

WUN- Care Plan Design

Centering:

- Managing triggers and panic attacks based centering practice
- 3-3-3 Rescue Technique
 - Name 3 things you hear around
 - Try listening sounds far away (such as street noise)
 - Try listening sounds up close (such as your own voice and breath)
 - Name 3 things you can see around
 - To yourself or out loud, say the objects
 - Such as “door”, “flowers”, “my shoes”, “ceiling” etc.
 - Move 3 body parts and notice your sense of touch
 - It can be as simple as wiggling your toes to feel the feet on the ground
 - Touching your hands together
 - Or getting your legs by moving your legs by walking
 - Now simply notice your breath
 - It has likely become slower and softer
 - If you still need to find calm and grounding, try going for a walk (in nature, if possible)
 - Or talk to someone you trust
- Slowly extend your exhalation and allow inhalation to happen by itself
- Inhaling for “Om”
- Chanting “Om” X 3
- Setting sankalpa
- Smiling at palms

Asana:

- Netra vyayamam - Draw circles with eyeballs
- Warmup *full body* - Lying down JAPA
 - ▶ [Yoga for Joint Pain and Arthritis | Yoga Joint Exercises](#)
- Back bend - Cobra (Bhujangasana) (Sympathetic activation)
- Forward bend - Wind relieving pose (Pawanmuktasana) (Parasympathetic activation)
- Twist - Lying spinal twist (Jathi Parivartanasana) (Cleansing)
- Inversion - Bridge pose (Setu Bandhasana) (Calming)

Relaxation:

- Basic IY deep relaxation, with all elements (Helps to relax the tight body from freeze mode) w/ neutral imagery

Breathing Practices:

- Breath awareness + Extended Exhalation
- Deep, 3-part breathing (Calming)

Meditation

- Kriya Yoga meditation or Repeating affirmations - “I am safe”, “I am loved”, “I am worthy”

Closing:

- Chanting “OM”
- Lokha ...
- Dedicating practice
- Smiling at palms

Yogic Wisdoms:

- What is stress:
- Stress response
- Relaxation response
- How to relieve from stress
- How to cope with stress
- How to build stress resilience
- Practice and non-attachment (Abyasa and Vairagya)

Research Studies:

- Yoga for Adult Women with Chronic PTSD: A Long-Term Follow-Up Study:
<https://pubmed.ncbi.nlm.nih.gov/26863321/>
- Yoga as an adjunctive treatment for posttraumatic stress disorder: a randomized controlled trial : <https://pubmed.ncbi.nlm.nih.gov/25004196/>
- Mechanistic pathways of mindfulness meditation in combat veterans with posttraumatic stress disorder :
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4803530/>