



# Mindfulness Yoga: Alternative Modalities for Anxiety Quality Improvement Project

Sharon Bronner, DNP, MSN, APRN, ACHPN, GNP-BC, RYT-200  
Serenity Beyond Yoga Center/Centers of Health Care



## INTRODUCTION

- Yoga is a discipline and the practice originated in India. In the United States, most people practice hatha yoga, which includes physical postures (asanas) and can include breath control and practices (pranayama) and meditation (dhyana). (Uebelacker & Broughton, 2016; Nanthakumar, 2020).
- There are many different styles of hatha yoga for example, Vinyasa or Iyengar. Hatha yoga classes can vary in abundant ways: (restorative, yin, or kundalini) some classes may involve flowing from one posture to another. (Uebelacker & Broughton, 2016).
- Researchers have identified the importance of incorporating mindfulness modalities (MM) for mental health wellness. Evidence showed that yoga may be helpful for depression, anxiety, or PTSD. The evidence is strongest for unipolar depression. (Shohani, 2018; Carver & Cheung, 2018; Li et al., 2020; & Nanthakumar, 2020).

## METHODS

**Purpose:** The quality improvement was designed to decrease stressors (anxiety) in the interdisciplinary team.

**Aim:** The aim of the project was to decrease social isolation, anxiety, and to improve mental/physical health.

**Design:** The project incorporated a PDSA (Plan Do Study Act) model, survey and a questionnaire (GAD-7) distributed before and after 6 weeks of 30 minutes yoga sessions and modalities. The participants were also invited to zoom yoga classes and self-practice of mind-body modalities.

**Setting:** Skilled Nursing Facility

**Sample:** Twenty-five individuals from the IDT participated (Recreation, Nursing, Rehab & Housekeeping).

**Measurement:** One tool was utilized.

## RESULTS

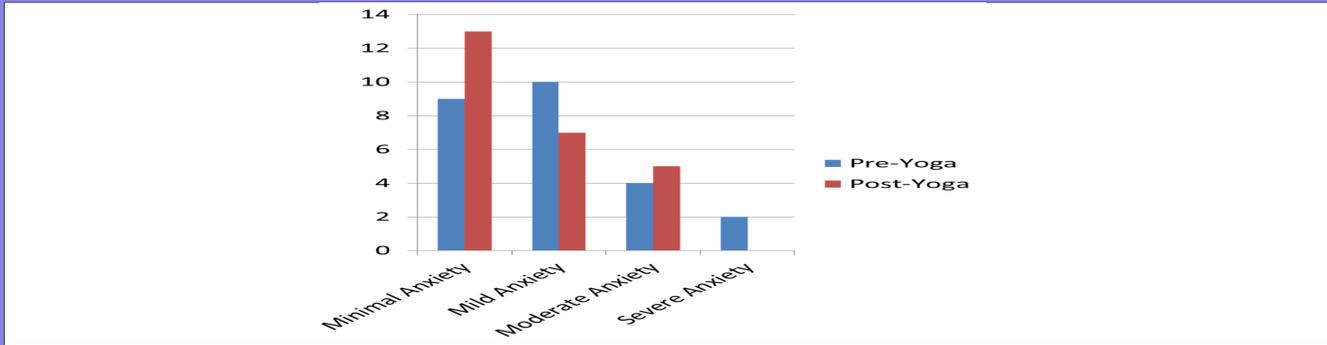
There were 25 interdisciplinary team (IDT) members (nurses, recreation, therapy, and housekeeping), who participated in a survey comprised of an education behavioral assessment and completed the Generalized Anxiety Disorder Tool (GAD-7). The GAD-7 tool was used pre and post mindfulness modalities (shown in Figure 1). The GAD-7 revealed 16/25 (64%) individuals showed an increased in anxiety (mild to severe anxiety) before yoga modalities. As shown in Figure 2, the results pre-yoga had mild to severe anxiety. Post mindfulness modalities (yoga classes) the anxiety severity decreased to (48%) 12/25 with the IDT members (shown in Figure 2). The GAD-7 tool also revealed a decrease in anxiety (shown in Figure 2).

FIGURE 1

Over the last 2 weeks, how often have you been bothered by the following problems	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3
Score 0-21	0-4 minimal	5-9 mild	10-14 moderate	15-21 severe

Source: Spitzer, RL, Kroenke K, Williams JBW, Lowe B. (2006). A brief measurement for assessing generalized anxiety disorder. Arch Intern Med 166: 1092-1097.

FIGURE 2



## IMPLICATIONS

Shared stress management modalities with the long term care facility.  
Enhancement of the interdisciplinary team ability to acknowledge union with mind, body and spirit.  
Best practices for achieving relaxation in the long-term care facilities.



## DISCUSSION

- Stress hormones similar to adrenaline and cortisol play a role in our anxiety. When the nervous system initiates a hyperarousal state of being, the adrenal glands produce adrenaline and cortisol signaling to the body that the sympathetic nervous system needs to be activated. This is how our stress response is initiated. (Cahn et al., 2017)
- Yoga postures (asanas) is just one way that we can make new neurological pathways that support development of the prefrontal cortex. The hand eye coordination, mental and physical focus, and breath integration shows the body that there can be movement, uncertainty, and unknown without fear, confusion, and worry. (Hilcove, 2021)
- Yoga practice may be an effective adjunctive treatment for a clinical and aging population. (Padmavathi, et al., 2021).
- Yoga and meditation increases overall healthy brain activity. Padmavathi, et al., 2021). Individuals can experience increase happiness and decrease anxiety.

## REFERENCES

Furnished upon request: thebronnars@aol.com/sbronner@centershealthcare.org



## SUSTAINABILITY

- Sunday weekly virtual community yoga classes offered.
- Weekly yoga classes for the IDT and older adults offered.
- The recreation team schedules private yoga classes.
- Website shared ([www.serenitybeyondyoga.com](http://www.serenitybeyondyoga.com)).
- In the morning report a 15 minute MM shared with the IDT twice a week.

## ACKNOWLEDGEMENTS

Centers Health Care at (Williamsbridge Center) participated in the mindfulness