

How Does Yoga Relieve Stress?

Yoga is a form of physical and mental exercise that has been shown to be effective in reducing stress. Yoga combines physical postures, breathing techniques, and meditation, which work together to promote relaxation and well-being.

Yoga has been found to have a positive impact on the body's stress response by lowering the levels of the stress hormone cortisol and increasing the levels of feel-good hormones such as serotonin and GABA. It also increases heart rate variability, which is a sign of a healthy stress response.

Yoga has also been found to improve sleep quality, which is often disrupted during times of stress. Additionally, yoga can promote social connections and provide a sense of community, which can be helpful for people who feel isolated or lonely.

Yoga is generally considered safe for most people, but it's always a good idea to consult with your doctor before starting a new exercise program, especially if you have any health concerns.



TASK TIME: 10 MINUTES

Exercise: Go to MyStressTools and try several yoga exercise videos in the video section of the web portal. Save this exercise for when you are feeling cranky, tired, grumpy or anxious and see how you feel after you do this. Just a few minutes of yoga can change how you see the world for hours afterwards.

10 Minute Yoga
[Practice Now!](#)