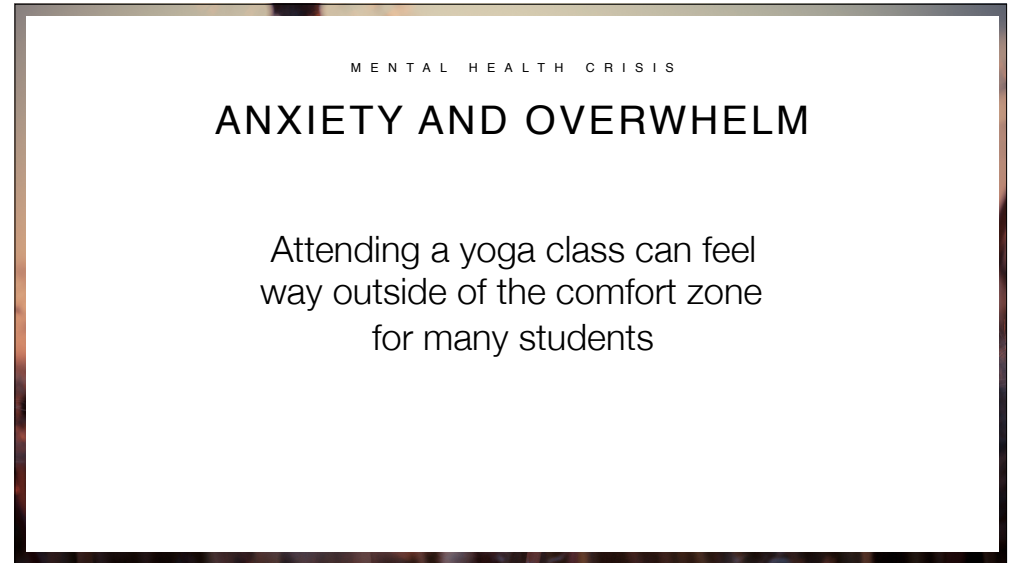




MENTAL HEALTH CRISIS

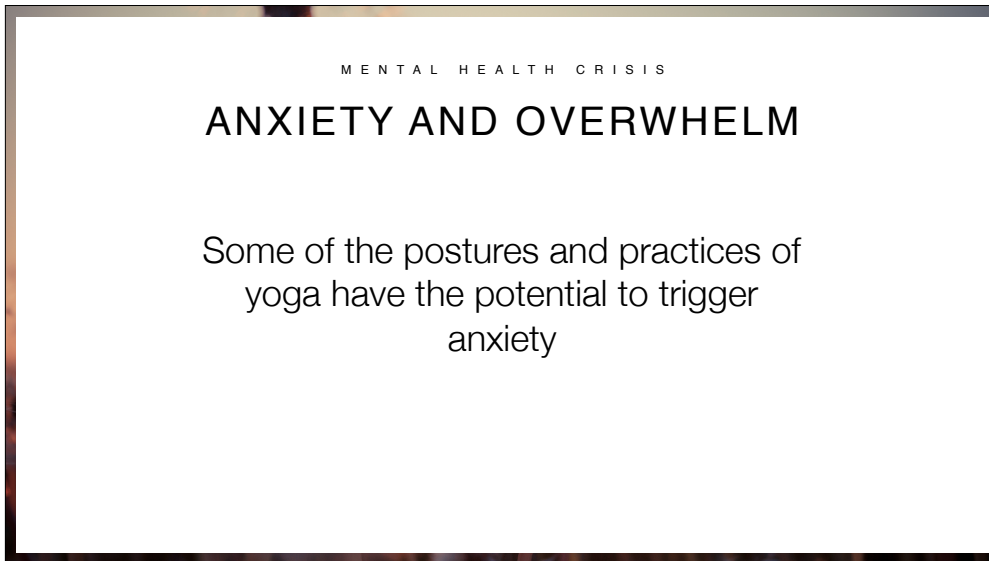
ANXIETY AND OVERWHELM



MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

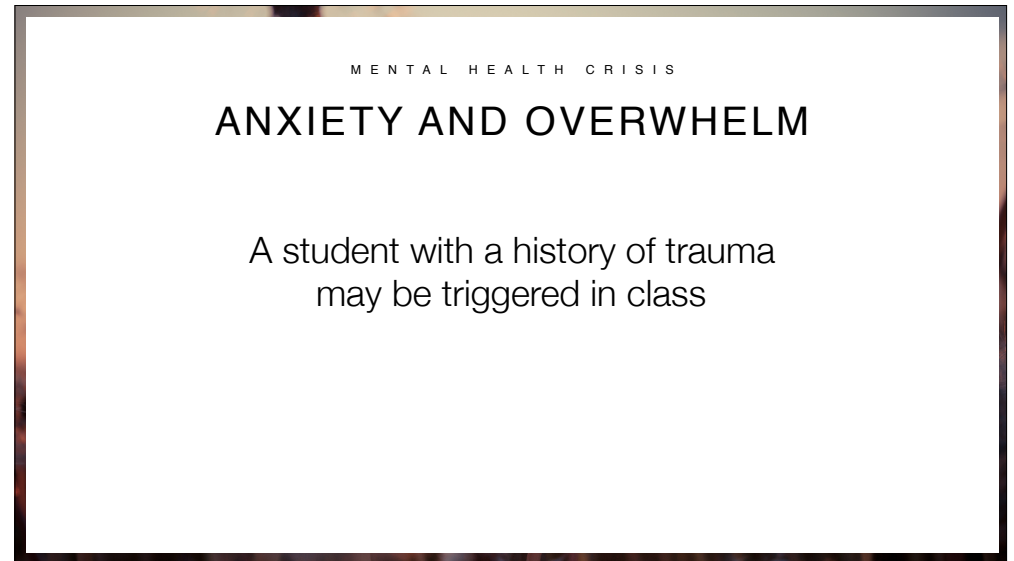
Attending a yoga class can feel
way outside of the comfort zone
for many students



MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

Some of the postures and practices of
yoga have the potential to trigger
anxiety



MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

A student with a history of trauma
may be triggered in class

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

Create a safe container and choose appropriate practices to reduce the likelihood of anxiety and overwhelm

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

We do not need to become anxious about preventing our students from feeling anxiety or being triggered

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If a student in your class appears anxious, overwhelmed or triggered, it is important to stay calm yourself and have a warm and welcoming presence

MENTAL HEALTH CRISIS

WHAT TO DO IF SOMEONE IS ANXIOUS AT THE BEGINNING OF CLASS



MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious at the beginning of class:

Smile and welcome them

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious at the beginning of class:

If they're new to the studio, show them where the bathroom is, where they can leave their belongings and how they can set up their yoga mat

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious at the beginning of class:

Ask them if there's anything you can do to support them

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious at the beginning of class:

If appropriate, normalise the experience of anxiety



MENTAL HEALTH CRISIS

WHAT TO DO IF SOMEONE IS ANXIOUS DURING CLASS

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:
Offer a pose or a practice for the
whole class that reduces
anxiety/rajas

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:
Invite students to stand in tadāsana
and sense the ground underneath
their feet

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:
If they seem unsure of what to do,
explain or demonstrate the practice again,
or give further instruction to clarify

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:

If they seem confused, let them know that there's no right or wrong way of doing any of the poses you're offering

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:

If they appear anxious in a restorative pose, offer something that engages their mind

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:

If a student is short of breath, try offering a practice that distracts them from the breath rather than focussing on it

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:

If it seems that a particular practice triggered the anxiety, normalise the experience and offer a variation or an alternative

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

If someone seems anxious during class:
If a student looks anxious then leaves
to go to the bathroom, let them go
and give them space

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

Discretely check in with an anxious
student at the end of class

MENTAL HEALTH CRISIS

ANXIETY AND OVERWHELM

Be supportive, but stay within your
scope of practice and
compassionately watch for any
rescuer behaviour

T H A N K Y O U

