

Research

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An Internet-Based Intervention to Alleviate Stress During Social Isolation With Guided Relaxation and Meditation: Protocol for a Randomized Controlled Trial: SMF Pizzoli et al
Proposed study using guided meditation like body scan as an intervention for acute anxiety over the web during COVID19. Based on known effects of calming and stabilizing thoughts, this proposal is much like my intervention.

Goldin, P. R., & Gross, J. J. (2010). Effects of mindfulness-based stress reduction (MBSR) on emotion regulation in social anxiety disorder. *Emotion*, 10(1), 83–91. <https://doi.org/10.1037/a0018441>

This study showed a positive effect using breath awareness and body scan to diminish anxiety. The actual results showed an increase in self-esteem and a reduction in anxiety and depression.

From research done in the Mindfulness work of Jonn-Kabat Zin, the body scan can act like a point of focus, leading our awareness away from worrisome thoughts to anchors in the body. This type of embodiment is calming to the brain. Breath awareness in the same studies has shown an ability to do the same draw the attention in, combined with the guided slowing of the breath allows switching from sympathetic fast breathing with the ensuing increase in heart rate to slowing breath rate and subsequent heart rate. This change allows are ANS to begin the switch in balance towards parasympathetic and less panic.