

Advancing the scientific understanding of mindfulness, yoga, and community for brain injury



Largest study on TBI and yoga shows **LoveYourBrain Yoga significantly improves** quality of life, resilience, positive affect, and cognition!

BACKGROUND

- People with TBI & caregivers experience poor quality of life & difficulty accessing holistic rehabilitation services
- Yoga is a holistic, mind-body therapy with many benefits to quality of life, yet is largely inaccessible to TBI community

STUDY

Does LoveYourBrain Yoga improve quality of life after TBI?

1,563 Participants


Range of TBI severity (mild to severe), age, time since injury, and sex


LYB Yoga offered in 45 yoga studios in 18 states and 3 Canadian provinces

RESULTS

- ✓ **OVERALL QUALITY OF LIFE**
- ✓ **RESILIENCE & COPING SKILLS**
- ✓ **COGNITION: MEMORY & FOCUS**
- ✓ **POSITIVE MOOD**
- ✓ **REGULATE ANXIETY, ANGER, STRESS, AND IMPULSIVITY**
- ✓ **CAREGIVERS SLEEP QUALITY, STRENGTH, COMPASSION**
- ✓ **SYMPTOM IMPROVEMENT**
- ✓ **GREATER MOTIVATION TO PURSUE JOBS & SOCIALIZE**
- ✓ **HIGH QUALITY RATINGS 9.3 / 10**

LOVEYOURBRAIN YOGA

 FREE 6-week yoga, meditation, and psychoeducation program

 Offered in yoga studios across the US & Canada

 Designed based on the science of resilience



CONCLUSIONS

This study shows LoveYourBrain Yoga...



Increases access to effective holistic rehabilitation!



Improves cognitive, psychosocial & physical health after TBI!



Supports caregivers' physical & psychological health!

"By leading the largest study on yoga, mindfulness, and resilience-based education for TBI, we're hopeful that this helps pave the way for greater access to these critical, evidence-based, integrative health services for people with TBI and their families."

– LoveYourBrain Senior Director of Programs & Research,
Dr. Kyla Pearce