Yoga & Emotional Regulation Sources

Prepared for Nunavut Law Society by Marsha Ellis, Tuesday, Nov 26, 2024

 *Celeghin, Alessia; Diano, Matteo; Bagnis, Arianna; Viola, Marco; Tamietto, Marco (2017-08-24).*[*"Basic Emotions in Human Neuroscience: Neuroimaging and Beyond"*](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573709)*. Frontiers in Psychology.****8****: 1432.*[*doi*](https://en.wikipedia.org/wiki/Doi_%28identifier%29)*:*[*10.3389/fpsyg.2017.01432*](https://doi.org/10.3389/fpsyg.2017.01432)*.*[*ISSN*](https://en.wikipedia.org/wiki/ISSN_%28identifier%29)[*1664-1078*](https://search.worldcat.org/issn/1664-1078)*.*[*PMC*](https://en.wikipedia.org/wiki/PMC_%28identifier%29)[*5573709*](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573709)*.*[*PMID*](https://en.wikipedia.org/wiki/PMID_%28identifier%29)[*28883803*](https://pubmed.ncbi.nlm.nih.gov/28883803)*.*

Menezes, C. B., Dalpiaz, N. R., Kiesow, L. G., Sperb, W., Hertzberg, J., & Oliveira, A. A. (2015). Yoga and emotion regulation: A review of primary psychological outcomes and their physiological correlates. Psychology & Neuroscience, 8(1), 82–101. [https://doi.org/10.1037/h0100353](https://psycnet.apa.org/doi/10.1037/h0100353)

*Panksepp, Jaak (1990),*[*"A Role for Affective Neuroscience in Understanding Stress: The Case of Separation Distress Circuitry"*](https://dx.doi.org/10.1007/978-94-009-1990-7_4)*, Psychobiology of Stress, Dordrecht: Springer Netherlands, pp. 41–57,*[*doi*](https://en.wikipedia.org/wiki/Doi_%28identifier%29)*:*[*10.1007/978-94-009-1990-7\_4*](https://doi.org/10.1007/978-94-009-1990-7_4)*,*[*ISBN*](https://en.wikipedia.org/wiki/ISBN_%28identifier%29)[*978-94-010-7390-5*](https://en.wikipedia.org/wiki/Special%3ABookSources/978-94-010-7390-5)*, retrieved 2022-11-27*

 *Panksepp, Jaak (2004). Affective Neuroscience: The Foundations of Human and Animal Emotions (1st ed.). Oxford University Press.*[*ISBN*](https://en.wikipedia.org/wiki/ISBN_%28identifier%29)[*978-0195178050*](https://en.wikipedia.org/wiki/Special%3ABookSources/978-0195178050)*.*

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Janjhua, Yasmin; Chaudhary, Rashmi; Sharma, Nishant; Kumar, Krishan. A study on effect of yoga on emotional regulation, self-esteem, and feelings of adolescents. Journal of Family Medicine and Primary Care 9(7):p 3381-3386, July 2020. | DOI: 10.4103/jfmpc.jfmpc\_153\_20.

Case study of 110 students aged 13-18

🡪 Adolescence is a phase characterized by physical, psychological, social, and emotional changes. The good and bad experiences to which the individuals are exposed during this delicate stage of life and the influence of persons and various events have an everlasting impact on the individuals throughout the life. The vulnerability of adolescents to psychological disorders such as stress, anxiety, anger, depression, emotional breakdown, etc., is a matter of great concern and needs to be addressed. Research studies across regions in India have reported higher prevalence of depression, stress, and anxiety among adolescents.

🡪 This was a 2020 study that studied the effect of yoga on emotional regulation, self esteem, and feelings of adolescents. The adolescents practicing yoga were noted to significantly differ from the non-yoga group on emotional regulation, self-esteem, and feeling components.

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Sathiyavathi, G.; Swathi, Paetaehalli Shivappa; Bhavana, Mandara; Ritesh, Chandrashekhar; Saoji, Apar Avinash. Effect of Yoga on Psychological and Emotion Regulation among Women Prisoners: A Pilot, Randomized Controlled Trial. Journal of Applied Consciousness Studies 12(1):p 17-23, Jan–Jun 2024. | DOI: 10.4103/jacs.jacs\_147\_23.

Given the stress of imprisonment and isolation from families, the women prisoners are subjected to increased anxiety, depression, and emotional dysregulation. Due to these negative outcomes, it is imperative to find efficient nonpharmacological interventions. Yoga improves mental health in both correctional settings and the general population. Studies conducted on the mental health of female prison inmates are scarce.

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**Emotional Regulation, Self-compassion and Mindfulness in College Students. Naresh Kumar Patel 1, L. Nivethitha 2, A. Mooventhan 2Department of Yoga, S-VYASA University, Bengaluru, Karnataka, India Center for Integrative Medicine and Research (CIMR), All India Institute of Medical Sciences (AIIMS), New Delhi, India. June 2018.**

YOGA BOOK RECCOMMENDATIONS

Restorative Yoga

“Yoga for Emotional Balance: Simple Practices to help relieve anxiety and depression”. Bo Forbes. Shambala Publishers. 2011.

“Relax and Renew”. Judith Lasaster. Rodmell Press. California, 1995.

“Restorative Yoga: Power, Presence, and Practice for Teachers and Trainees”. Anna Ashby. Singing Dragon, London. 2022.