

MENTAL HEALTH CRISIS

# CRYING



INVOCATION

## PEACE CHANT

Sa ha nā va va tu

Saha nāu bhunaktu

Saha vīryam kara vā va hai

Tejas vi nā vadhi tamastu

Mā vid vi sā va hai

Om Shāntiḥ, Shāntiḥ, Shāntiḥ

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# CRYING

*“Crying is one of the highest devotional songs.  
One who knows crying, knows spiritual practice.  
If you can cry with a pure heart,  
nothing else compares to such a prayer.  
Crying includes all the principles of Yoga.”*

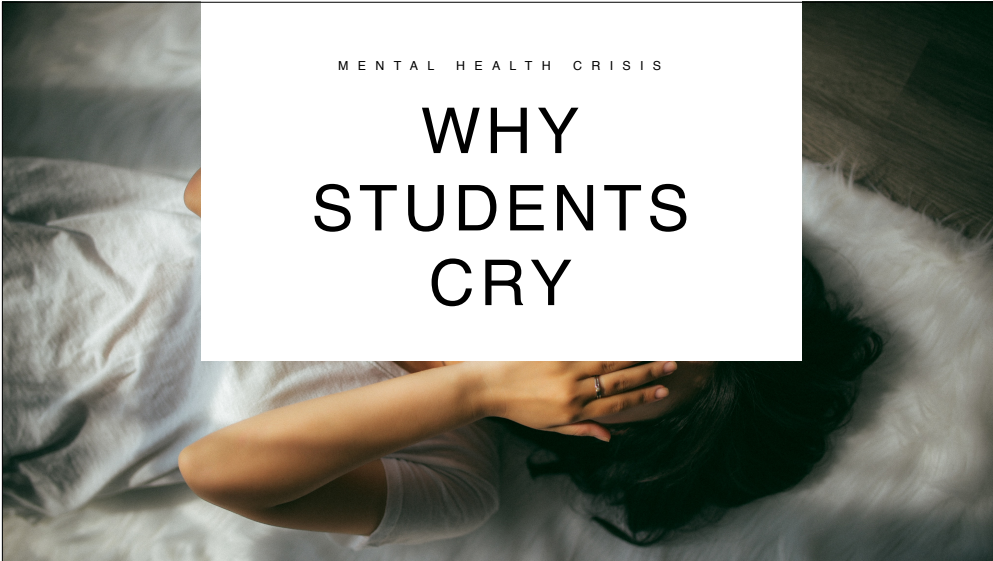
Swami Kripalu

MENTAL HEALTH CRISIS

# CRYING



Photo credit: Kate Nutt at Red Tent Yoga



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## WHY STUDENTS CRY

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## CRYING

Postures and practices can trigger  
emotional or traumatic memories

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## CRYING

Tears of happiness to have found a  
safe place or tears of grief as they  
realise what they have been missing

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## CRYING

Spontaneous realisations and insights  
can happen while practicing yoga,  
and this can bring tears

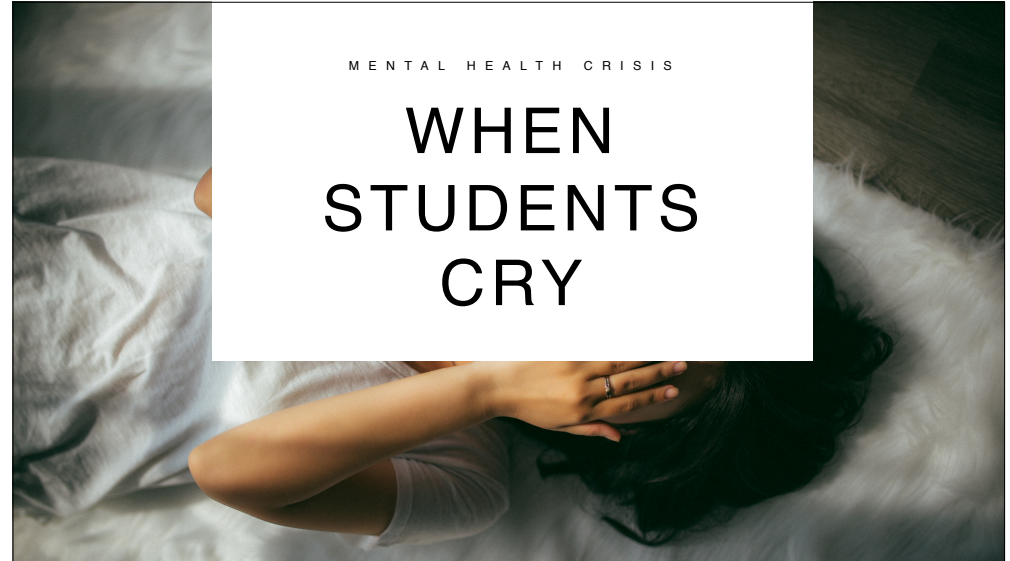
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## CRYING

In the stillness and silence of yoga,  
emotions can bubble to the surface,  
sometimes very unexpectedly

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## WHEN STUDENTS CRY



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## CRYING

Simply let them cry and sensitively  
and compassionately let them know  
that you see them

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## CRYING

What NOT to do when someone cries:  
Don't minimise what they're feeling

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## CRYING

What NOT to do when someone cries:  
Don't tell them to stop crying

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## CRYING

What NOT to do when someone cries:  
Don't touch them without  
their consent

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## CRYING

What NOT to do when someone cries:  
Don't initiate a hug

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## CRYING

What NOT to do when someone cries:  
Don't try to move people through  
their experience

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What NOT to do when someone cries:

Don't bring attention to them crying

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## CRYING

What NOT to do when someone cries:

Don't insist they continue with the rest of the class

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## CRYING

What NOT to do when someone cries:

Don't let them leave without checking in

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## CRYING

What to do when someone cries:

Let them cry

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## CRYING

What to do when someone cries:

Quietly and respectfully acknowledge  
that you've seen them crying

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## CRYING

What to do when someone cries:

Let them do whatever they need to do

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## CRYING

What to do when someone cries:

If they continue crying, consider  
quietly letting them know that they're  
welcome to cry and ask if there is  
anything you can do to help

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## CRYING

What to do when someone cries:

Discretely check in with them at the  
end of class

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## CRYING

If your student appears to be upset or is crying at the end of class, check in with them to see if they have someone to support them after class

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## CRYING

Stay within your scope of practice and compassionately watch for any rescuer behaviour in yourself

THANK YOU

