

Why Yoga for Vets?

According to the 2012 Dept. of Veteran Affairs Suicide data report, an estimated 22 Veterans will have died from suicide each day in the calendar year.

Veterans are killing themselves because of depression and other mental health problems coupled with difficult life circumstances.

What is a Veteran?

A Veteran is someone who has dedicated his/her energy and life to protecting to United States against all enemies, foreign and domestic, by serving in either the Marine Corps, Army, Navy, Air Force or Coast Guard.



How many Women are Veterans?

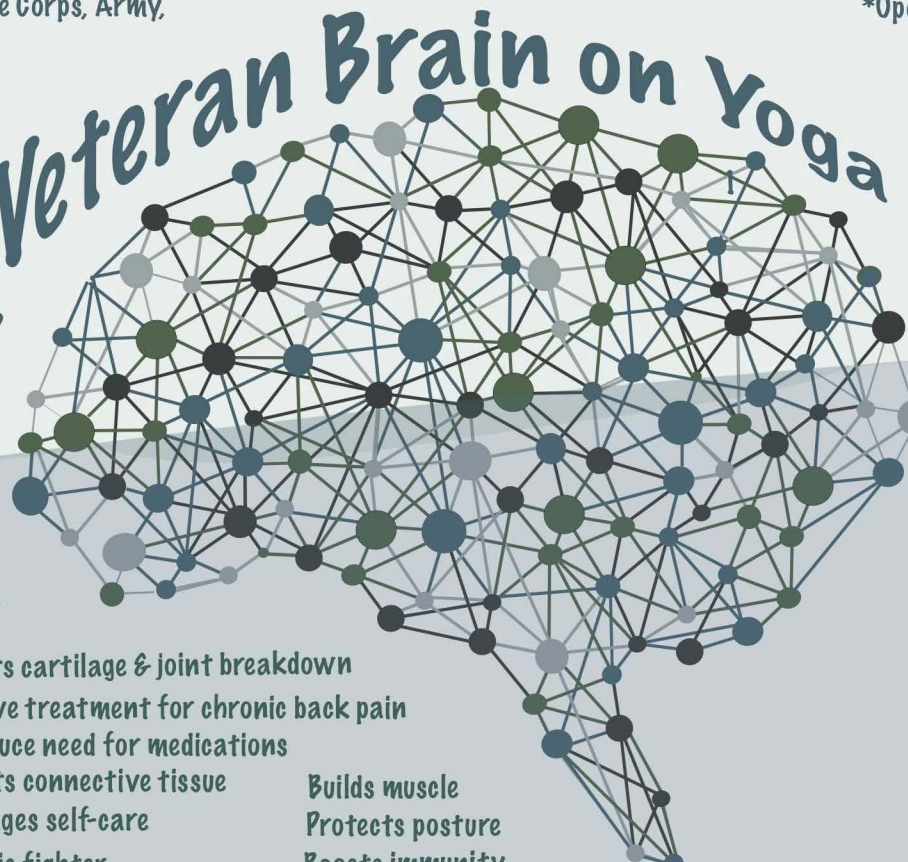
As of 2014,
21.4 million Veterans in the US;
2.2 million are women.



Do all Veterans have Post Traumatic Stress?

70% of Veterans do not suffer from significant mental health issues, but a large minority do.

Veteran Brain on Yoga



Quick stats about PTSD and Veterans:

*Operations Iraqi Freedom & Enduring Freedom -
On average, 1 out of every 7 Veterans have PTSD in a given year

*Gulf War (Desert Storm) -
2 out of 100 have PTSD in a given year

*Vietnam War -
1 out of 3 have had PTSD in their lifetime

Benefits of Yoga

A study from Duke University Medical Center suggested that yoga could benefit those living with depression, schizophrenia, other psychiatric conditions, and sleep problems.

Maintains nervous system
Reduces Tension in Limbs

Prevents cartilage & joint breakdown
Effective treatment for chronic back pain
Can reduce need for medications
Supports connective tissue
Encourages self-care
Arthritis fighter
Insomnia buster

Builds muscle
Protects posture
Boosts immunity
Drops blood pressure

& Meditation

Increase relaxation
Increases awareness
Decreases heart & brain problems
Increases mental strength & focus
Improves resilience against pain & adversity
Improves mood & emotional intelligence
Increases memory retention
Lessens fear, worry & anxiety
Lessens inflammatory diseases
Enhances self-acceptance

How does gratitude help?

A 2006 study published in Behavior Research and Therapy found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of post traumatic stress disorder.

Yoga, including breathing, meditation, mindful movement, guided rest, and gratitude practices, have proven to alleviate the symptoms of trauma, depression, addiction, as well as other physical and medical disorders.

Learn more at veteransyogaproject.org

