

Toxic Stress and Trauma and Community Engagement

Presenter:

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Presentation Objectives

1. Explain the impact of toxic stress on the body.
2. Identify ways to incorporate innovative strategies like yoga in underserved communities.
3. Identify ways to measure impact of exercise and mindfulness activities.

Highlights (including quotes, charts, graphs)

- Research shows that Yoga can improve mindfulness and reduce the symptoms related to chronic illnesses. But because the urban core community does not typically think of Yoga as it relates to improving health, Magnolia Project staff organized “Yoga in the Streets” to allow the community to observe what Yoga is and be enticed to try it.
- Preliminary data from the Yoga in the Street classes showed that more than 90 percent of attendees left class with overall positive emotions, including 87 percent of those who came in with overall negative emotions. Sixty percent of attendees decreased their systolic blood pressure, while half decreased their diastolic. On average the systolic decreased by 3.65 (mm Hg-millimeters of mercury) and the diastolic decreased by 1.57 (mm Hg-millimeters of mercury).