



Stress and Trauma Resilience
Self-Care & Equitable Community Health

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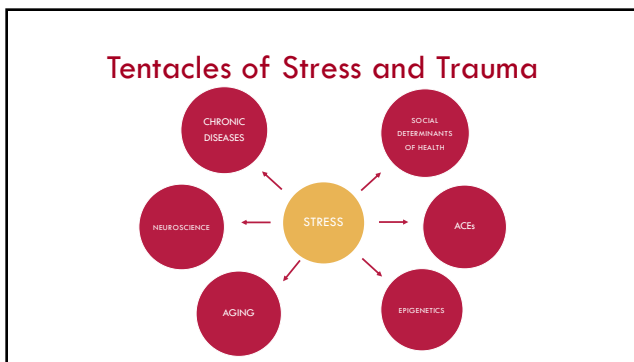
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Mindful Moment

The Power of
Breath Awareness
vs.
Breath Regulation



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Impacts of Chronic Stress

Chronic Stress and Trauma make it harder to:

- Focus and pay Attention
- Self-Regulate
- Cope in healthy ways
- Connect with self and others

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WithIn Us: A Powerful Solution

Manage your stress and Heal your trauma

1. Move your body
2. Regulate your breath
3. Watch your mind

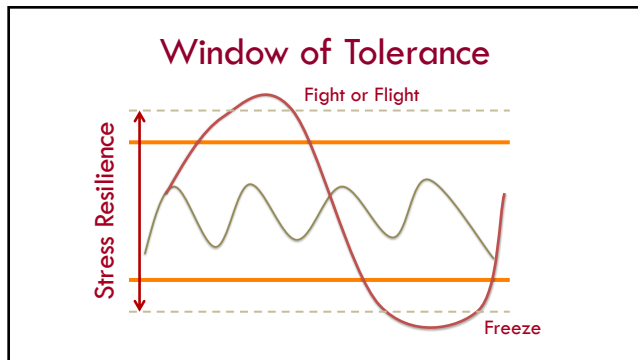
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Mindful Moment

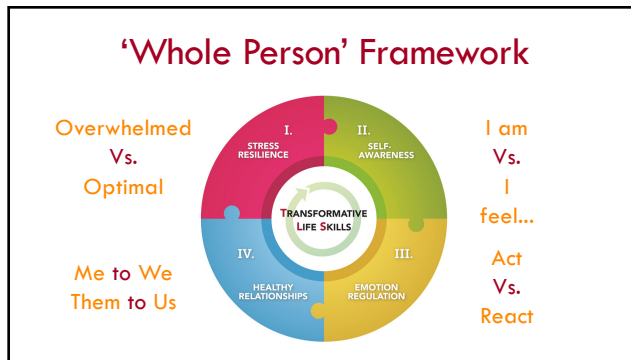
- Shoulder Circles, slowly
- Inhale as shoulders go up and back; exhale as shoulders go down and forward
- Reverse direction
- Chime



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Mindful Moment

- Twist to right, quick exhale
- Twist to left, quick exhale
- Chime

A photograph of three people in a classroom setting. A sign in the background reads "if you reach for the sky you'll fall amongst the stars".

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Neuroscience meets Trauma Research

Mindful Movement is "by far the best" to develop Executive Functions (EFs), such as:

- Selective Attention
- Self-Regulation
- Reasoning and Cognitive Flexibility

Executive Functions increase the likelihood of healthy life choices and enhance the quality of our lives.

-- Largest meta-study on EFs (Adele Diamond et al, 2020)

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Mood Shifter

- Release excess energy when angry or anxious
- Energize when tired
- Strengthen when nervous
- Relax when stressed
- Focus when distracted

Dental Hygiene to Mental Hygiene!

RELEASE	ENERGIZE	STRENGTHEN	RELAX	FOCUS
SUN BREATHS	DUMBBELL STRETCH	ROBIN	SEATED TWISTS	FOCUSING FINGERS
OWL OR THE BOB	DYNAMIC TWISTS	ARCHED WARRIOR	FORWARD FOLD	TIP TOE
CHAIR JUMPS	PUPPET DANCE	CONFIDENT WARRIOR	SIDE BENDS	TREE
SHAKE OUT	BREATH OF JOY	RISE & SHINE	BELLY BREATHS	BIRD

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InPower App

- DMind in Your Pocket
- Standing or Sitting
- Make Your Own Playlists
- Create a Daily Habit
- Track Mood Shifts

A photograph of a smartphone displaying the InPower app interface.

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