



Fighting Stress and Finding Serenity with Yoga

Moffitt's Patient Wellness Coordinator credits practice to calm the mind and reduce anxiety.

TAMPA, Fla. – May 12, 2020 – According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental health disorder in the United States.

Yoga has many benefits including natural anxiety relief that effectively reduces the heart rate, lowers blood pressure and eases respiration. As a mind-body practice, yoga combines movement, breathing, relaxation and meditation exercises to calm the nervous system and balance the body, mind, and spirit.



“Gentle, restorative yoga, or Hatha Yoga, is not only the perfect complementary therapy for those experiencing elevated levels of anxiety or have compromised immune systems,” says Sharon Lock, Patient Wellness Coordinator at Moffitt Cancer Center. “Yoga is also a great way to combat the stress that everyone is feeling with this ‘new normal.’”

Moffitt Cancer Center understands the multiple benefits of yoga and while the Tampa campus typically offers classes and one-on-one sessions taught by oncology-trained yoga therapists, the threat of COVID-19 has temporarily paused yoga sessions. To supplement at-home activities, doctors and therapists recommend implementing basic poses into your work-from home environment to not only alleviate the effects of stress but to stay healthy while also practicing safe social distancing.

During this time, Lock recommends the gentle, restorative movements of Hatha yoga while utilizing chairs and props as it's gentle enough to practice regardless of skill-level as well as during cancer treatment to help reduce anxiety, increase energy and support physical and emotional well-being.

For an introduction to Hatha Yoga, click [here](#) to visit Moffitt's YouTube channel.

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About Moffitt Cancer Center

[Moffitt](#) is dedicated to one lifesaving mission: to contribute to the prevention and cure of cancer. The Tampa-based facility is one of only 51 [National Cancer Institute-designated Comprehensive Cancer Centers](#), a distinction that recognizes Moffitt's scientific excellence, multidisciplinary research, and robust training and education. Moffitt is a Top 10 cancer hospital and has been nationally ranked by [U.S. News & World Report](#) since 1999. Moffitt's expert nursing staff is recognized by the American Nurses Credentialing Center with Magnet® status, its highest distinction. With more than 6,500 team members, Moffitt has an economic impact in the state of \$2.4 billion. For more information, call 1-888-MOFFITT (1-888-663-3488), visit [MOFFITT.org](#), and follow the momentum on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).