People who survive trauma are at greater risk of living with chronic anxiety and long-term PTSD. The prevalence of PTSD and its debilitating effects on individuals necessitate effective interventions that can alleviate symptoms and promote healing. There have been many research studies that investigate the use of Qigong and Yoga practices, focusing on their impact on the nervous system and their potential to alleviate PTSD symptoms.

Qualitative data and quantitative data that is gathered through self-report measures is a common approach within the research that shows a significant decrease in anxiety, depression, PTSD and stress. (See Table 2. Measures of mental well-being graph below, Journal of Veteran Studies, “Improving The Health of Veterans through Moving Meditation Practices)

Qigong and Yoga, both rooted in ancient Eastern philosophies, offer practices that aim to restore physical and emotional balance while stimulating the parasympathetic nervous system and improving vagal tone. When the body’s relaxation response is induced, healing on all levels is facilitated and catalyzed. In essence, Qigong Infused Yoga provides free medicine due to the healing physiological mechanisms the practices create in the body.

In conclusion, Qigong and Yoga demonstrate promising potential as complimentary approaches for healing the nervous system and addressing PTSD. These practices provide individuals with practical tools to manage stress, regulate emotions, and foster a sense of empowerment and self-care. Multiple studies have revealed that both Yoga and Qigong are interventions that effectively reduce anxiety, stress and depression in trauma survivors.

Table 2. Measures of mental well-being (n=7)

Measure	Mean Pre-	Mean Post-	Δ	p-value
PCL-C (PTSD)	57	39	-18	**.001**
CES-D (Depression)	29	23	-6	**.035**
PSS (Stress)	24	16	-8	**.046**
BAI (Anxiety)	29	13	-16	**.050**



Lynne Nicole Smith is the founder of Qigong Infused Yoga™ which is a fusion of exercises from Qigong and Yoga with the intention of healing the nervous system while releasing physical, mental and emotional tension from the body. She has a deep respect for both practices independently and sees them as complimentary allies to support people on their healing and health journey.

Lynne is a senior trainer with the Institute of Integral Qigong and T'ai Chi. Lynne teaches an online "Start Your Sunday with Qigong" class that is available for everyone from all continents. She leads online Qigong Infused Yoga Trainings to students from across the globe. She created a Qigong Infused Yoga™ streamable video to make the practice accessible to people from home and is launching a specialty training for therapists in the fall of 2023!

She is passionate about helping to spread awareness of Qigong, in particular, as it is less well known than Yoga but incredibly profound and healing. Qigong is effective in helping everyone including trauma survivors relieve anxiety and heal the nervous system. When combined with Yoga, students and clients receive the benefits of both Yoga and Qigong within one mind/body practice.

To learn more, visit www.qigonginfusedyoga.com

RESEARCH REFERENCES

2020 randomized controlled trial published in the Journal of Traumatic Stress found that Qigong reduced PTSD symptoms, depression and anxiety in military veterans.

2018 study published in the Journal of Alternative and Complementary Medicine found that Qigong reduced PTSD symptoms and improved quality of life in survivors of the 2011 Great East Japan earthquake and tsunami.

2021 Randomized controlled trial published in the Journal of Traumatic Stress found that Qigong helps reduce PTSD symptoms in veterans with comorbid depression and anxiety.

2020 Systematic review published in the Journal of Alternative and Complimentary Medicine found that Qigong improves mental health outcomes, including symptoms of anxiety and depression, in individuals with a history of traumatic events.

2019 Randomized Controlled Trial published in the Journal of Psychiatric Research found that Qigong improves emotional regulation and reduces PTSD symptoms in individuals with a history of childhood trauma.