Why do Desk Yoga?

November 2, 2018

Manitoba Advising Professionals Conference
Five-Minute Desk Rescue

8 BRILLIANT YOGA POSES TO FIX THE DAMAGE CAUSED BY YOUR DESK JOB

10-Minute Office Yoga Sequence TO DE-STRESS AT YOUR DESK

7 Desk Yoga Poses TO RELIEVE Work Stress

6 Desk Yoga Techniques to Feel Better and Live Longer

MOVE IT OR LOSE IT Desk Yoga
What is Stress?

- Non-specific response of the body to any demand made upon it
  Selye (1974)
Stress: Good or Bad?

- Natural and healthy to a degree
  - Positive force
  - Motivate to move forward in life (eustress)

- But if unable to manage it
  - Negative force
  - Experience too much and over a prolonged period of time, can become chronic (distress)
<table>
<thead>
<tr>
<th>EVENT</th>
<th>VALUE</th>
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</thead>
<tbody>
<tr>
<td>Death of a spouse or partner</td>
<td>100</td>
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<tr>
<td>Divorce</td>
<td>73</td>
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<td>Marital separation</td>
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<td>Jail term</td>
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<td>Personal injury</td>
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<td>Marriage</td>
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<td>Fired from work</td>
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<td>Marital reconciliation</td>
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<td>Retirement</td>
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<td>Changes in family member’s health</td>
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<td>Pregnancy</td>
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<td>Sex difficulties</td>
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<td>Addition to family</td>
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<td>Business readjustment</td>
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<tr>
<td>Change in financial status</td>
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<tr>
<td>Death of a close friend</td>
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<td>Change to different line of work</td>
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<tr>
<td>Change in # of marital arguments</td>
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<tr>
<td>Mortgage or loan under $10,000</td>
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<tr>
<td>Foreclosure or mortgage or loan</td>
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<td>Change in work responsibilities</td>
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<tr>
<td>Son or daughter leaving home</td>
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<tr>
<td>Trouble with in-laws</td>
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<td>Outstanding personal achievement</td>
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<td>Spouse begins or stops work</td>
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<td>Starting or finishing school</td>
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<td>Change in living conditions</td>
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<td>Revision of personal habits</td>
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<tr>
<td>Trouble with boss</td>
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<tr>
<td>Change in work hours, conditions</td>
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<td>Change in residence</td>
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<td>Change in schools</td>
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<td>Change in recreational habits</td>
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<td>Change in religious activities</td>
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<td>Change in social activities</td>
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<tr>
<td>Mortgage or loan over $10,000</td>
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<td>Change in sleeping habits</td>
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<tr>
<td>Change in # of family gatherings</td>
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<td>Change in eating habits</td>
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<td>Vacation</td>
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<tr>
<td>Christmas season</td>
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<tr>
<td>Minor violation of the law</td>
<td>11</td>
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</tbody>
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Canadian Stress

• On the rise in Canada (Statistics Canada)
• Almost 75% of Canadian workers report being “stressed”
  – 33% of these consider themselves “highly stressed”
• Cost of high stress levels is crippling
  – About $20 billion/year (spent or lost) in dealing with stress issues
  – 75% of short-term work disability is due to stress
• Main Sources of Stress in Canada
  – Work (primary cause for 60% of highly stressed individuals)
  – Financial
  – Not enough time
  – Family
  – Personal (health, school, relationships, anxiety)
Fight or Flight

- Acute stress response
- Physiological reaction that occurs in the presence of something that is mentally or physically terrifying
- Chain of rapidly occurring reactions inside the body help mobilize the body's resources to deal with threatening circumstances

Cannon (1915)
Acute Adjustments and Responses

Acute Stress Adjustments

- Fight or Flight Response
  - Saliva flow decreases
  - Eyes pupils dilate
  - Skin blood vessels constrict; chills & sweating
  - Heart beats faster & harder
  - Stomach output of digestive enzymes decreases
  - Muscles become more tense; trembling can occur

Acute Exercise Responses

- Lungs: quick, deep breathing occurs
- Bowel: food movement slows down
- Blood vessels blood pressure increases as major vessels dilate
Chronic Adjustments and Responses

Chronic Stress Adjustments

Chronic Exercise Responses

What stress does to your body:

Head
- Issues with mood, anger, depression, irritability, headache, and a lack of energy, sleep, or appetite
- Consumption problems, feeling stressed
- Headaches and other mental health issues, like anxiety disorders and panic attacks

Skin
- Skin problems like acne

Joints and Muscles
- Soreness and pain, tension, swollen bones, tendons

Heart
- Increased blood pressure, increased heart rate, higher cholesterol or arrhythmias or heart attack

Stomach
- Diarrhea, bloating, constipation, acid reflux, increased nausea or weight loss

Pancreas
- Diabetes

Intestines
- Digestive issues like indigestion, heartburn, and constipation

Reproductive System
- Reduced sex drive, lower sperm production (for men), and dysmenorrhea (for women)

Immune system
- Reduces ability to fight off and recover from illnesses

Improves well-being
- Lowered resting heart rate
- Improves mood
- Increases confidence
- Increases strength
- Reduces body fat
- Improves sleep
- Reduces stress
- Improves body image
- Boosts energy
- Improves digestion
- Increases stamina
- Increases focus
- Reduces fatigue
- Improves breathing
- Increases lean muscle
- Improves flexibility
- Improves fitness
- Improves awareness
- Improves performance
- Improves balance
- Improves motor skills
- Improves coordination
- Improves immune system
- Improves sport endurance
- Increases speed
- Strengthens bones
- Strengthens your heart
- Prevents colds
- Lowers risk of cancer
- Improves cognitive functioning
- Improves performance at work
- Helps to burn fat
- Increases alertness
- Increases concentration
- Reduces anxiety
- Reduces stress
- Improves self-esteem
- Increases vitality
- Increases energy
- Reduces cholesterol
- Improves blood flow
- Reduces muscle loss
- Improves mood
- Improves creativity
- Improves happiness
- Improves cognitive function
Exercise is a Dress Rehearsal for Stress

• Scully et al (1998)
  – Majority of studies show that physical fitness correlates with a reduction in the physiological response to psychological stress
  – Exercise may be more preventive rather than corrective

• Vina et al (2012)
  – Regular physical activity is also associated with improved psychological well-being through reduced stress
  – Exercise training can minimize the consequences of acute exposure to different types of psychological stress
Yoga Reduces Burnout

• Nurse Research (Alexander et al, 2015)
  – 8-week yoga intervention
    – Self-awareness training, mindful breathing, asanas, savasana
    – 8 in-person classes and yoga homework
  – Yoga participants reported significantly higher self-care as well as less emotional exhaustion and depersonalization
Yoga Enhances Positive Affectivity

• Office Research (Dwivedi et al, 2018)
  – 10-week intervention
    – Yoga group = yoga asanas, yoga breathing, meditation and Yogic lectures
    – Control group = light jogging on the spot, strengthening exercises, stretching, normal breathing, resting and management lectures
  – Results = yoga group significant reduction in aggression, anger, and hostility and increase in feelings of energy, enthusiasm and attentiveness
    – More consistent and regular participation was = better response
Yoga Improves Coping and Health

• Ohio State University (EHS Today, Sept 2009)
  - Office-based workers wearing professional attire
  - 6 week program
    - 1-hour weekly group meetings during lunch
    - Practiced 20 minutes of meditation and yoga per day at their desks

• Participants were more aware of external stressors, felt less stressed by life events, and fell asleep more easily

• Melville et al (2011)
  - 15 minutes of chair-based yoga postures or guided meditation in the office workspace can acutely improve several physiological and psychological markers of stress
  - Long-term practice can mitigate stress in the workplace and may result in significant health-related benefits

• Physical
  – Prolonged sitting increases hamstring and hip tightness, poor upper body posture and sedentary time
  – Staring at a computer screen strains the eyes as well as the neck, shoulder and upper back muscles
  – Repetitively using a mouse and a keyboard can cause wrist irritation

• Mental
  – Breathe for calming, focus and mindfulness
Pranayama

• Sanskrit word that refers to breath work in yoga
  – "Prana" means "life force"
  – “Yama" means "to control“

• Focus on the breath to gain more control over the body

• Prepare for breath...

• Abdominal/Belly Breathing
  – 1 hand on the chest and the other on the belly
  – Take a deep breath in through the nose, feel belly inflate (diaphragm), release though nose or mouth slowly
Asana Flows

• TIPS
  - Hold poses for 5-6 deep breaths
    - Inhale as the heart moves to the sun
    - Exhale as the heart moves to the earth
  - Accept what you can do today

• POSTURE
  - Crown up, chest lifted
  - Ears in line with shoulders
  - Keep chin back and level to ground
  - Shoulders down and away from ears
  - Shoulder blades down and together
  - Abdominals engaged and supporting

• FLOWS
  - Seated – upper body
  - Seated – lower body
  - Standing
Seated Flow – Upper Body
Seated Flow – Lower Body
Standing Flow – Lower Body
NAMASTE

The light within me honors the light within you.