

Written by: Ahsan Khan  
(Ahsankhanaarish@gmail.com)  
Research conducted by Aprile Williams

## Benefits of YOMEI for Military

The challenges to both military leaders and soldiers have become complex over the years due to a continuous change in operational environment. YOMEI produces emotional competencies which need to be integrated in the training processes of soldiers and military leaders [1]. The recent operations in the Middle East have caused pain and trauma along with other mental health issues for active soldiers and veterans. Yoga practices can effectively ease these problems through improving physical strength and mental health of both active soldiers and veterans [8]. Yoga, Mindfulness and Emotional Intelligence reduce anxiety and depression in war affected active soldiers and veterans [5]. It is believed that the failures of some military commanders are not due to a lack of intelligence but due to a lack of emotional recognition and an inconsistency of feelings [1]. In today's social and political landscape, the world cannot afford military mishaps and institutional disputes which makes Mindfulness and Emotional Intelligence very significant for soldiers and military leaders.

Mindfulness is believed to strengthen resilience in veterans, active soldiers and military leaders by enhancing mental strength, greater focus and purposefulness. Mindfulness is also positively associated with emotions management in military professionals [3]. It can be understood that soldiers bring bitter experiences from a battlefield or a military operation which can potentially affect their personal and domestic life. Mindfulness is believed to reduce anger and any unfortunate antisocial tendencies of soldiers who return home from a military operation [4].

Mindfulness and self-compassion improve the overall well-being of military professionals through effective management of emotions [2]. For Veterans, YOMEI (Yoga, Mindfulness & Emotional Intelligence) reduces posttraumatic stress disorder (PTSD), decreases depression and reduces anxiety [2]. Self-compassion being a component of Emotional Intelligence causes self-soothing. Thus, self-compassion and Emotional Intelligence have a great significant for veterans and active soldiers with a history of Posttraumatic Stress Disorders [2]. Emotional Intelligence has also a vital significance for military leadership because it facilitates in the decision-making process [6]. Emotional Intelligence also helps military professionals to become task oriented. Emotional Intelligence also plays an effective positive role in relationship management, sexual issues and attachment disorders [6].

In military operations, the success depends upon managing emotions where leaders should be able to recognize their own and others' emotions [7]. Emotional Intelligence improves the decision-making, judgement and influence of military leaders. The integration of Yoga in Military facilities helps in building a sense of community and socialization among the soldiers which enhances their social life [8]. Therefore, EI interventions and training for military leaders, active soldiers and veterans have the potential to significantly improve the military paradigm [7].

## References

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