

DRUG ABUSE AND THE PRACTICE OF YOGA

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The Need

- Stress is a key risk factor in addiction initiation, maintenance, relapse, and also treatment failure (Sinha and Jastreboff, 2013)
- Stressful life events combined with poor coping skills may impact risk of addiction through increasing impulsive responding and self-medication
- Biologically, stressful events cause a rise in blood levels of stress hormones (such as cortisol and adrenaline), respiration increases, and body temperature increases
- Fight or flight is the typical response

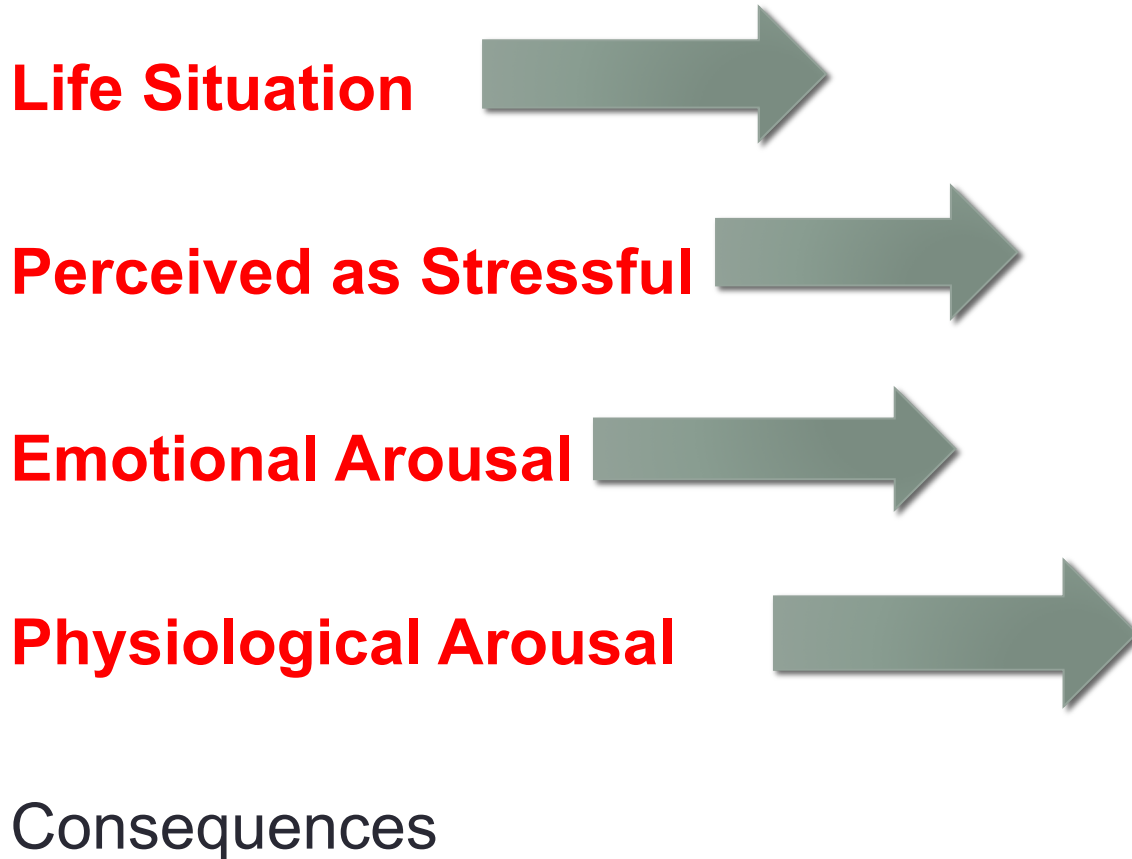
The Need (cont.)

- A productive way to recover from addiction is using the “whole person” or holistic approach that encompasses a variety of methods and tools to help achieve, maintain, and enhance recovery
- Long term abuse of drugs makes you more sensitive to everyday stressors (YouthDAT Project)
- Yoga is considered as a natural form of medicine to stress and has proven to be very beneficial in tandem with other traditional substance abuse treatment methods

Target Population

- I am mainly planning to implement programs in young adult treatment facilities
- About one out of every six American young adults (between the ages of 18 and 25) battled a substance use disorder in 2014 (GOV Volume 49)
- This represents the highest percentage out of any age group at 16.3 percent
- Due to this being the largest demographic of drug abuse users, this is who my programs will be targeting

Stress Diagram



Why yoga?

- When someone abuses drugs or alcohol regularly, some of the pathways in the brain are altered, and the pathways related to feeling pleasure, regulating emotions, making sound decisions, and controlling impulses may be negatively affected
- After a period of time without the influence of drugs or alcohol, brain chemistry and circuitry can heal and rebuild itself. Luckily yoga is great with helping with that.
- I chose yoga because it personally is how I deal with my stress and triggers

Why yoga? (cont.)

- Yoga has long been used to help relieve stress, and scientific evidence has provided a link between practicing yoga and the reduction of stress by modulation of the stress response (Harvard Health)

Potential Benefits (americanaddictioncenter.org) :

- Stress relief
- Pain relief
- Better sleep
- Increased energy levels
- Emotional healing
- Heightened self-confidence and improved self image

The Method

- I plan to offer free classes with volunteer instructors and send them cooperating rehab facilities to enhance the progress of the young adults in their care
- With yoga increasingly being used in substance abuse treatment programs and throughout recovery to help prevent relapse, reduce withdrawal symptoms and drug cravings, and provide a healthy outlet to cope with potential triggers and daily life stressors this seems like the most direct way to go about it
- 1 hour classes
- 2 times a week
- 3 month session periods

Goal Setting Theory

- Since the highest level of effort occurs when the goal is moderately difficult, we will create an outside goal of practicing your breathing for twenty minutes a day two times a week outside of class when life gets stressful
- A proximal goal could be to create a yoga journal and write about your journey to healing inside of it
- A distal goal is replacing drugs with yoga in any and all situations
- We will talk about the yoga journal and overall goals in meditation during each session to promote self-efficacy

Improvements

- Provide some emotional healing
- Create healthy habits and healthy coping mechanisms to stress
- Assist with self-reflection and increased self-awareness
- Overall decrease stress

Questions?

Sources

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