

Regina Queen Relaxation Therapist, MPH





Stress Management Solutions for those overworked and Overwhelmed with Life circumstances

Relaxation Therapy Improve the quality of life Meditation & Movement Wellness Coaching & Lifestyle Medicine



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Meditation

- Process of training your mind to focus and redirect your thoughts.
- Increase awareness of yourself & surroundings
- Reduce stress
- Develops concentration improves positive mood & outlook
- Promotes healthy sleep patterns
- Increase pain tolerance

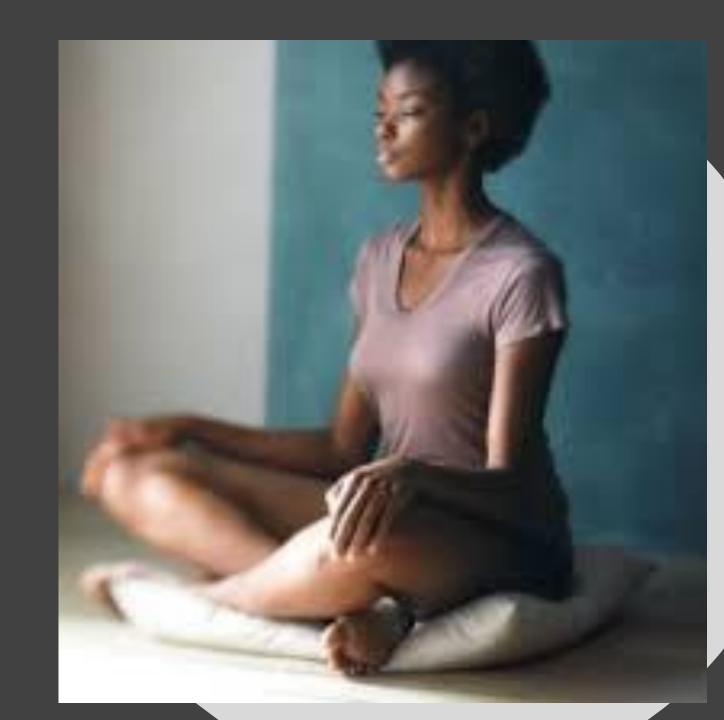
Alternative Approach to Stress Reduction

• It is an alternative approach that can work in addition to or sometimes instead of first-line interventions of medication and talk therapy.



exapro

Stillness Silence Serenity



Citations

• The Journal of Alternative and Complementary Medicine

- Orme-Johnson DW, Barnes VA. Effects of the transcendental meditation technique on trait anxiety: a meta-analysis of randomized controlled trials. J Altern Complement Med. 2014 May;20(5):330-41. doi: 10.1089/acm.2013.0204. Epub 2013 Oct 9. PMID: 24107199.
- Hoge EA, Bui E, Marques L, et al. Randomized controlled trial of mindfulness meditation for generalized anxiety disorder: effects on anxiety and stress reactivity. *J Clin Psychiatry*. 2013;74(8):786-792. doi:10.4088/JCP.12m08083

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- Rod K. Observing the Effects of Mindfulness-Based Meditation on Anxiety and Depression in Chronic Pain Patients. Psychiatr Danub. 2015 Sep;27 Suppl 1:S209-11. PMID: 26417764.
- Hofmann, S. G., & Gómez, A. F. (2017). Mindfulness-Based Interventions for Anxiety and Depression. The Psychiatric clinics of North America, 40(4), 739–749. <u>https://doi.org/10.1016/j.psc.2017.08.008</u>

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