



WEEKLY NEWSLETTER



Yoga and Mental Health

Samantha Prieto

You have probably heard about adding yoga to your weekly routine, but has it ever been explained why it's beneficial? Weekly talk therapy is a great tool to improve our mental health and utilizing other forms of self care during the week can increase progress. Yoga is one form of self care to boost your mood and heal your emotional wounds.

If you have never done yoga, it's never too late to start and it is effective for all ages and body types. The beauty of yoga is the modifications for any specific

needs (disabilities, injuries, skill level etc). Yoga helps improve the mind-body connection and gives us the space to practice mindfulness, build mastery of a new skill, and appreciate our bodies for what it can do, on that day, in that moment, without judgment. Well, 'without the judgment' might take some practice but that is okay. Try expressing gratitude for what your body did do in yoga class. Just showing up also counts!

So what are the benefits of yoga? According to a study by Grazioplene (2012), yoga changes our brain chemistry by releasing more gamma-Aminobutyric acid (GABA), and can help you manage your mood. In addition to brain chemicals, below is a list of other benefits.

1. Builds confidence
2. Builds strength
3. Increases mindfulness
4. Learn to breathe
5. Physical improvements (better flexibility, heart health, increase balance, reduce pain)
6. Fewer sleep disturbances
7. Improved quality of life
8. Increase energy (Rues, n.d.; Ross & Thomas, 2009; Ross, Friedmann, Bevans, & Thomas, 2013)

Yoga has been shown to improve mental health of trauma survivors. In a study by Justice Resource Institute in Brookline, Massachusetts, the participants in the study reported reduced symptoms and other pain symptoms in only 8 sessions of yoga.

Where do I start? There are so many different types of yoga and so many studios. Do research to learn about which yoga practice is your style and will meet your needs. Also, talk to your treatment team. Ask if they recommend a studio or practice style. Youtube is a great tool to explore different yoga practices in the comfort of your own home and for no cost. Yoga can be practiced with your significant others, family, or friends. Yoga also requires patience. Give it a try and get comfortable being uncomfortable!

References:

Novotney, A. (2009, November 1). Yoga as a practice tool. *Monitor on Psychology*, 40(10). <https://www.apa.org/monitor/2009/11/yoga>

Grazioplene, R. (2012). This is your brain on yoga: How regular yoga practice changes brain chemistry and influences well-being. *Psychology Today*. Retrieved from <https://www.psychologytoday.com/us/blog/quilted-science/201209/is-your-brain-yoga>

Rues, T. (n.d.). 8 amazing benefits I realized after doing yoga every day. *Lifhack*. Retrieved from <https://www.lifhack.org/437677/8-benefits-of-doing-yoga-every-day>

Ross, A., Friedmann, E., Bevens, M., & Thomas, S. (2013). National survey of yoga practitioners: Mental and physical health benefits. *Complementary Therapies in Medicine, 21*, 313-323.

Ross, A., & Thomas, S. (2009). The health benefits of yoga and exercise: A review of comparison studies. *The Journal of Alternative and Complementary Medicine, 16*.

<https://www.apa.org/monitor/2009/11/yoga>

<https://positivepsychology.com/benefits-of-yoga/>

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group

DEPRESSION & ANXIETY GROUP (14-17)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

Krippa Family Psychological & Wellness Services
PARENTING GROUP
Wednesdays @ 7pm

SKILLS TO HELP YOUR TEEN MANAGE INTENSE EMOTIONS.

FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group \$200 deposit \$50/ week
For more info: (919) 893-9444 info@ncpsychologist.com

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

SOCIAL ACTIVITIES CLUB

Many teens have difficulties interacting in social settings and making friends. Our group helps facilitate this process through bi-weekly social events.

\$20 PER MEETING

EVERY OTHER FRIDAY (2-3) TIMES A MONTH
4-5PM
**547 KEISLER DR UNIT 202
CARY, NC 27518**

CONTACT STEPHANIE BY CALLING (919) 893-9444 PRESS 3
EMAIL: STEPHANIE@NCPSYCHOLOGIST.COM
VISIT: [HTTPS://NCPSYCHOLOGIST.COM/GROUP-THERAPY](https://ncpsychologist.com/group-therapy)

Website

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

TEEN INTENSIVE OUTPATIENT PROGRAM

This program is for teens 11-18 years old. It is available 5 days per week in our newest location at :

104 Fountain Brook Circle,
Cary, North Carolina, 27511

For more information, please click on the button below, or call us at [919-893-9444](tel:919-893-9444), option 1 for intakes. Email us at :

info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Teen Intensive Outpatient Program

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary

919 893 9444

539 Keisler Drive, Suite 102, Cary

104 Fountain Brook Circle, Cary

200 East St, Pittsboro

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