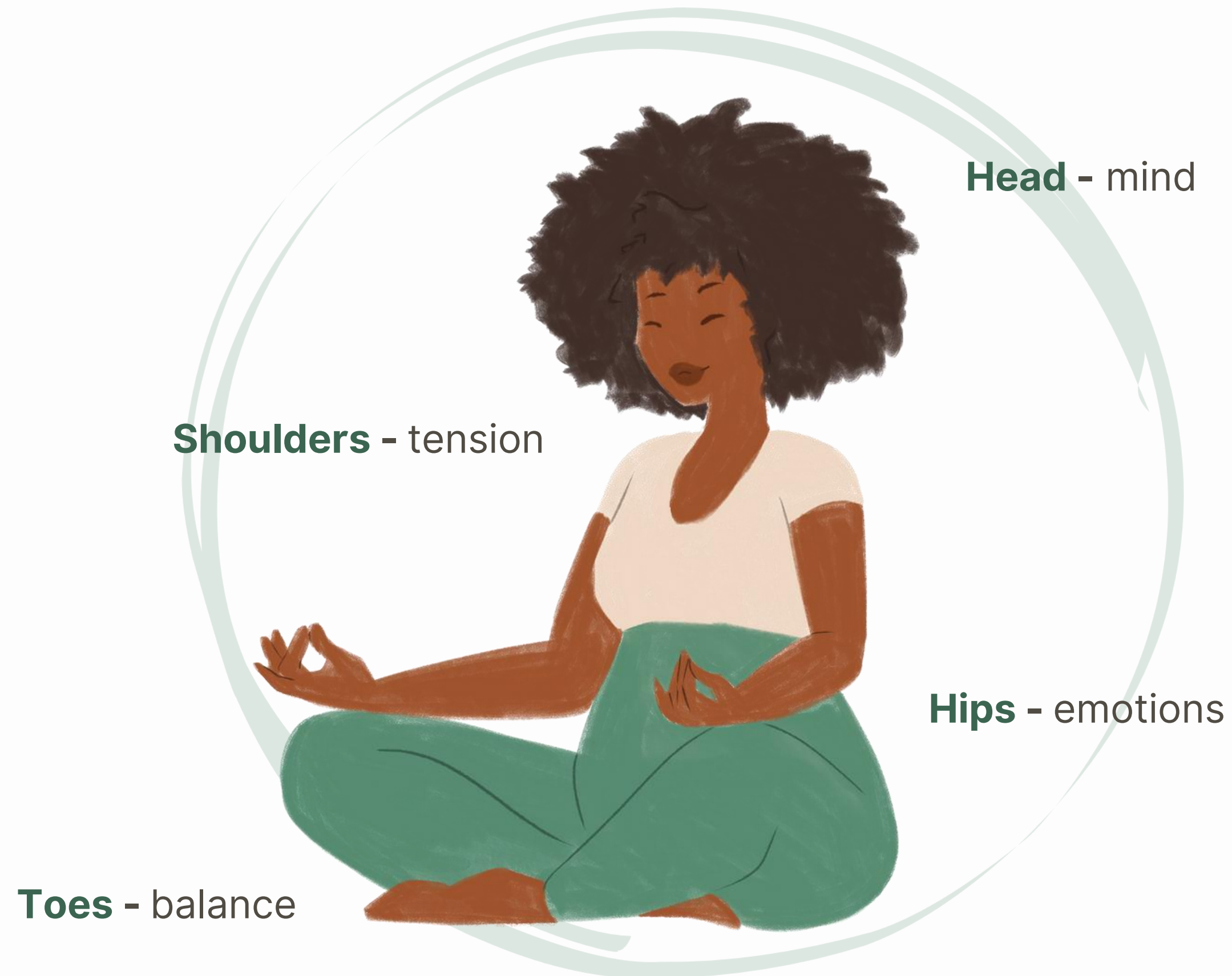
ANSWER: Reduce stress & anxiety through Yoga

Yoga: Sanscrit word (root: yuj)- to yoke or unite
To unite mind, body and spirit

"Yoga is for everyone. You need not be an expert or at the peak of physical fitness to practice the asanas (described)...Yoga helps to integrate the mental and the physical plane, bringing about a sense of inner and outer balance, or what I term alignment. True alignment means that the inner mind reaches every cell and fiber of the body."

BKS Iyengar
Yoga for Everyone

HEAD, SHOULDERS, HIPS & TOES...



**Scan and Observe
without any judgement**

***What are you
feeling?***

MINDFUL MINUTES

OM - The sound and the vibration of the universe, chanting connects us to the sound vibration, mind aligns with the breath.

O **Oxygen, (Observe - Breath Control (Pranayama))** - through breath control we can deregulate our nervous system

M **Mindfulness** - Being present in the moment, aware without judgement or attachment

M **Meditation** - Focusing the mind - laser focus

M **Movement** - Asana - Postures



OXYGEN, BREATH CONTROL

Observe Your Breath

One hand on belly, one hand on chest notice which hand moves first when you take a breath?

- When stressed, chest breathing, can become a habitual breathing pattern
- Self-inquiry is the main focus of a yoga practice
- Sometimes easier to focus on the outer self than the inner self

Yogic Breath - 3 part breath

Move the breath through:

Belly - Diaphragm

Ribs - Mid-Chest

Chest - Top Chest

Pause - Kumbhak (empty pot)
natural breath retention,
suspension of the breath

Exhale - long out through your mouth like you are blowing in hot tea

Repeat 5x

4 - 7 - 8

Inhale - count of **4**

Hold: Retain your breath for a count of **7**

Exhale: exhale count of **8** out through your mouth slowly with a whooshing sound

Repeat 5x

MINDFULNESS

We can't always change our situation,
but we can change how we respond

M Mindfulness - Being present in the moment, aware
without judgement or attachment

M Meditation - Focusing the mind - laser focus

Close your eyes for a mindful minute...



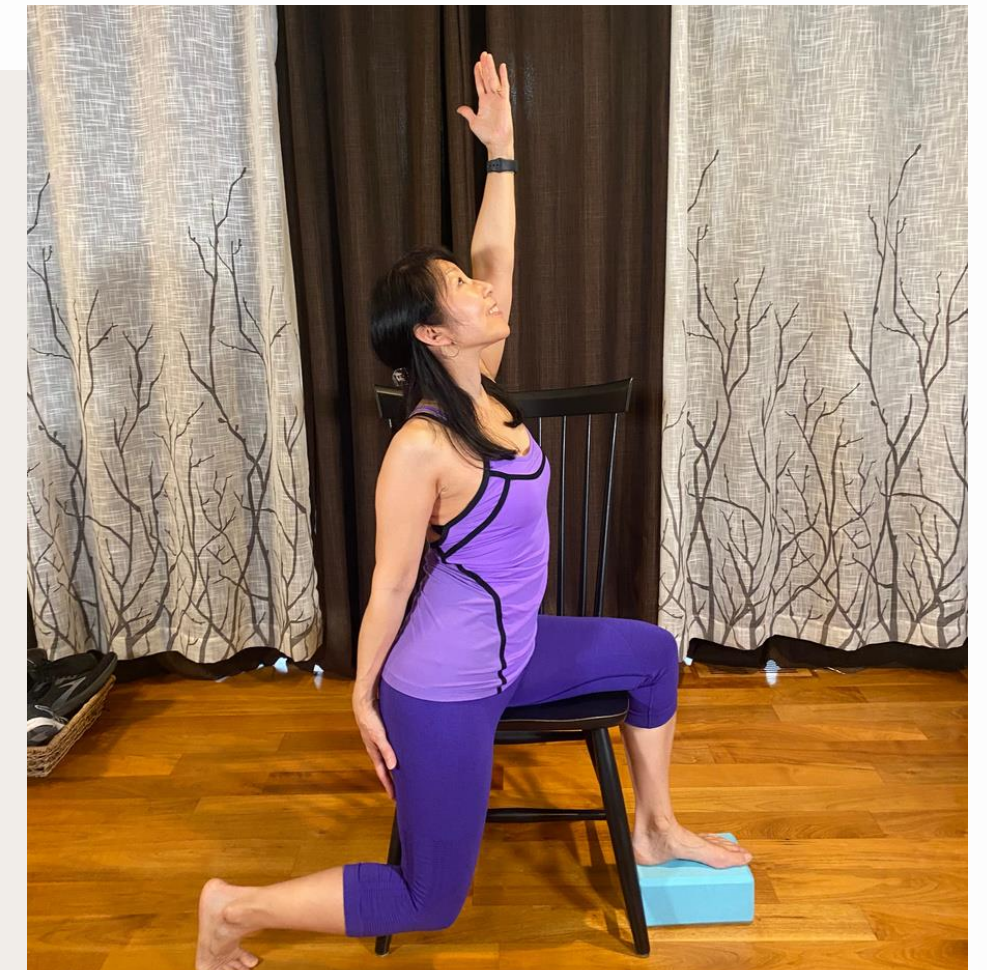
Movement (ASANA)

We hold emotions in our hips

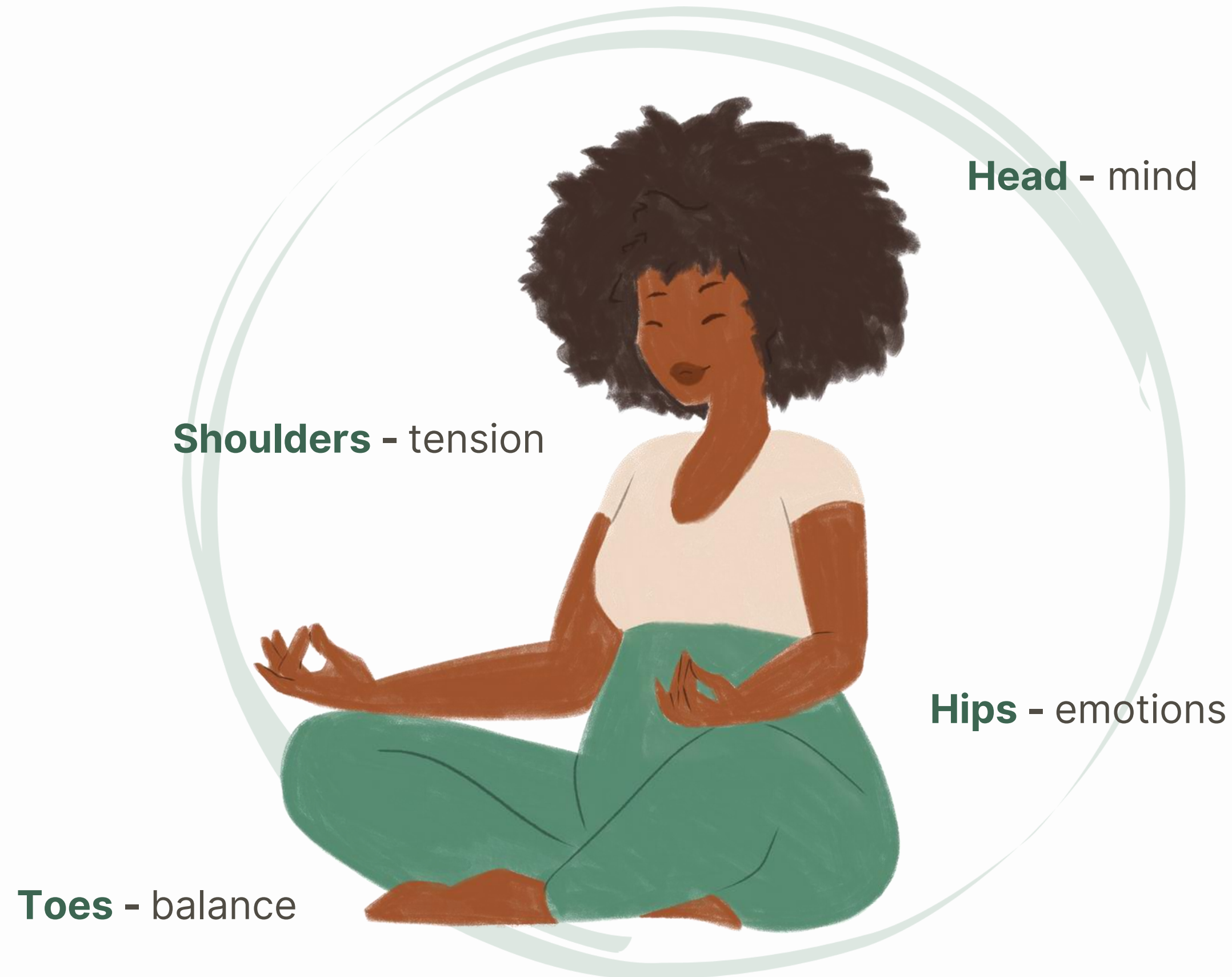
The psoas muscle is linked to our reptilian brain and as a defense mechanism, it tightens and contracts when we are feeling threatened or there is a perceived threat. Connects our top half to the bottom half, torso to our legs.

Psoas also affects our breathing since connective tissue attaches the muscles to the diaphragm.

Time to open the hips!



HEAD, SHOULDERS, HIPS & TOES...



**Scan and Observe
without any judgement**

***What are you
feeling?***

BENEFITS OF YOGA

"Anne's yoga class has been transformative for me! As someone with the aches and limitations that age brings, Anne has not only guided us through the process of **strengthening our bodies**, but also to do so with **grace and self awareness**. If I do nothing else, **I practice yoga to stay in touch with the needs of my mind and body**. Thankful to have her as a resource!"

Karen H.

"...The yoga practice has been a vital part of my healing & strengthening & allowed me to resume other activities..."

Tracy Y.

In just a few sessions I am already enjoying the benefits of being **more centered, focused, calm, relaxed, and rooted**, confident that **I have new skills and tools to greet the challenges and opportunities that are coming my way**.

I always come out of our sessions feeling better than when I came in, saying **"that was exactly what I needed."**

Dan R.

stress

reduce

relief

manage burnout

anxiety

boosts

immunity

Improve

YOUR STRESS RELIEF TOOLKIT



01 **Observe and Assess** - Head, Shoulders, Hips and Toes (Eyes & Ears & Mouth & Nose...)

02 **Oxygen:** Breath Control - Yogic breath - 3 part breath or 4-7-8 breath

03 **Mindfulness/Meditation** - observe your body and breath without any judgement

04 **Movement** - Open the hips or other areas of tension

05 **Create a Practice** - use a strategy when you are feeling stressed. Schedule a time daily to do so to reduce anxiety

06 **What can you let go of that isn't serving you?**

RESOURCES

<https://psychiatryinstitute.com/releasing-trauma-and-stress-with-the-psoas-muscle/#:~:text=Given%20that%20the%20psoas%20major,innervated%20throughout%20the%20psoas%20major> <https://traumaconsciousyoga.com/psoas/>

Daviu N, Bruchas MR, Moghaddam B, Sandi C, Beyeler A. Neurobiological links between stress and anxiety. *Neurobiol Stress*. 2019 Aug 13;11:100191. doi: 10.1016/j.ynstr.2019.100191. PMID: 31467945; PMCID: PMC6712367.

Chu B, Marwaha K, Sanvictores T, et al. Physiology, Stress Reaction. [Updated 2024 May 7]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK541120/>

https://r.yogaalliance.org/About_Yoga/Scientific_Research_on_Yoga/Disease_and_Disorders/Depression_and_Anxiety

<https://www.sciencealert.com/venting-doesnt-reduce-anger-but-something-else-does-study-reveals>



BUT WAIT, THERE'S MORE

Join me tomorrow morning for

Early Morning Yoga

Time: 6:30 - 7:30am

Location: The Auditorium

What to bring: yoga mat, water bottle, a wash cloth or hand towel

What to wear: Wear comfortable clothing, bare feet is suggested, all levels welcome

Class description: Wake up your mind and body moving through seated, kneeling, standing and restorative poses as we explore awakening and letting go.



CONTACT ME

E-mail	yogaanne@foldedcraneyoga.com
Website	www.foldedcraneyoga.com
Workshop	Yoga Nidra, Yogic Sleep, 4/25, 7pm
Class series	Online yoga starts Monday, April 7, 7pm
Discount	Use code: Nurses for discount on yoga series, find free tutorials, class videos on my website

THANK YOU!
SEE YOU TOMORROW AT 6:30AM

