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## Benefits of YOMEI for Trauma Survivors

In everyday life, all of us are at a risk of stress and trauma. This trauma can be a result of domestic conflicts, workplace challenges and emotional issues. It is believed that YOGA plays a significant role in reducing Posttraumatic Stress Disorder (PTSD) [1]. Yoga facilitates trauma survivors in achieving normalcy and rehabilitation [2]. Yoga unifies mind, body and spirit which causes calmness and a better mental health [3]. Yoga also increases the quality of sleep and resilience to posttraumatic stress among trauma survivors [1]. Yoga practicing individuals also show a significant decline in anxiety and depression. It is argued that yoga facilitates trauma survivors with emotional recognition, feelings management and a higher awareness of thoughts and emotions [1].

YOMEI holds a great significance for corporate employees, military professionals, housewives, students and almost all of us due to the vulnerability to some kind of trauma. Mindfulness regulates emotions and reduces the risks from depression [3]. Mindful individuals are at a lesser risk from domestic, interpersonal or workplace trauma [3]. This is because mindfulness increases awareness and emotional recognition. Trauma survivors often get less social support and experience a lack of trust [5]. Mindfulness is believed to enhance trust and social support among trauma survivors [5].

Emotional issues such as relationship issues and sexual behaviors cause stress and anxiety [6]. It is argued that Emotionally Intelligent individuals are at a lower risk from trauma. With Posttraumatic Stress, Emotional Intelligence facilitates trauma survivors through resilience

and emotional management [6]. Emotional Intelligence also develops personal traits to increase psychological well-being. These traits include emotional regulation, problem solving and stress management [7]. The aforementioned personality traits also facilitate vulnerable individuals to cope with trauma and manage Posttraumatic issues.

YOMEI interventions and training in Mindfulness and self-compassion work as a therapy for Posttraumatic Stress Disorders [4]. This hints at the fact that YOMEI interventions and Mindful training along with Emotional Intelligence holds a substantial significance for trauma survivors.

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