Types of Stress

**Acute Stress**
Present for a very short period of time and then dissipates. Can actually be good for you!

**Traumatic Stress**
Post a traumatic dangerous event, experience of extreme fear, anxiety and shock.

**Chronic Stress**
Low levels of stress for long time, sense of worry, feeling overwhelmed and trapped in a situation.

Chronic Stress is most common in modern life.
Long term effects of cortisol: The stress hormone

Cortisol levels are main biomarker of stress

Long term high cortisol creates

- Elevated Heart Rate
- Type 2 Diabetes
- Digestive Issues
- Low Immunity
- Insomnia
- Weight Gain
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**STRESS**

**Study 1: SKY+Exam Stress**

**Study Objective**
Assess impact of SKY on Serum Cortisol before exams (stressful situation) among medical students who were SKY practitioners.

Serum Cortisol was measured just before the exams.

**Study Population**
102 medical students (62 - SKY group, 40 - Control)

**Outcomes**

**Cortisol Levels Just Before the Exam**

<table>
<thead>
<tr>
<th></th>
<th>SKY Group</th>
<th>Control Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cortisol</td>
<td>39.6%</td>
<td>↑39.6%</td>
</tr>
</tbody>
</table>

Sky group had much lower level of cortisol compared to the control group, given the same stressor.

Controls had increased Cortisol levels.

**Sky Practice mitigates stress in youth under exam stress**

[Graph showing comparison of Cortisol levels between SKY and Control groups]
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**Study 2: SKY+Work Stress**

**Study Objective**
Assess physiological and psychological effects of SKY on workplace stress and wellbeing: A pre and post study measuring serum cortisol, subjective stress, life satisfaction & emotional regulation before and after 3 and 6 months of SKY practice.

**Study Population**
72 Managers (37 SKY and 35 Waitlist Controls)

**Outcomes: SKY Group**
- Cortisol levels at 3 months: 23% down
- Cortisol levels at 6 months: 37% down
- Life satisfaction
- Emotional regulation

**Control Group**
- Cortisol levels at 3 months: up

All positive effects were retained at 6 months in SKY group.

SKY practice mitigates workplace stress and increases satisfaction.

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Study 3: SKY+ Pain, Stress in Breast Cancer Patients

Study Objective
Assess effect of SKY on serum cortisol level & pain among women suffering from advanced stage breast cancer after 3 months.

Study Population
147 women (69: standard care, 78: standard care + SKY)

Outcomes at 3 Months

Cortisol Levels
- Sky Group: 19% decrease
- Control Group: 11% increase

Pain Perception
- Sky Group: 3 points reduction
- No change in control group

Reduction of pain and stress help to better manage cancer and improved quality of life for the patients.

SKY practice reduces serum cortisol and pain perception in women with advanced breast cancer.

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**STRESS**

**STUDY 4: SKY+depression, Stress in alcohol dependents**

**STUDY OBJECTIVE**
Assess effect of SKY on serum cortisol & depression among alcohol dependent individuals in recovery after 2 weeks

**STUDY POPULATION**
60 participants (30: standard care, 30: SKY)

**OUTCOMES AT 3 MONTHS**

<table>
<thead>
<tr>
<th>CORTISOL LEVELS</th>
<th>DEPRESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKY GROUP</strong></td>
<td>56.6%</td>
</tr>
<tr>
<td><strong>CONTROL GROUP</strong></td>
<td>24.7%</td>
</tr>
<tr>
<td><strong>SKY GROUP</strong></td>
<td>75.8%</td>
</tr>
<tr>
<td><strong>CONTROL GROUP</strong></td>
<td>58.8%</td>
</tr>
</tbody>
</table>

Correlation could only be established in the SKY group between the decrease in depression & cortisol levels.

SKY can be a safe antidepressant therapy in alcohol dependents and support abstinence.

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**Study 5: SKY+Salivary pH**

**Study Objective**
Assess effect of a single Long SKY on salivary pH

**Study Population**
321 healthy individuals (who were novice to SKY)

**Outcome**
Salivary pH is a biomarker of stress.

Sudarshan Kriya creates optimal pH no matter where the starting point.

SkY practice has a customized effect on an individual to achieve optimum health.
Study 6: SKY + Stress in College Students

Study Objective
Assess effect of SKY on stress, life satisfaction and gratitude after 1 week and 1 month of SKY practice

Study Population
50 students novice to SKY

Outcomes Immediately After SKY

Stress Levels
48.6% decrease

Life Satisfaction
21.1% increase

Gratitude
10% increase

SKY group retained positive results even at one month post SKY practice

SKY can be an effective self-empowering tool for enhancing youth physical, mental and emotional well-being
Study 7: SKY + Mental Health in College Students

Study Objective
Assess effect of SKY on stress, anxiety, sleep, self esteem and life satisfaction pre and post 3 months of SKY practice.

Study Population
69 college students novice to SKY (37 SKY, 32 Active control)

Outcomes 3 Months After SKY

- Stress Levels: 26.4% decrease
- Life Satisfaction: 13.3% increase
- Anxiety: 13.2% decrease
- Self Esteem: 12.7% increase
- Sleep: 21.7% increase

Control group did not retain these positive changes.

SKY can be employed as an effective strategy to combat stress during college years.

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Study 8: SKY + Stress + Wellbeing in Healthy Individuals

Study Objective
Assess effect of SKY on wellbeing of healthy adults - stress, depression & anxiety pre and post 6 weeks of SKY practice

Study Population
103 healthy adults novice to SKY (48 SKY, 55 control)

Outcomes 6 Weeks Post SKY

<table>
<thead>
<tr>
<th>Stress Levels</th>
<th>Depression %</th>
<th>Anxiety %</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.7%</td>
<td>33.6%</td>
<td>22.8%</td>
</tr>
</tbody>
</table>

Control group did not show any significant changes

SKY is an effective strategy to manage day to day stress

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