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Benefits of YOMEI in Substance Abuse and Addiction

Yoga and Mindfulness along with Emotional Intelligence have a spiritual origin and a significant role in addiction therapies [1]. Yoga reduces perceived stress and negative emotions which results in a cessation of substance abuse such as alcohol and smoking. [1]. Yoga also lifts mood and subjective well-being which results in a lesser inclination towards substance abuse [2]. Addiction results due to mindless thought process as an escapist attitude but Yoga strengthens concentration which bring positive results in Addiction Therapies [1]. Yoga interventions bring positive results because it is best tolerated by patients and the dropout rate is significantly smaller as compared to other interventions [3]. This infers at the fact that Yoga holds a high importance for patients and individuals vulnerable to substance abuse.

Mindfulness makes the vulnerable individuals aware of their stream of consciousness through elevated purposefulness and improved concentration that translates as lesser dependency on substance abuse [4]. Mindfulness also facilitates emotional stability and focus in the thought process. Mindfulness also enables individuals to learn from experience through an increase in mental concentration and mindful thought process [5]. Mindfulness based interventions reduces cravings and substance misuse through focused attention and open monitoring [6]. Focused attention refers to the direction of attention towards a sensory object such as breathing whereas open monitoring means mental awareness and emotions management [6].

Addiction patterns are linked to stress and Mindful interventions are believed to reduce perceived stress and thus, causing a decrease in substance abuse [7].

Emotional Intelligence reduces instability and dangerous behaviors through emotional recognition [8]. Emotionally Intelligent individuals are more stable and less inclined to Substance Abuse as compared to Emotionally unstable and vulnerable groups [8]. Emotional Intelligence facilitates the vulnerable groups in confrontation and coping with mental stress because mental stress is the primary cause of addiction [8]. Emotional Intelligence improves emotional regulation which has a substantial role in preventing or treating Substance Use Disorders [9]. Emotional Intelligence also strengthens self-control and stress management which is potentially helpful in Addiction Therapies [10].

Due to the fact that YOMEI (Yoga, Mindfulness & Emotional Intelligence) has a spiritual origin and Addiction is caused by mental and spiritual issues, YOMEI interventions and training could potentially prove to be a life changing experience for addicted and vulnerable individuals.

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