

## Yoga for Anxiety and Depression

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*Depression – what does it mean to you?*

**Major depression** is one of the most common mental disorders in the United States. For some individuals, major depression can result in severe impairments that interfere with or limit one's ability to carry out major life activities. (Source: nih.gov)

**Depression Stats** (2017 most current year, source: nih.gov)

### Adults

- An estimated 17.3 million adults in the United States had at least one major depressive episode. This number represented 7.1% of all U.S. adults.
- The prevalence of major depressive episode was higher among adult females (8.7%) compared to males (5.3%).
- The prevalence of adults with a major depressive episode was highest among individuals aged 18-25 (13.1%).
- The prevalence of major depressive episode was highest among adults reporting two or more races (11.3%).

### Adolescents

- An estimated 3.2 million adolescents aged 12 to 17 in the United States had at least one major depressive episode. This number represented 13.3% of the U.S. population aged 12 to 17.
- The prevalence of major depressive episode was higher among adolescent females (20.0%) compared to males (6.8%).
- The prevalence of major depressive episode was highest among adolescents reporting two or more races (16.9%).

The Western View of Depression

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Criteria for diagnosis of major depressive disorder – must experience at least five of these symptoms during the same two-week period:

- Depressed mood (feeling sad or empty) – *symptom must be present*
- Markedly diminished interest or pleasure in all, or almost all, activities – *symptom must be present*
- Significant weight loss when not dieting, or weight gain, or decrease or increase in appetite
- Insomnia or hypersomnia
- Slowing of thoughts and physical movements
- Fatigue or loss of energy
- Diminished ability to think or concentrate, or indecisiveness
- Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or specific plan for committing suicide

Traditional treatment of depression in the West is medication and psychotherapy.

The Eastern View of Depression

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**For more information, visit [yogafit.com](http://yogafit.com) Would you like to host a training? Email [host@yogafit.com](mailto:host@yogafit.com).**

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Treatment for depression in the East is a holistic approach, grounded in the idea that each person has the capacity for self-healing. It's not a one-size-fits-all approach. It is based on the unique individual's symptoms and may vary greatly depending on the individual.

Airy Depression

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Fiery/Burning Depression

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Earth Depression

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Yoga for Airy Depression

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Yoga for Burning/Fiery Depression

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Yoga for Earthy Depression

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