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Trauma Informed E-Newsletter: Issue 3

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Trauma Informed

Monthly E-Newsletter on Trauma Informed Practices for Faculty & Staff



The Mental Health Benefits of Yoga

TRAUMA INFORMED INSIDE THIS ISSUE:

- Free Webinar on Self-Acupressure for Stress Management from the Bakken Center for Spirituality & Healing
- Chair Yoga & Yoga/Mental Health
- Historical Trauma

"But what is perhaps unknown to those who consider yoga just another exercise form is that there is a growing body of research documenting yoga's psychological benefits. Several recent studies suggest that yoga may help strengthen social attachments, reduce stress and relieve anxiety, depression and insomnia. Researchers are also starting to claim some success in using yoga and yoga-based treatments to help active-duty military and veterans with post-traumatic stress disorder." Quote from the American Psychological Association article on "Yoga as a practice tool"

Click here to read the full article:

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

From University of MN Extension: HISTORICAL TRAUMA AND CULTURAL HEALING Lecture List – Historical Trauma

Maria Yellowhorse Braveheart

Maria Yellowhorse Braveheart traces her realization of the relationship of historical trauma to American Indians and talks about her more recent work intervention on the topic of historical trauma.

https://www.youtube.com/watch?v=p8YCYmUEb2s&list=PLY_gkN16_QTeX8-70rXSm5eO-29WCUwXs



Self-Acupressure for Stress Management

FREE workshop from the Bakken
Center for Spirituality and Healing

Register here:

https://umn.zoom.us/webinar/register/WN_RjX6c-j9QhaYp8u_pkhFjw

December 7, 2020 at 12:00pm

In this session you will learn how acupressure can be a powerful tool for self-healing in times of stress. Acupressure is the practice of applying gentle pressure to specific points on the body called “acupoints” to promote a therapeutic response. The instructor will briefly describe the theory behind acupressure, and will demonstrate how the use of specific acupoints can help to encourage calm, reduce the impact of stress, and promote resiliency. There will be an opportunity to participate in a guided sequence of self-acupressure, breathing, and visualization. Participants will leave this session with the knowledge of how to perform basic self-acupressure to promote wellbeing.

