



Discover Your CALM

with Breath and Meditation

Some Supporting Literature

Behan C. (2020). The benefits of meditation and mindfulness practices during times of crisis such as COVID-19. *Irish journal of psychological medicine*, 37(4), 256–258. <https://doi.org/10.1017/ipm.2020.38>

Benson, H., Casey, A., Dadoly, A., et al., eds. (2008). *Stress Management: Approaches for Preventing and Reducing Stress*. A Harvard Medical School Special Health Report. Boston, MA: Harvard Medical School. Republished August 2020

Bhasin, Dusek, J. A., Chang, B.-H., Joseph, M. G., Denninger, J. W., Fricchione, G. L., Benson, H., & Libermann, T. A. (2013). Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways. *PloS One*, 8(5), e62817–e62817. <https://doi.org/10.1371/journal.pone.0062817>

Boaventura, P., Jaconiano, S., & Ribeiro, F. (2022). Yoga and Qigong for Health: Two Sides of the Same Coin? *Behavioral Sciences*, 12(7), 222. <https://doi.org/10.3390/bs12070222>

Brown, R. P., & Gerbarg, P. L. (2009). Yoga breathing, meditation, and longevity. *Annals of the New York Academy of Sciences*, 1172, 54–62. <https://doi.org/10.1111/j.1749-6632.2009.04394.x>

Epel, Daubenmier, J., Moskowitz, J. T., Folkman, S., & Blackburn, E. (2009). Can Meditation Slow Rate of Cellular Aging Cognitive Stress, Mindfulness, and Telomeres. *Annals of the New York Academy of Sciences*, 1172(1), 34–53. <https://doi.org/10.1111/j.1749-6632.2009.04414.x>

Gallegos, Crean, H. F., Pigeon, W. R., & Heffner, K. L. (2017). Meditation and yoga for posttraumatic stress disorder: A meta-analytic review of randomized controlled trials. *Clinical Psychology Review*, 58, 115–124. <https://doi.org/10.1016/j.cpr.2017.10.004>

Seppälä, Nitschke, J. B., Tudorascu, D. L., Hayes, A., Goldstein, M. R., Nguyen, D. T. H., Perlman, D., & Davidson, R. J. (2014). Breathing-Based Meditation Decreases Posttraumatic Stress Disorder Symptoms in U.S. Military Veterans: A Randomized Controlled Longitudinal Study. *Journal of Traumatic Stress*, 27(4), 397–405. <https://doi.org/10.1002/jts.21936>

The articles provided here support the calming effects of the mindful practices of breath and meditation.

This list was assembled by JoEtta Heck, RDN, Chopra Certified Perfect Health: Ayurvedic Lifestyle Educator. September 2022.