



## Yoga Poses for Managing Stress

While we cannot always avoid stressors in our daily life, we *can* manage our response to triggers. By adopting some simple and effective coping mechanisms, our lives can be more harmonious. Practicing yoga is not only effective at managing stress, but is also a way to ease symptoms of anxiety and mental fatigue. By transferring focus and attention to the body and breath, we can access a calmer mind, improved sleep, and many more health benefits.

### Easy sitting pose

- Promotes grounding and awareness
- Opens hips, lengthens your spine
- Assists with anxiety
- Helps to relieve physical and mental fatigue



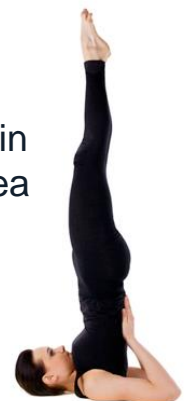
### Spinal Lift (Bridge)

- Provides a slight inversion and therefore increases blood flow to brain
- Assists with deep breathing
- Re-energizes the body



### Shoulder Stand

- Called the “queen of all yoga poses” for its extensive benefits
- Considerable inversion greatly increases blood flow to the brain
- Helps renew blood and lymph drainage back into the heart area
- Re-energizes the body and mind
- Caution if you have neck issues (spinal lift/bridge is a safer alternative)



## Downward Facing Dog

- Provides a slight inversion and therefore increases blood flow to brain
- Releases tension from hamstrings, calves, shoulders, neck and low back.
- Re-energizes the body



## Childs Pose (variations)

- One of the best poses for calming the mind
- Releases tension from hips, low back and shoulders
- Low effort
- Assists with anxiety
- Helps to relieve physical and mental fatigue



## Legs up the wall

- It helps renew blood and lymph drainage back into the heart area.
- Increases blood flow to brain
- Assists with anxiety
- Helps to relieve physical and mental fatigue
- Low effort



## Resting Pose

- One of the best poses for calming the mind
- Relaxes the entire body
- Promotes improved sleep
- Low effort
- Assists with anxiety
- Helps to relieve physical and mental fatigue

