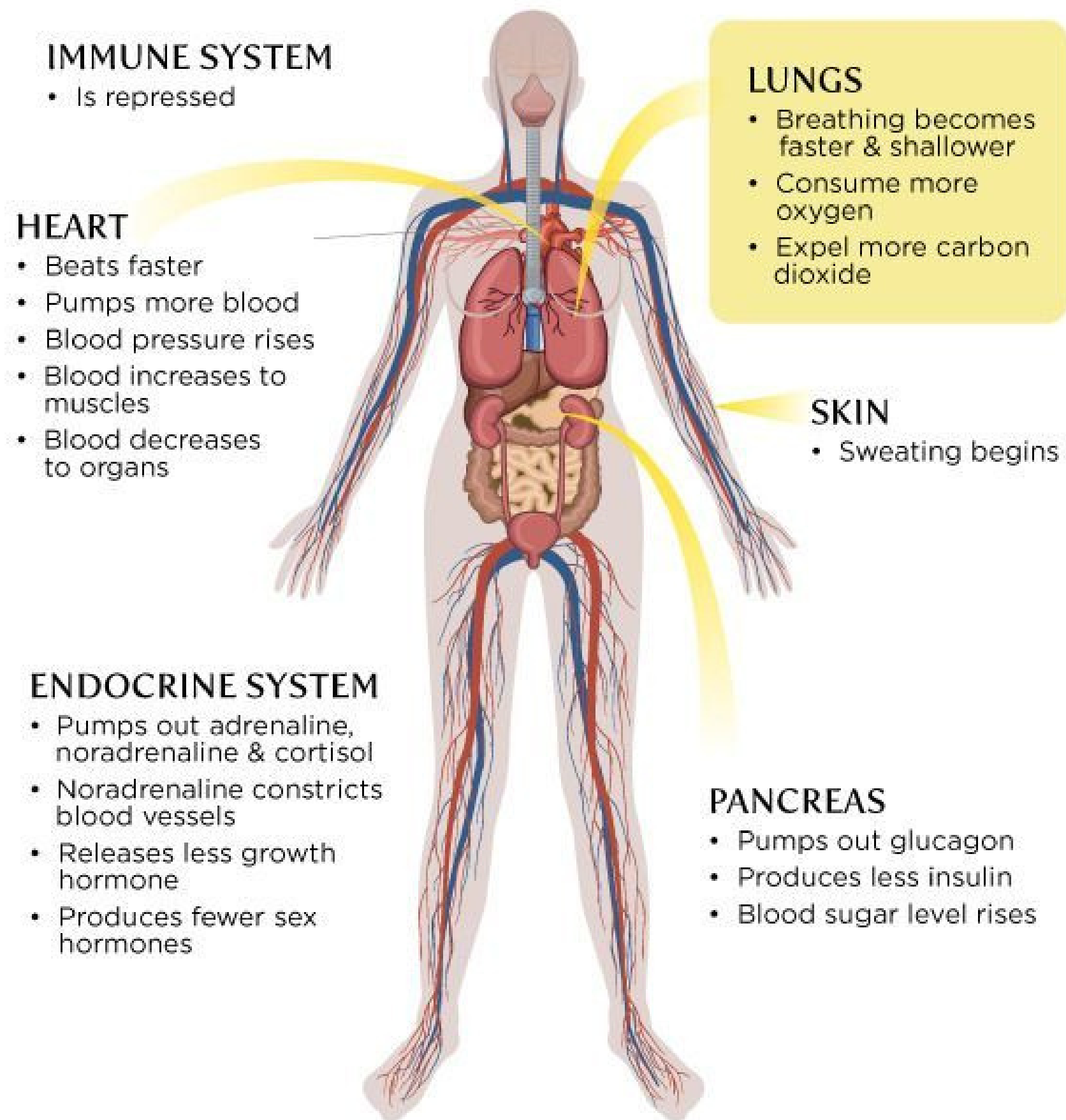


Fight-or-Flight Response



Under stress, the body releases a hormone called **CORTISOL**, which triggers the **FIGHT or FLIGHT** response.

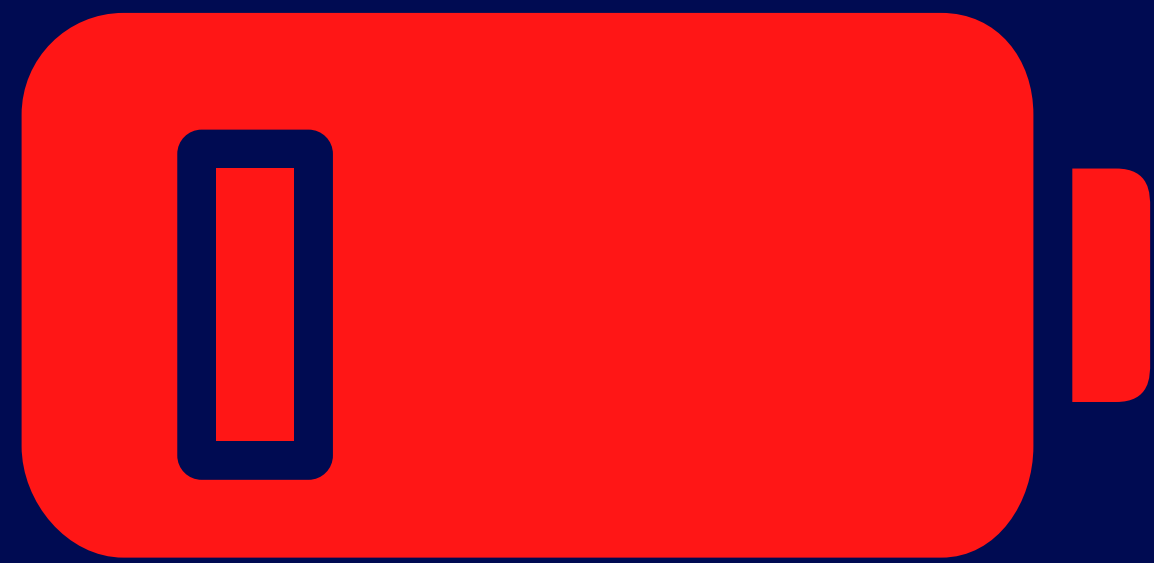
- Manages how your body uses carbohydrates, fats, and proteins
- Keeps inflammation down
- Regulates your blood pressure/hypertension/heart disease
- Increases your blood sugar (glucose)
- Controls your sleep/wake cycle
- Boosts energy so you can handle stress and restores balance afterward

Cortisol levels can go whack under too much stress, which

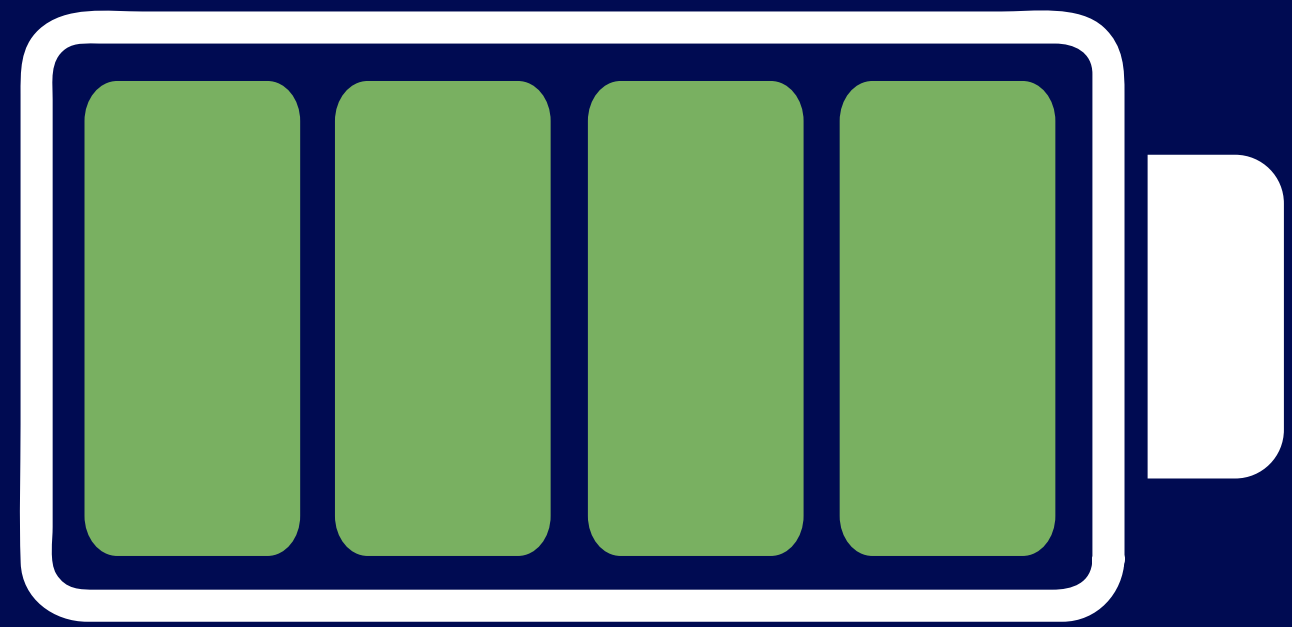
- impedes memory, focus, and concentration
- limits social connectedness
- constrains relationships
- kills brain cells
- triggers an energy crisis that obstructs our ability to learn new things
- anxiety and depression
- 60-80% of diseases are aggravated, if not caused, by stress



P.S. Forcing the mind to relax DOES NOT WORK!



when the
energy is
low...



when the
energy is
high...

Solution?

Just breathe.

You can actually influence your emotions through the BREATH.



Benefits of S.K.Y.

- decreases cortisol
- is as effective as standard anti-depressive drug therapy, is cost-effective and free from side effects
- enhance brain functioning
- increases beta brainwave activity associated with heightened alertness and increased focus
- lower cholesterol
- boosts immune function
- relieves anxiety
- enhances well-being and positive emotions
- **increased productivity, concentration, learning ability, and success**

SKY

Campus
Happiness
Program



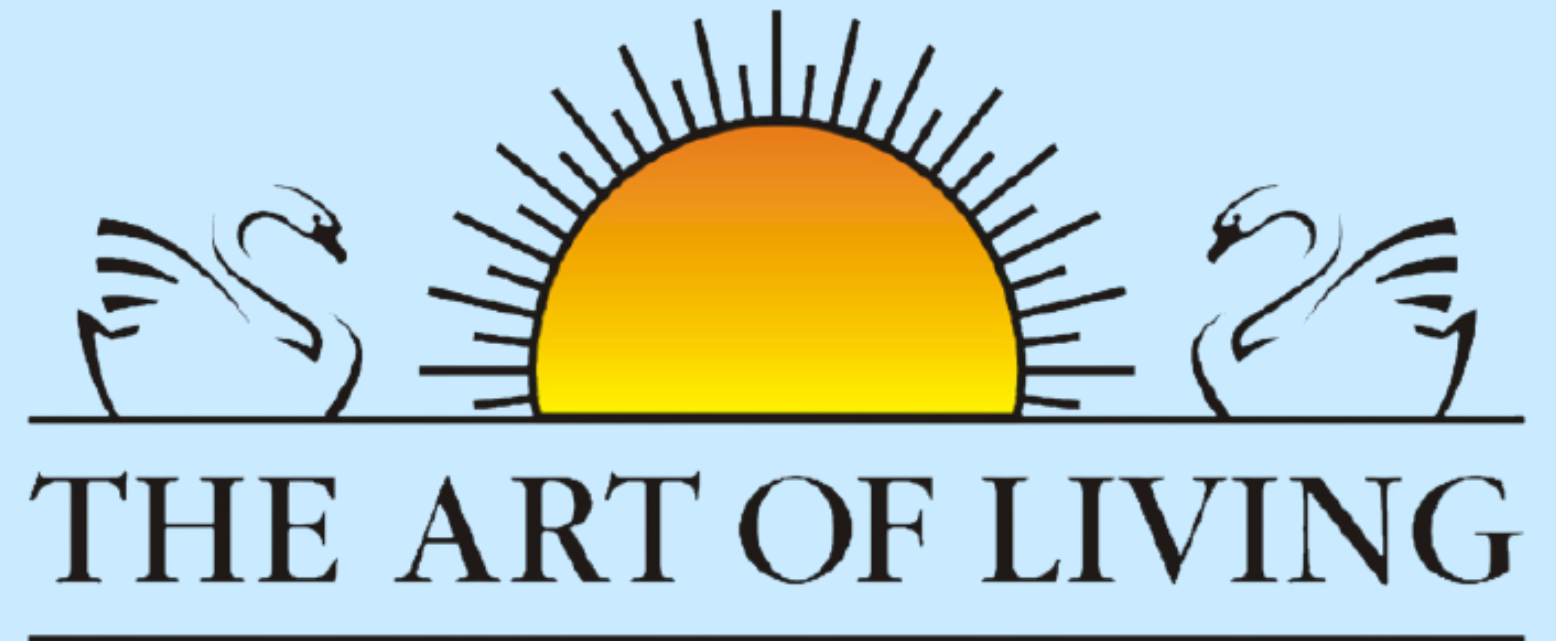
WHO WE ARE



is a multi-faceted approach for university communities which empowers students and staff with tools for sustainable happiness, resilience, and mindful leadership

WHO WE ARE

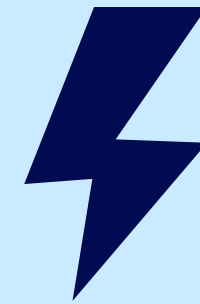
a collaboration between



What is SKY?



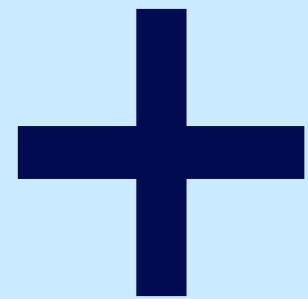
PHYSICAL EXERCISE



ENTHUSIASM



S.K.Y. BREATHING



PRACTICAL
WISDOM



LOTS OF
FUN



UNIQUE
EXERCISES



SERVICE
PROJECTS

BENEFITS OF SKY FOR STUDENTS



**Stress
Reduction**



**Relief from
Anger and
Anxiety**



**Relief from
Depression**



**Trauma
Relief**



**Increased
Mental
Focus**



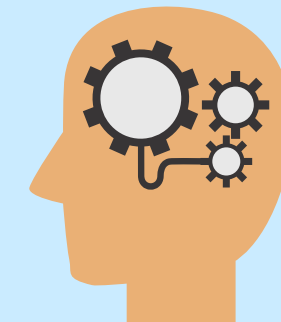
**Improved sense
of community
and belonging**



**Increased
Clarity of
Mind**



**Improved
attitude of
service**



**Improved
memory
and focus**

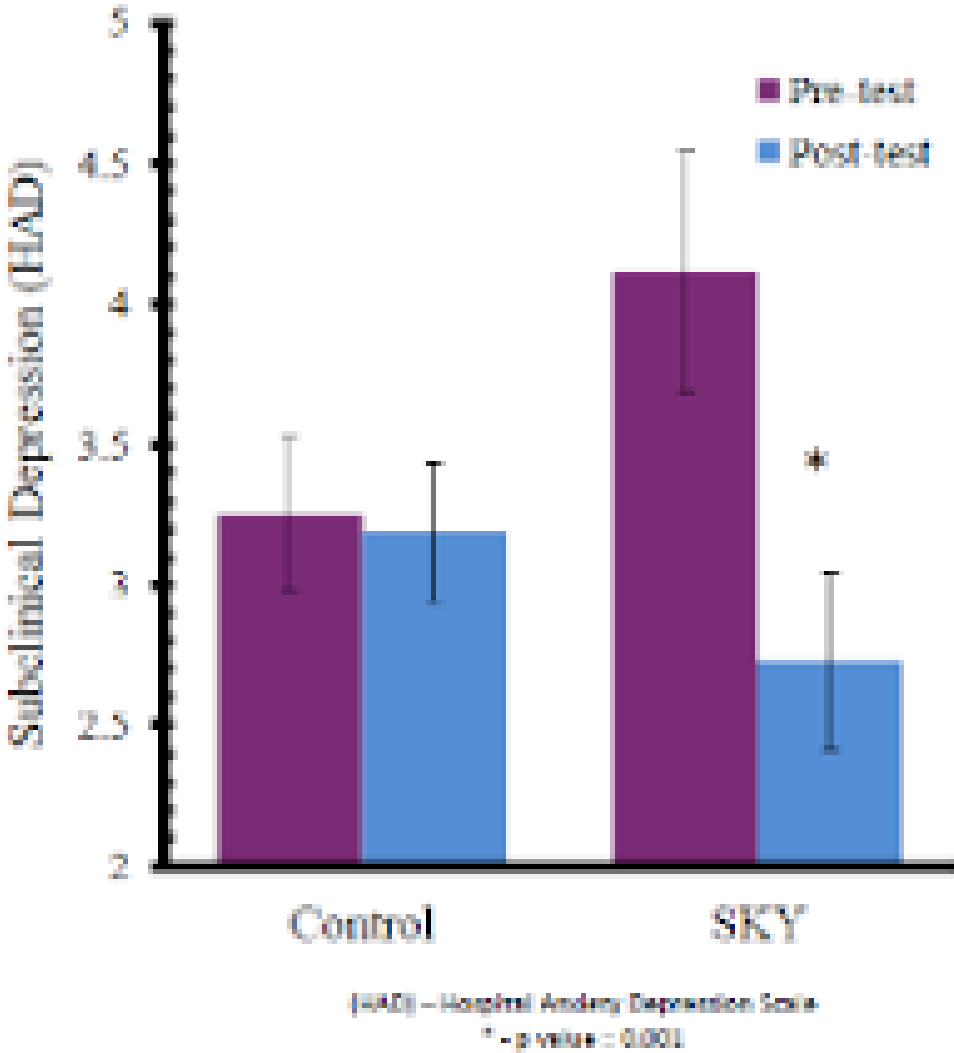
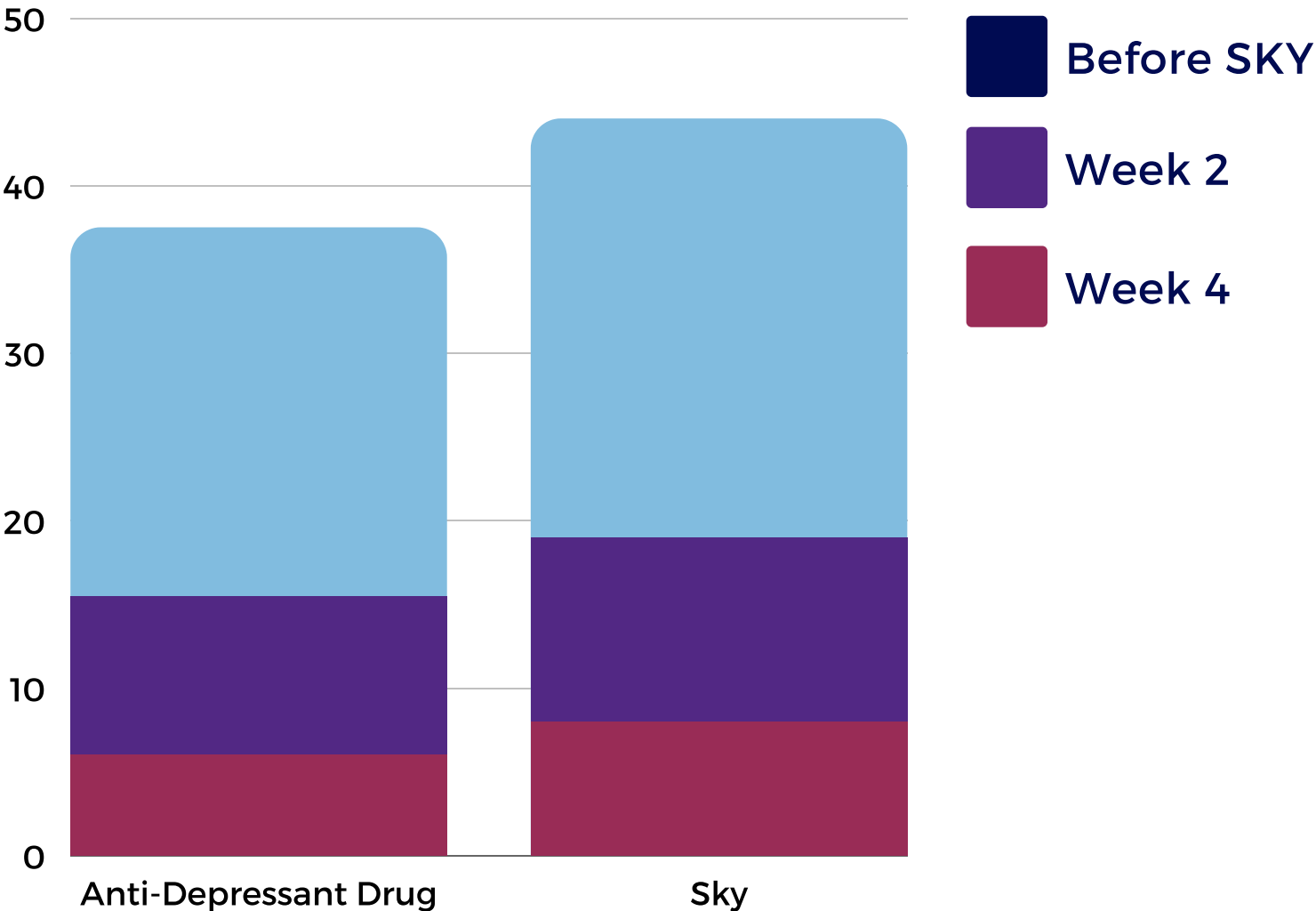
A group of approximately 12 diverse students are posed in a dormitory room. They are arranged in several rows, with some sitting on the floor and others leaning against a wooden headboard. The students are smiling and looking towards the camera. One student in the foreground is lying on their back, smiling. Another student in the middle row is making a peace sign. The background shows a window with blue frames and a wooden headboard. The overall atmosphere is positive and friendly.

Evidence-based Research into **SKY** Practices

SKY and Depression

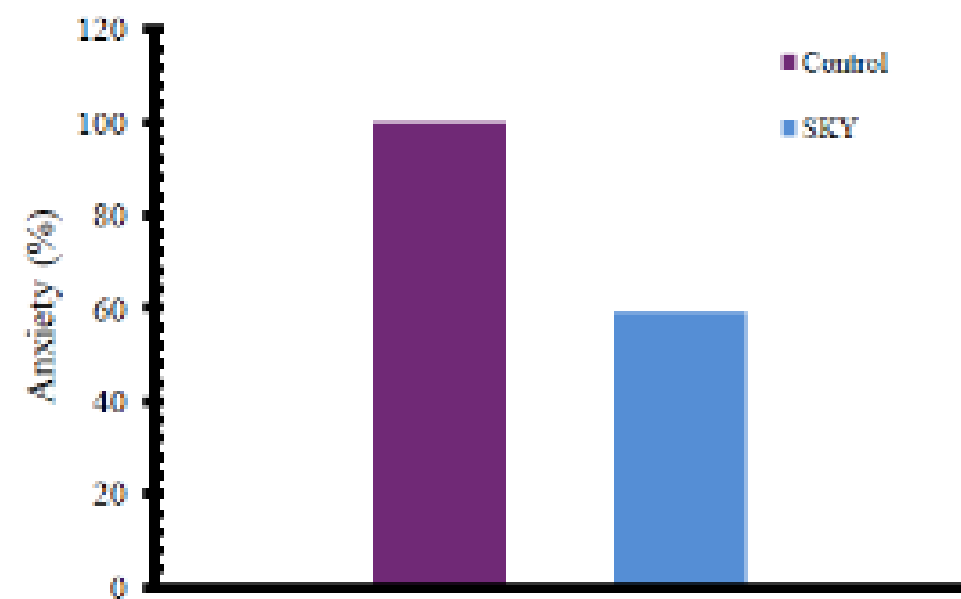
**Significantly reduces
Clinical Depression and Non-Clinical Depression**

Hamilton Rating Scale for Depression (HRSD)



SKY and Anxiety

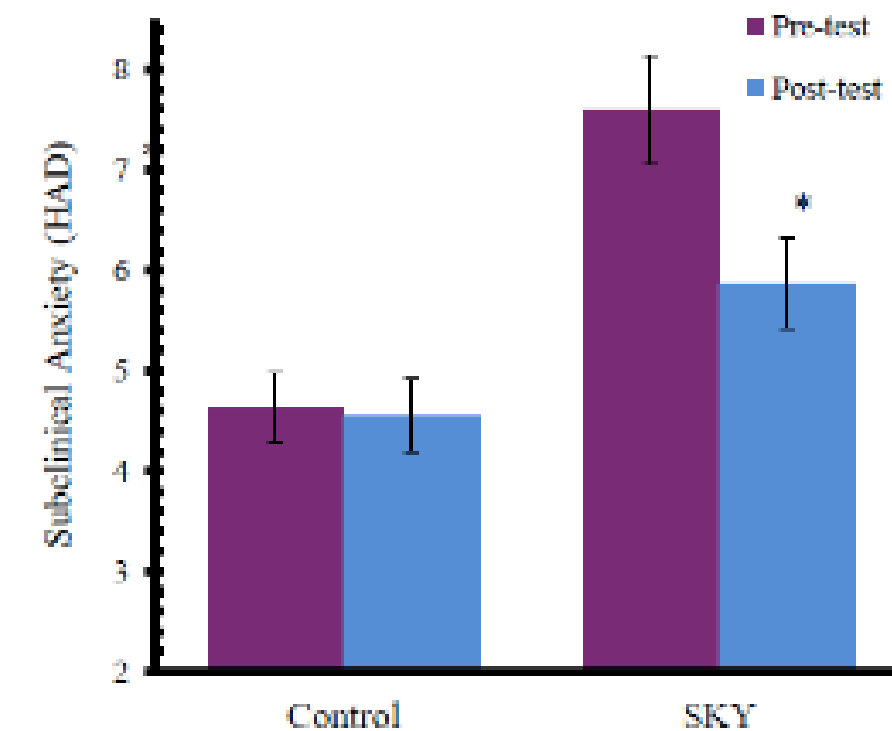
Significantly reduces
Clinical Anxiety **and** **Non-Clinical Anxiety**



73% of individuals suffering from Generalized Anxiety Disorder (GAD) who were not helped by standard psychiatric care experienced reductions in anxiety, and 41% achieved full remission 4 weeks after learning SKY.

(* - p value <0.01)

Katzman MA et al., *Int J Yoga* 2012;5:57-65



SKY significantly decreases everyday worry and anxiety

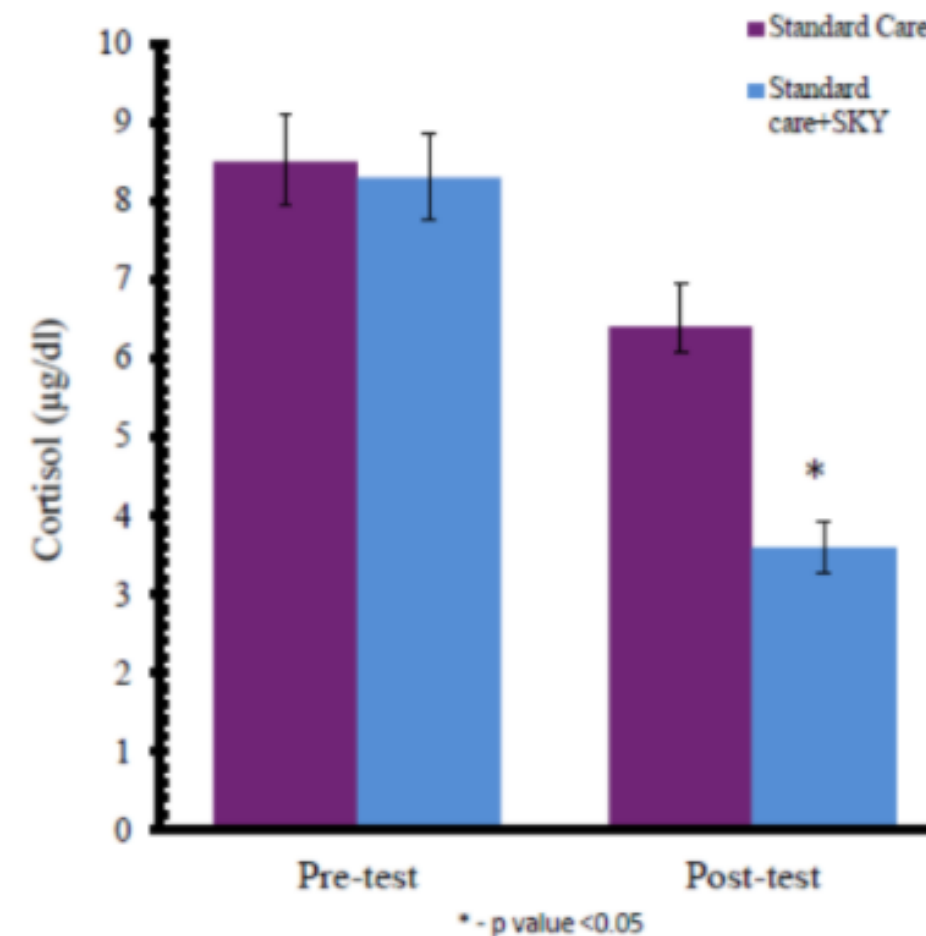
(HAD) - Hospital Anxiety Depression Scale

* - p value <0.01

Kjellgren et al., *BMC Complementary and Alternative Medicine* 2007, 7:43

SKY and Stress Levels (Cortisol)

Significantly Decreases Stress Hormone Levels

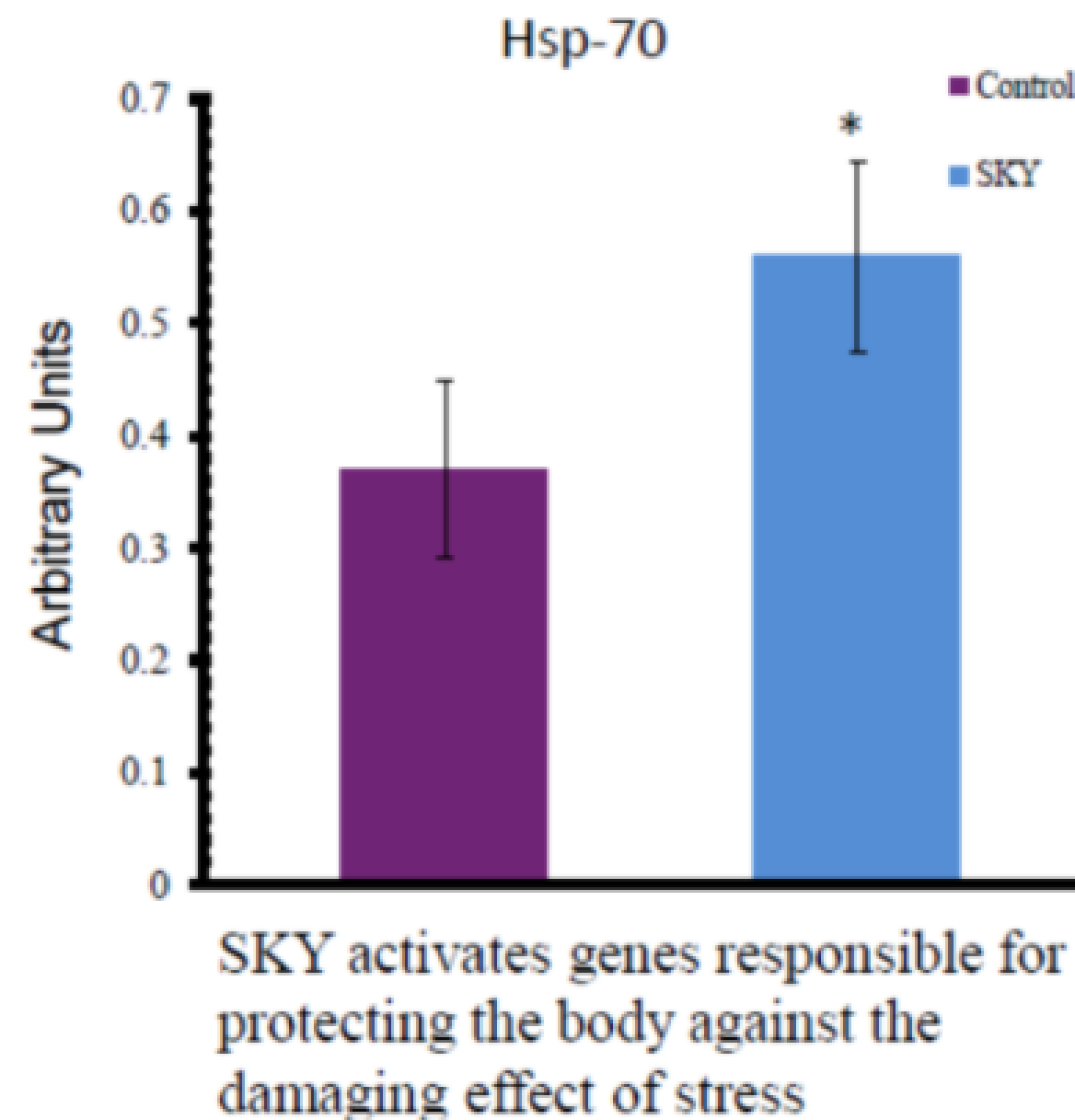


Adding SKY to conventional treatment for individuals in recovery for substance use was **twice as effective in reducing stress hormone cortisol levels** as conventional treatment alone

A.Vedamurthachar et al. (2006)

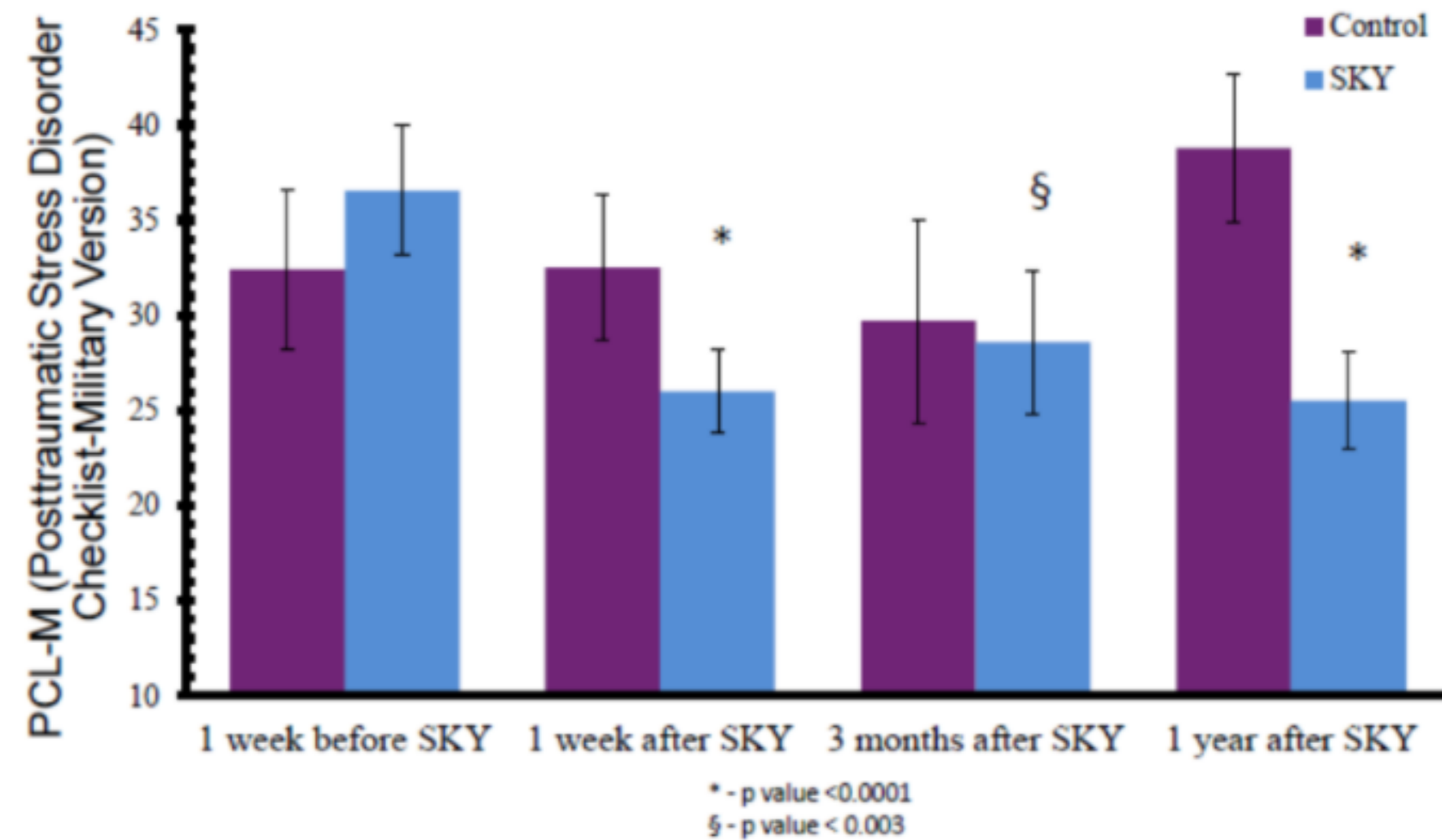
SKY and Immunity to Stress

Significantly Activates Genes that Protect against Stress



SKY and PTSD

Significantly Reduces PTSD

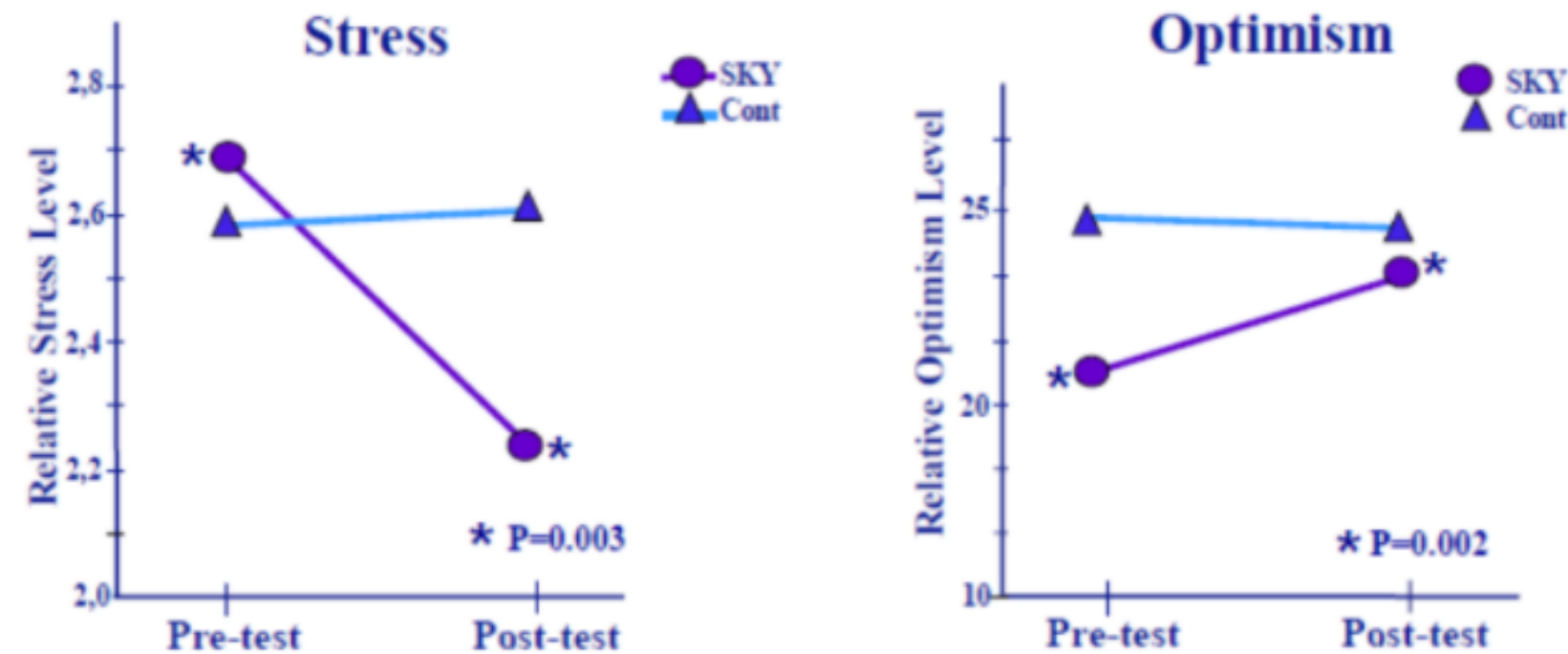


Iraq and Afghanistan veterans who practiced SKY had **significant reductions in PTSD symptoms** after just one week of SKY practice. **Results persisted for one year** with no follow-up sessions, demonstrating long term benefits.

Seppala et al. (201)

SKY and Well-Being

Significantly increases well-being

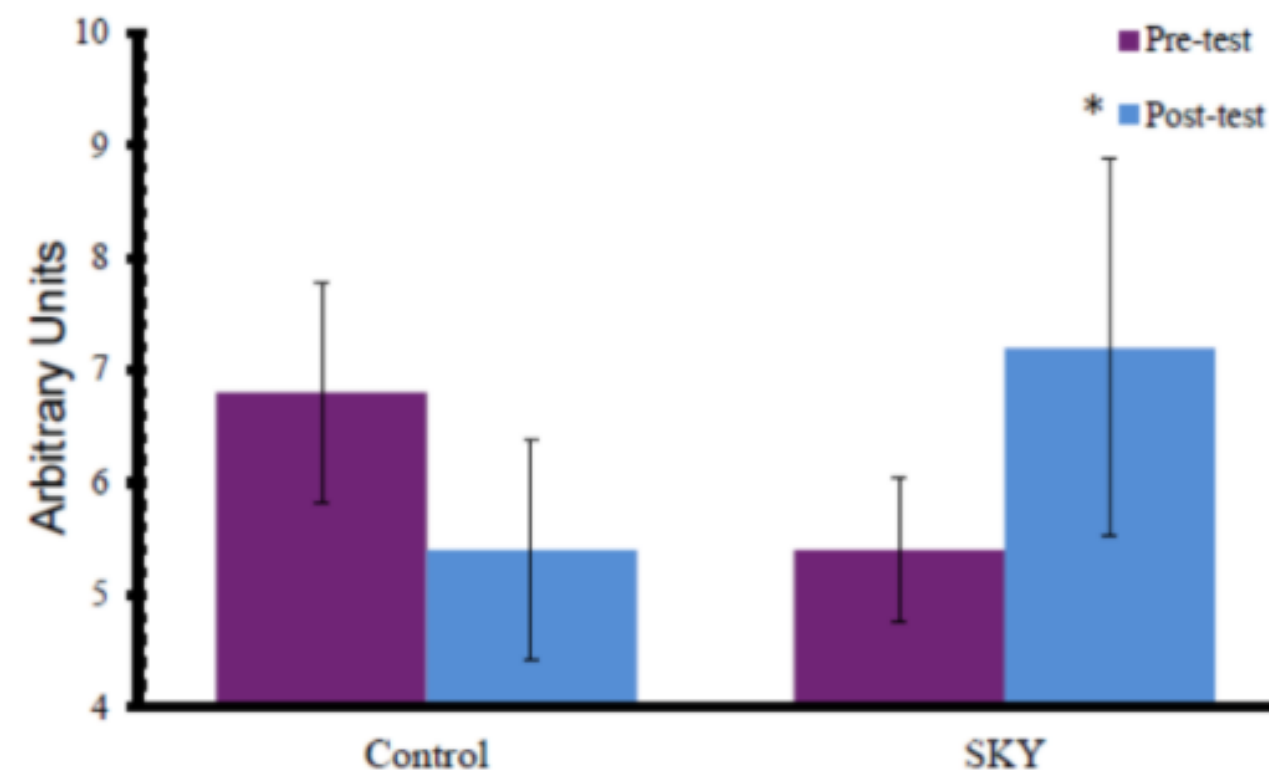


SKY significantly **decreased stress and increased levels of optimism** (a key indicator of wellbeing) in healthy adults, indicating improvement of wellness.

Kjellgren et al. (2007)

SKY and Well-being (Prolactin)

Significantly Increases Prolactin



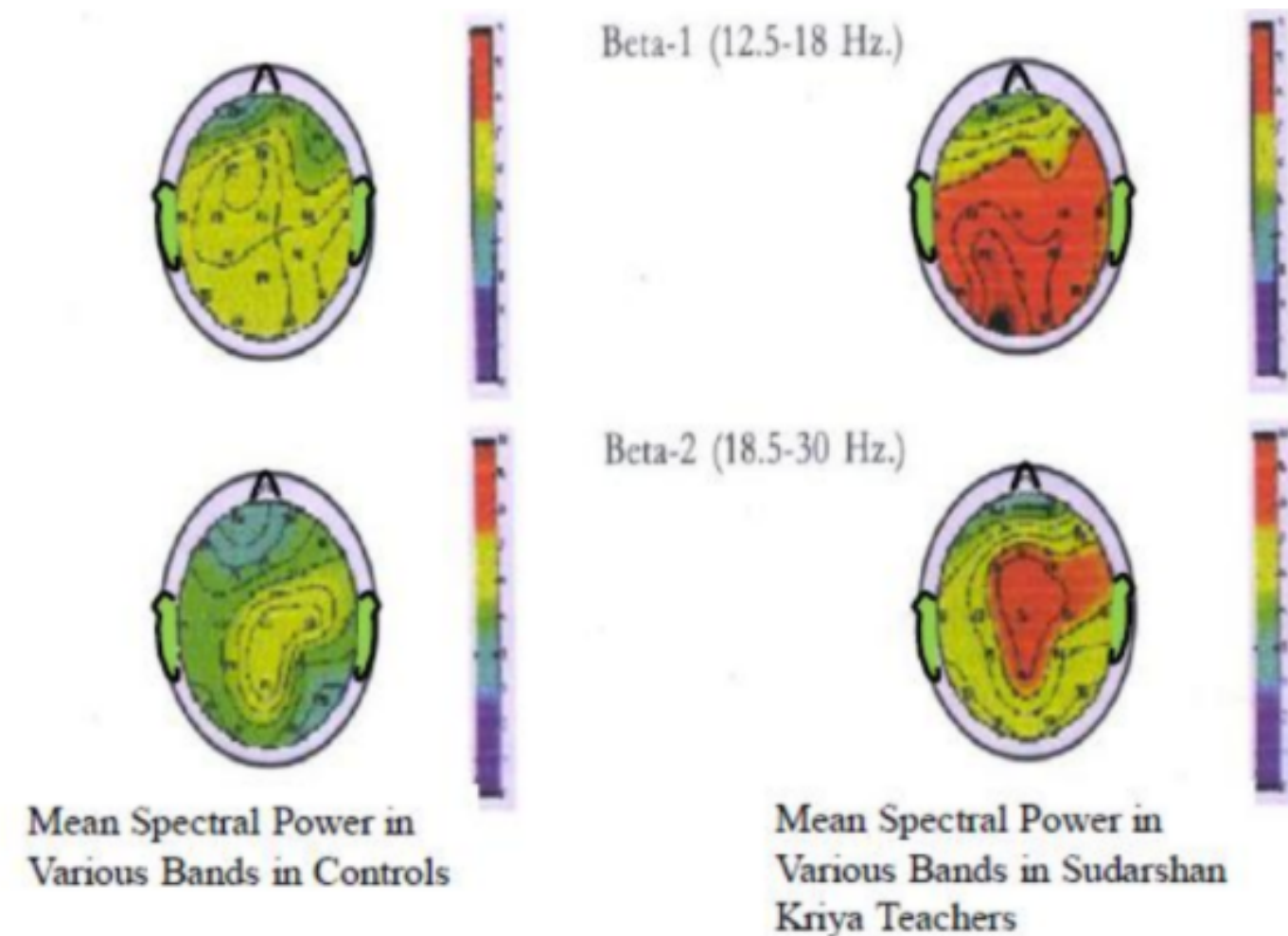
* - p value < 0.05

Prolactin, a well-being hormone is abnormally low in depressed individuals. Depressed patients experienced 33.3% increase in their Prolactin levels after their very first SKY session.

Janakiramaiah et al. (1998)

SKY and Mental Focus & Clarity

Significantly Greater Mental Focus in Sky Practitioners

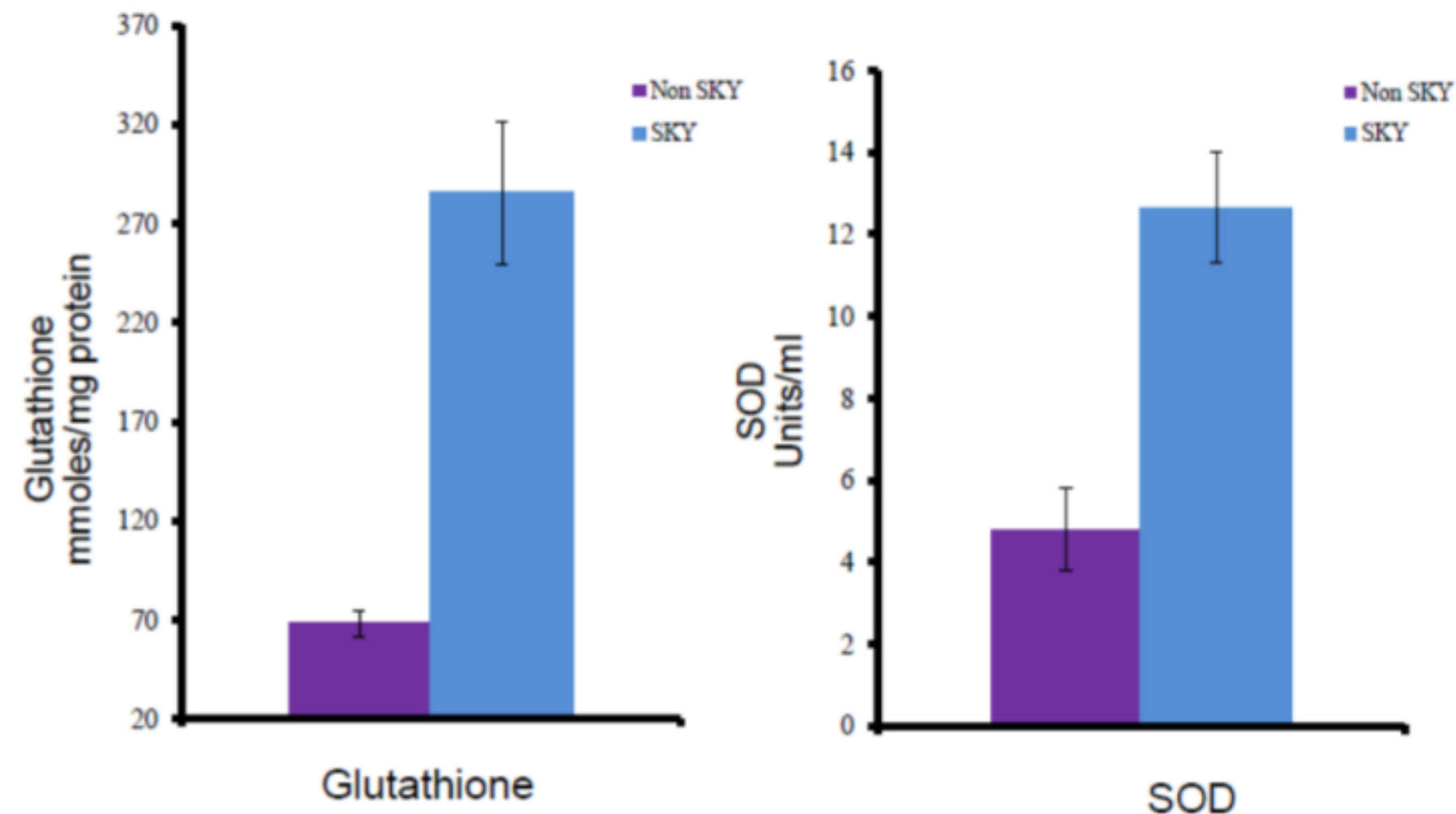


EEG measures electrical brain activity. In this study, SKY practitioners demonstrated **significantly greater ($P < 0.05$) EEG Beta wave activity** than controls, which is indicative of heightened alertness/ mental focus.

Bhatia et al. (2003)

SKY and Antioxidant Production

Significantly Increases Antioxidant Production

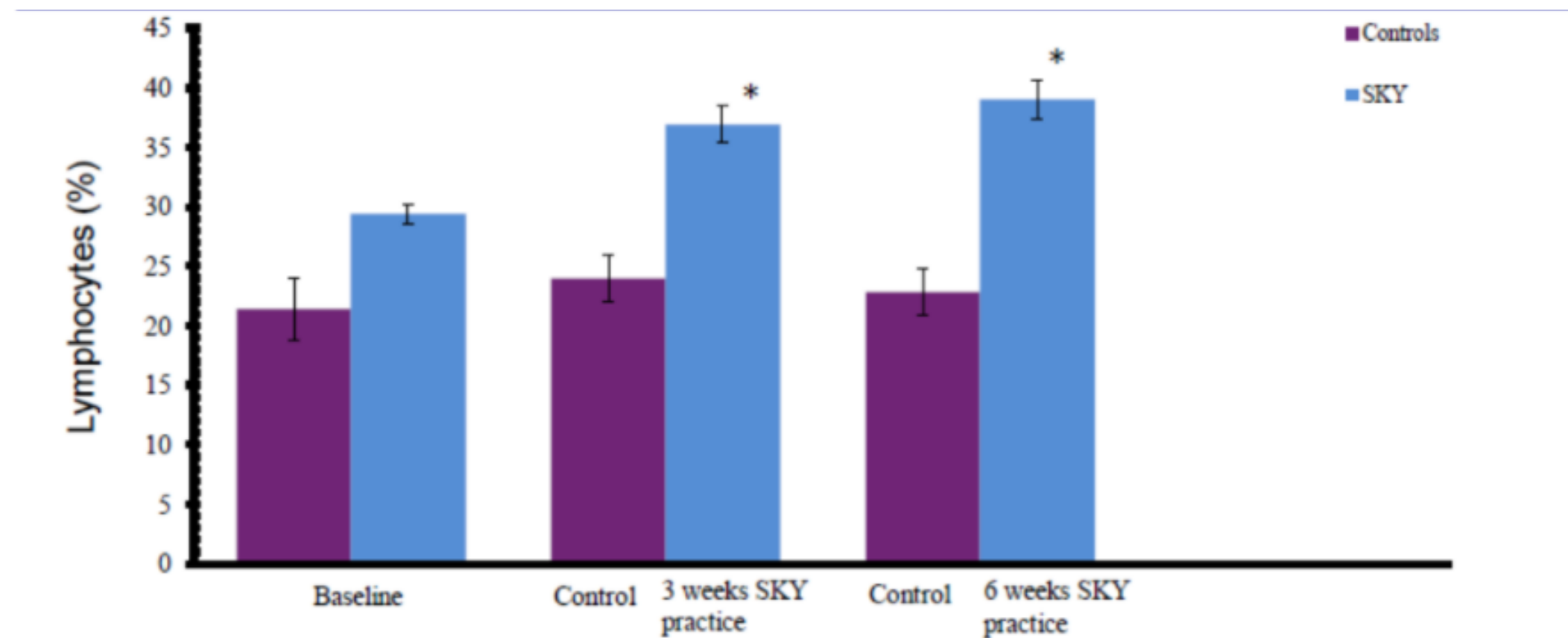


*Antioxidants protect cells from free radical damage, which is responsible for many diseases and the aging process. SKY practitioners exhibited **more than twice the levels of the 3 major antioxidants, Glutathione, SOD and Catalase** as controls.*

Sharma et al., Biol Psychol. 2003 Jul;63(3):281-91

SKY and Immunity

Significantly Enhances Immunity (Lymphocyte count)

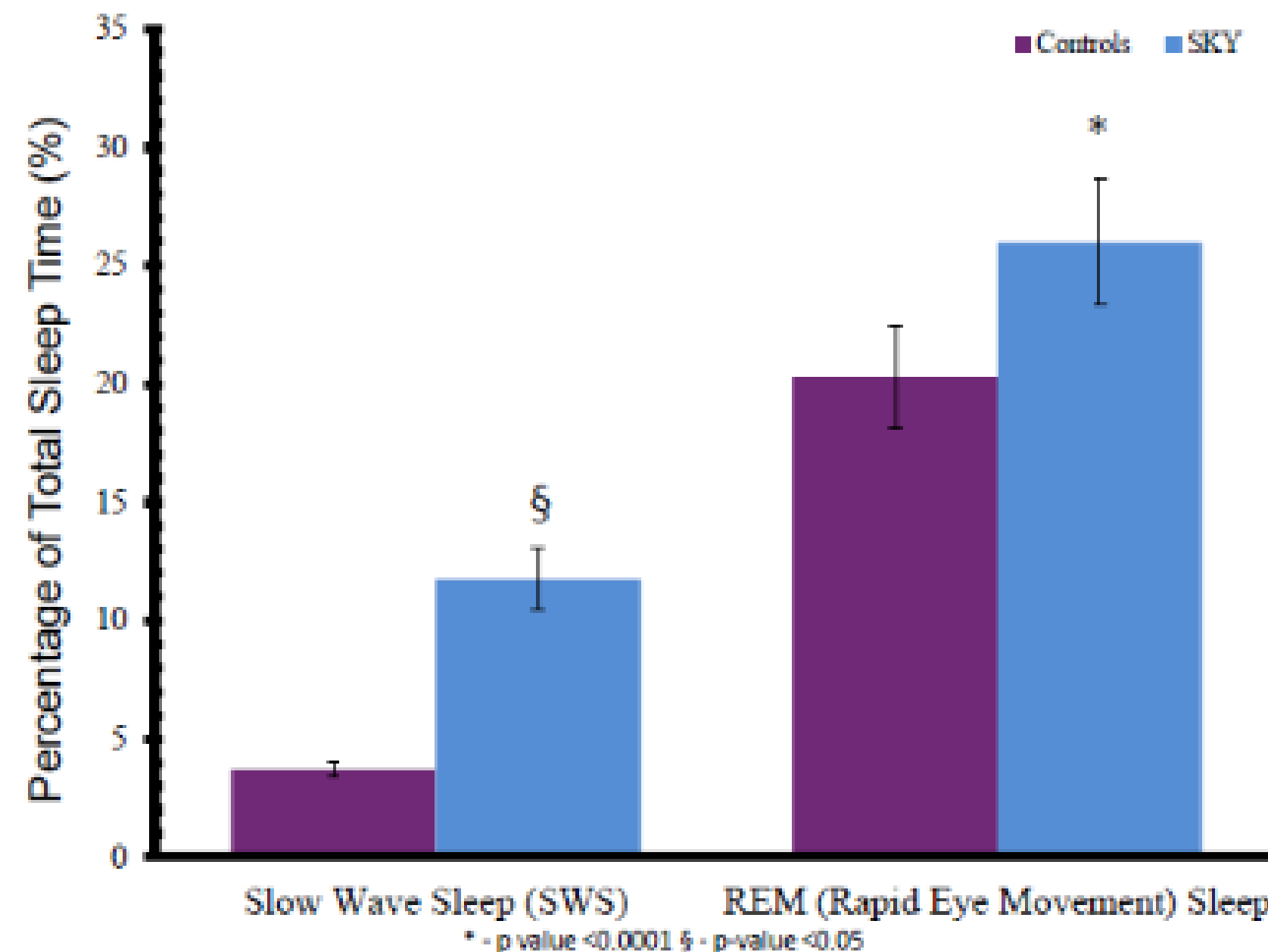


* - p value <0.001

*Approximately 70% of all immune cells are lymphocytes. SKY significantly **increased lymphocyte count by more than 50% compared to controls**, suggesting enhanced immune function.*

SKY and Sleep

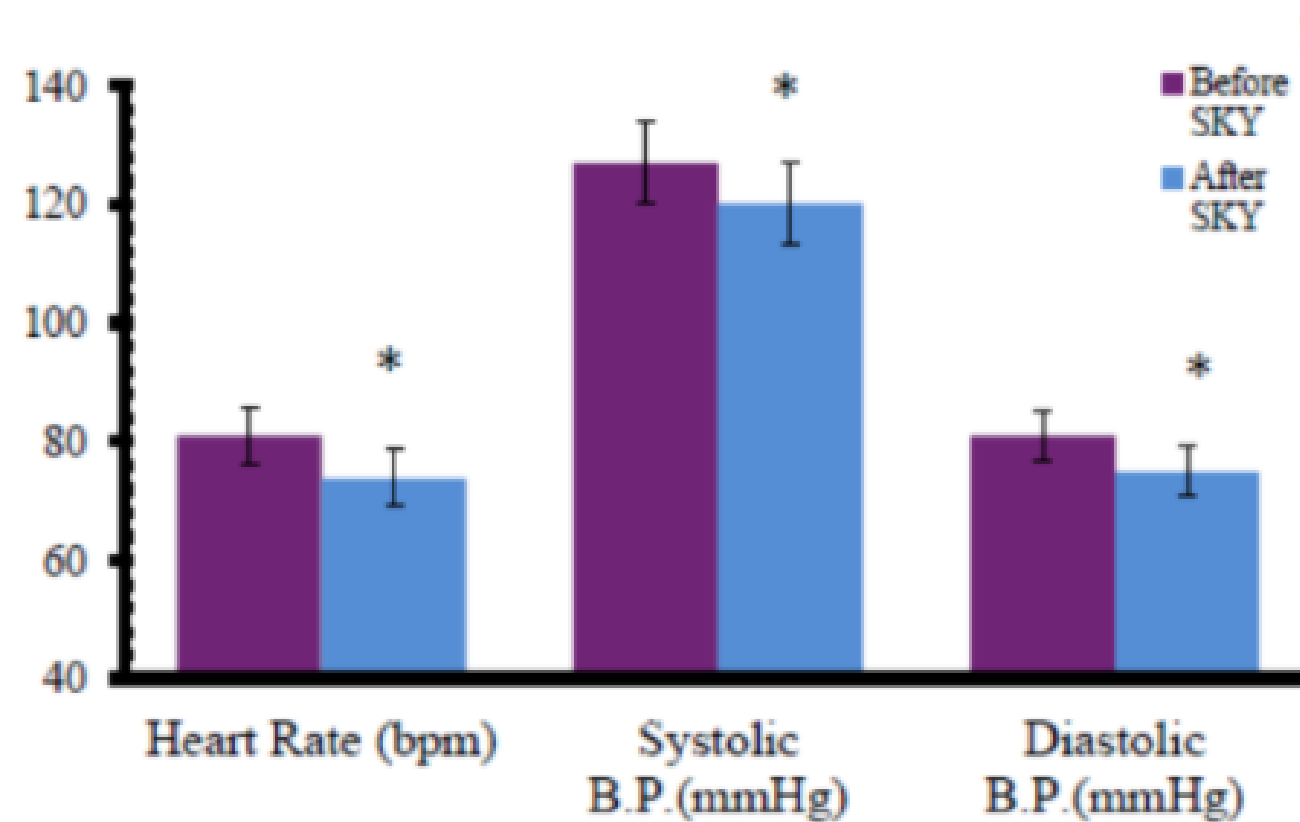
SKY Program significantly enhances restful sleep



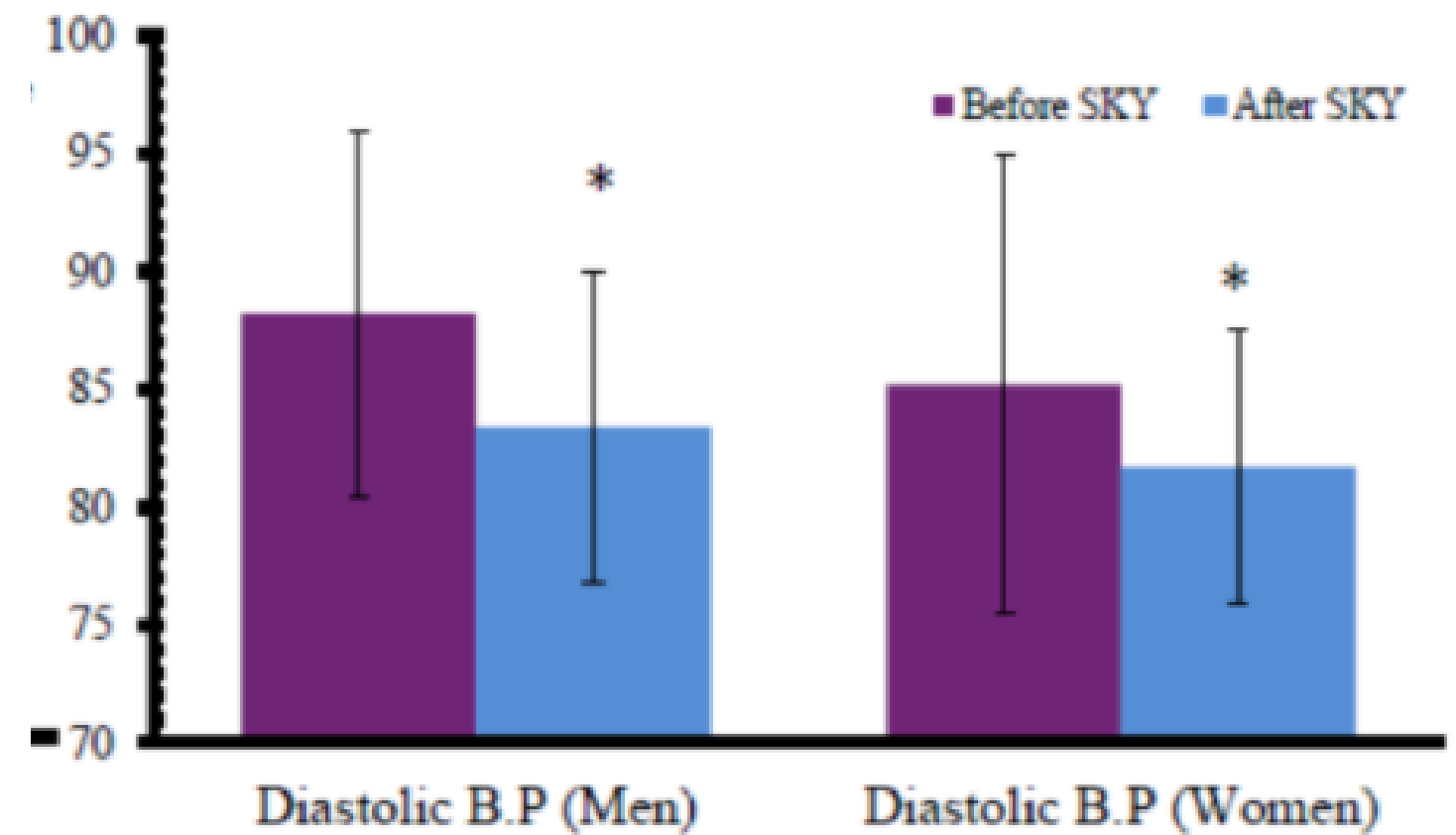
SKY and Heart Rate & Blood Pressure

Lowers Heart Rate and Blood Pressure in

Healthy Individuals

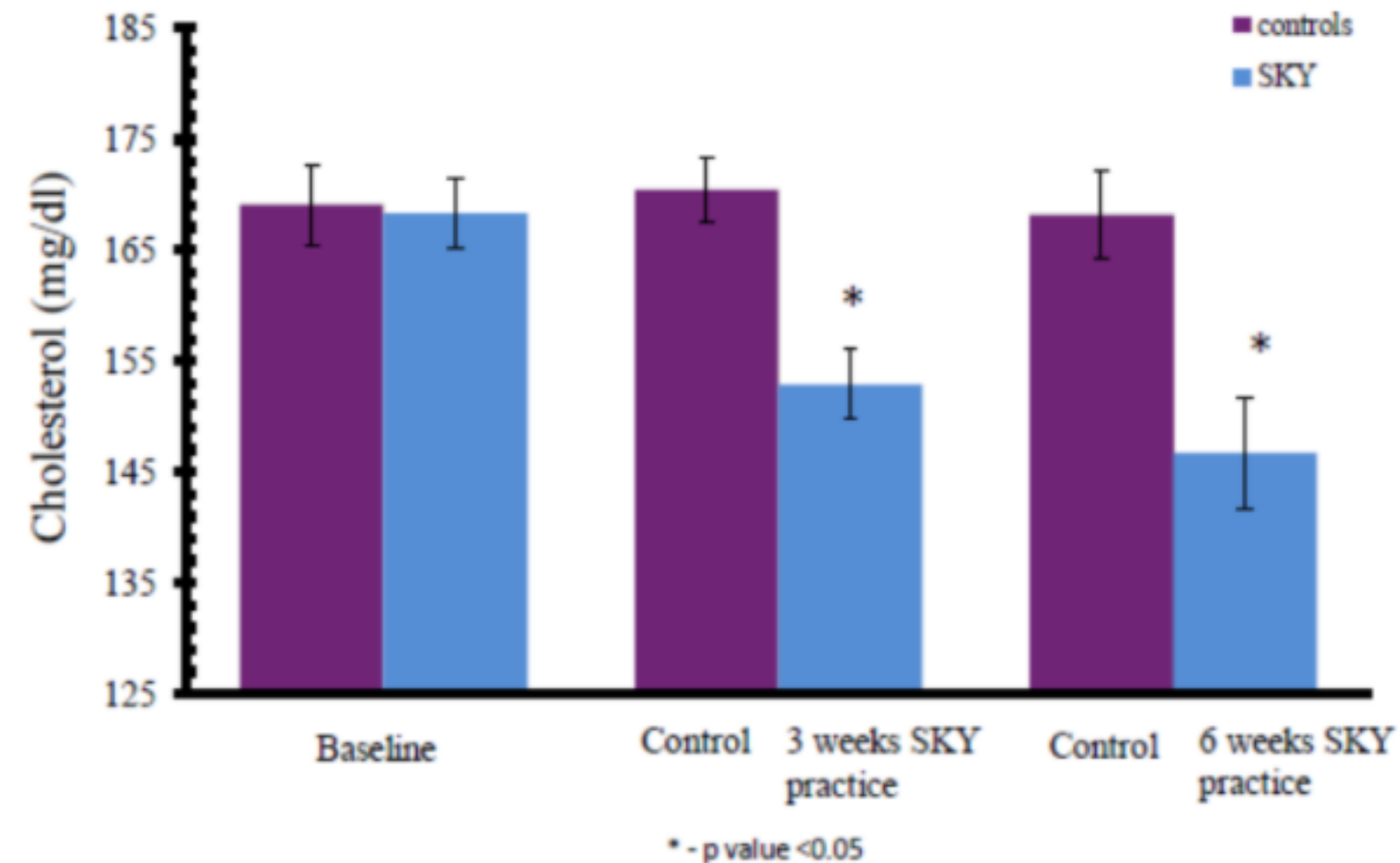


Hypertensives



SKY and Cholesterol

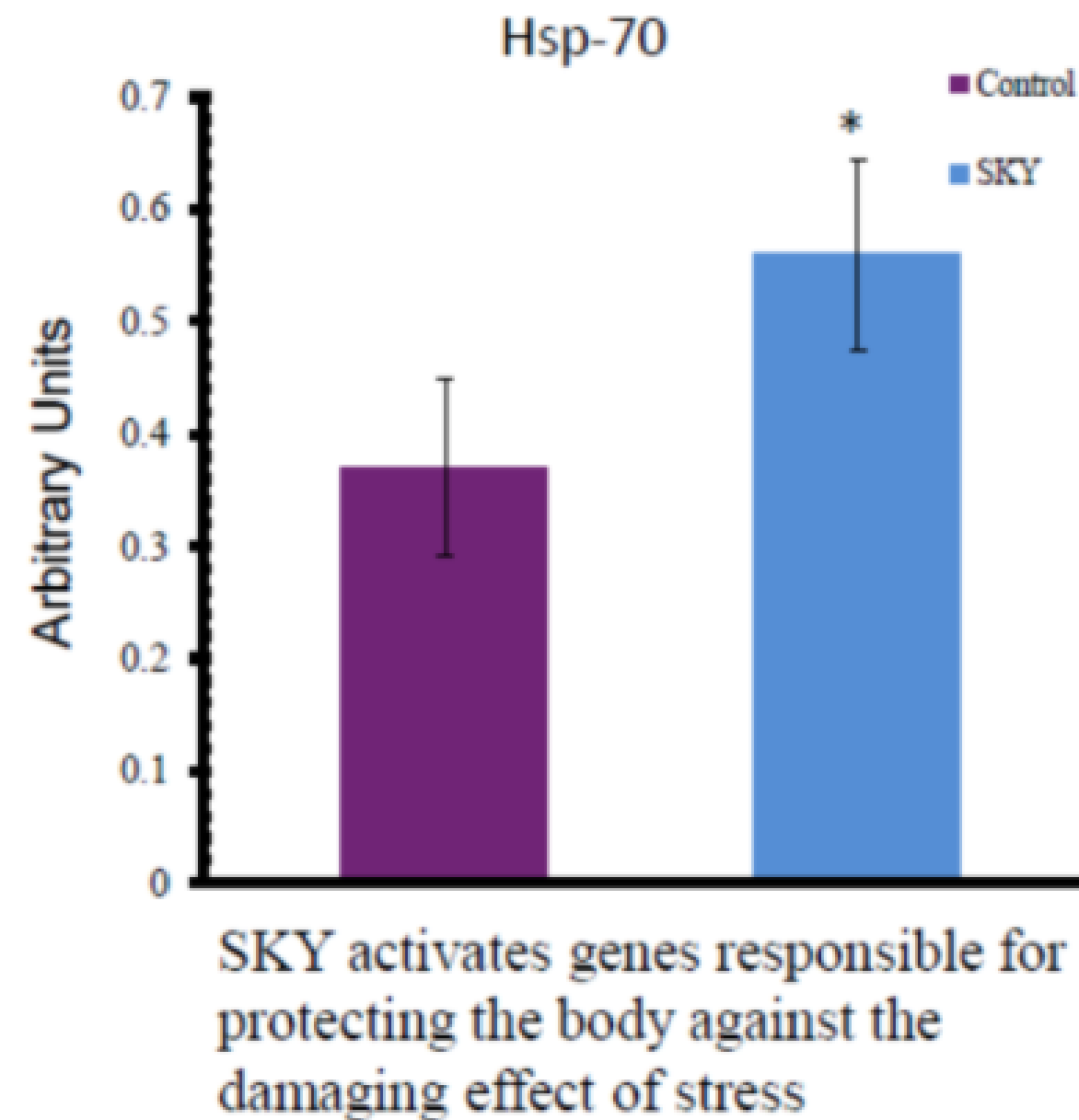
Significantly Reduces Cholesterol



SKY significantly **reduced cholesterol**, with no change in diet in just 3 weeks, even under stressful conditions.

SKY and Gene Expression

Rapidly changes gene expression *97 genes are expressed



UNIVERSITIES THAT OFFER



- Ohio State University
- Purdue University
- University of Minnesota
- Cleveland State University
- John Hopkins University
- Massachusetts Institute of Technology
- Northeastern University
- University of Southern Maine
- University of North Carolina Charlotte
- University of North Carolina Greensboro
- Georgia Technical College
- University of Florida Gainesville
- Florida International University
- University of Texas Dallas
- University of Texas Arlington
- University of Texas Austin
- Texas A&M University
- Indiana University Bloomington
- University of New Mexico
- Tacoma Community College
- Stanford University
- San Jose State University
- University of Southern California
- Arizona State University
- University of Maryland
- University of Illinois - Urbana
- Champaign University
- North Carolina State University
- University of New England
- SUNY Binghamton
- University of Cincinnati
- University of Florida Tampa
- University of Pittsburgh
- Appalachian State University
- NOVA Southeastern University
- Columbia University
- Texas State San Marcos
- Springfield College
- Emory University
- University of California Los Angeles
- University of Washington
- University of Oregon
- University of California - Santa Barbara
- Colorado University - Boulder
- University of Alaska
- Harvard University
- Carnegie Mellon University
- UC Irvine
- Drexel
- Wayne State
- University of California San Francisco
- UC Berkeley
- University of Arkansas



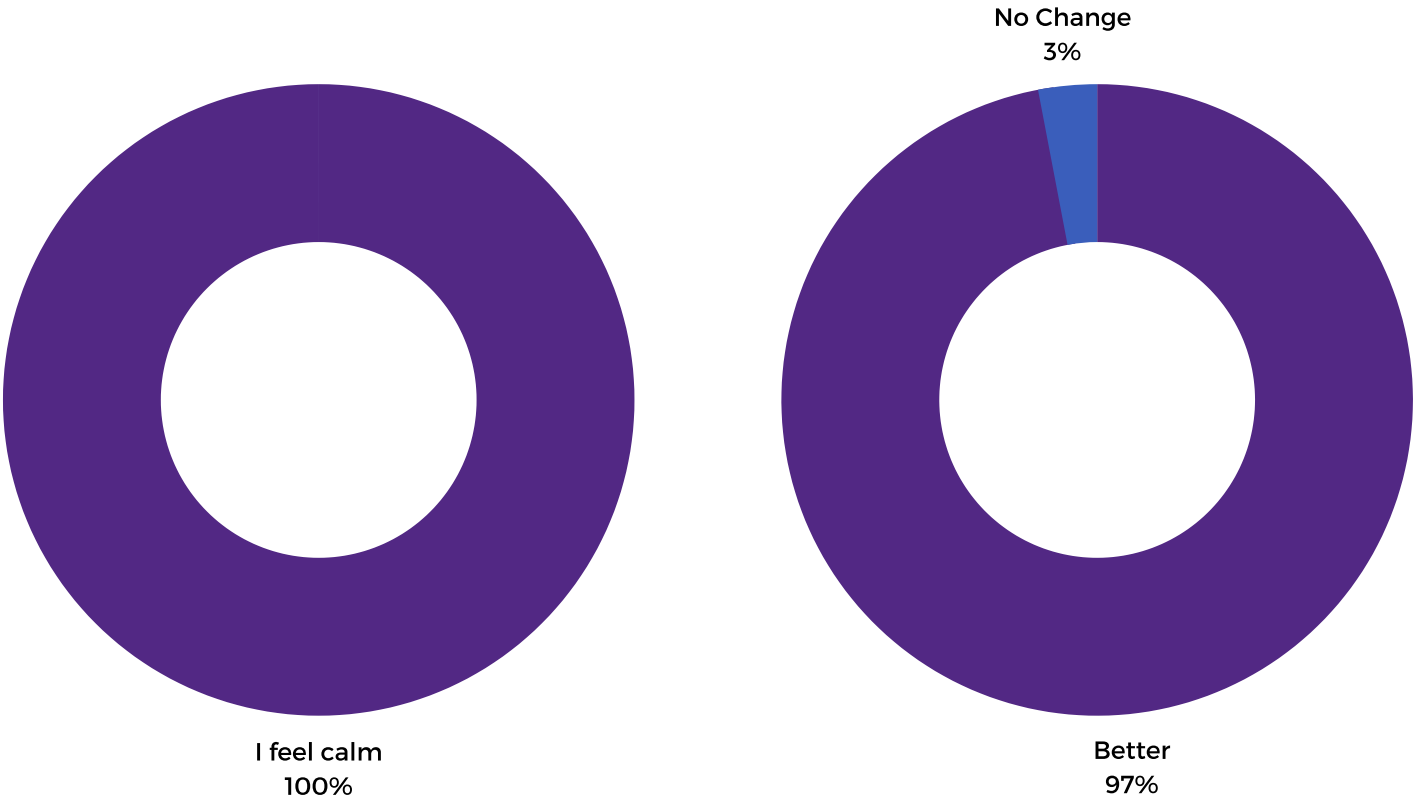
Student Responses from Stanford University

offered by the Wellness Room and Vaden Health
Promotion Services in conjunction with the
International Association for Human Values (2009-2010)

SKY Campus Happiness Retreat

Stanford University Survey Results

LEVEL OF STRESS



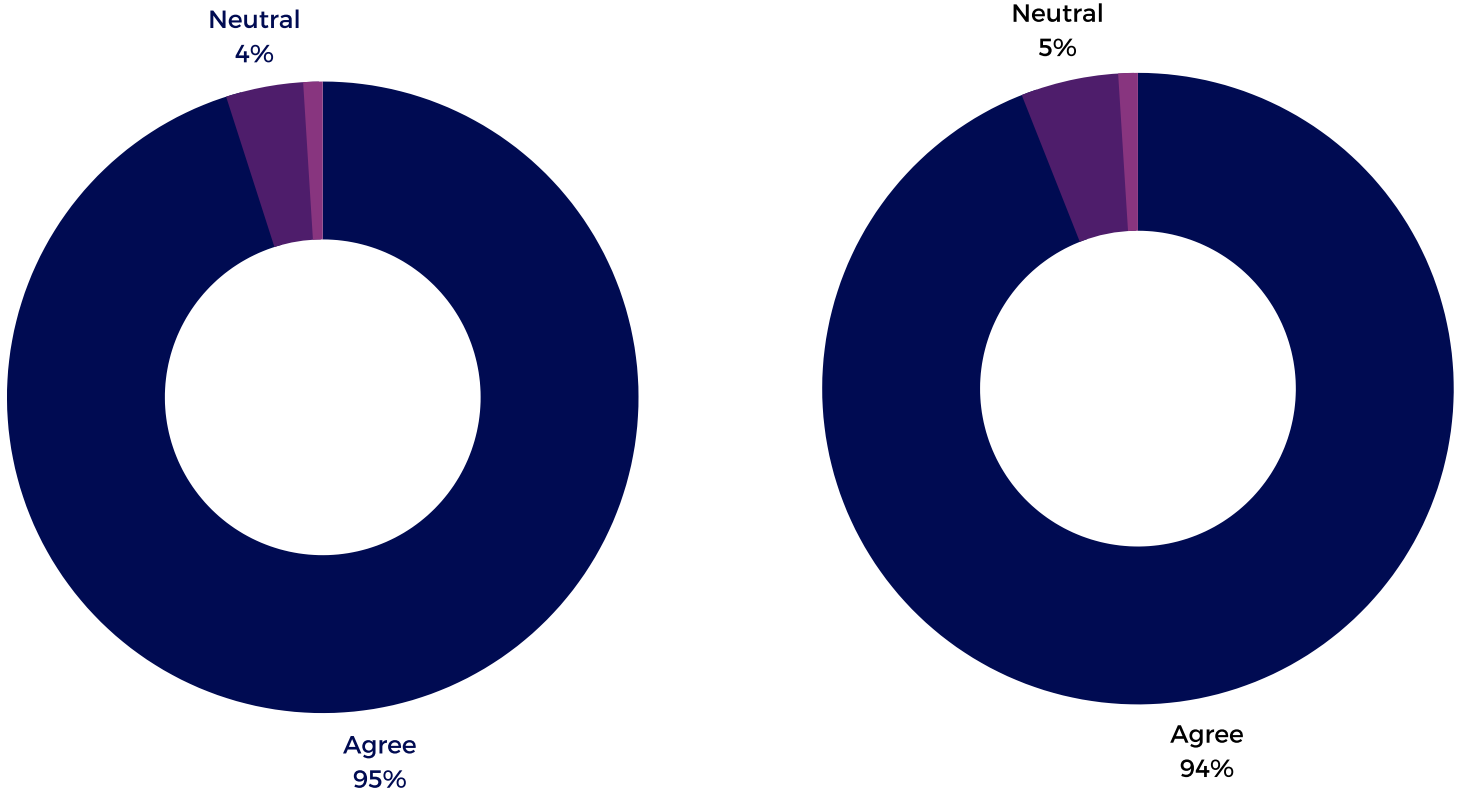
"I FEEL CALM"

Better: 100%
No Change: 0%

"MY STRESS IS..."

Better: 97%
No Change: 3%

SLEEP, FOCUS, AND CONCENTRATION



"MY SLEEP IS..."

Better: 68%
No Change: 32%

"MY FOCUS AND
CONCENTRATION IS..."

Better: 92%
No Change: 8%

SKY Campus Happiness Retreat

Stanford University Survey Results

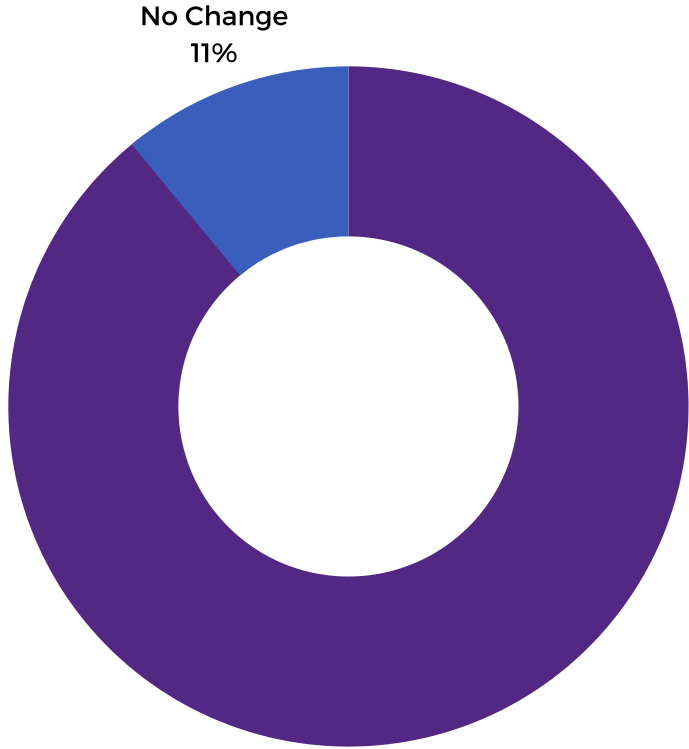
ANGER, FRUSTRATION, AND EMOTIONAL STATE



I feel calm
100%

"I FEEL BETTER"

Better: 100%
No Change: 0%



No Change
11%

Better
89%

"MY ANGER AND FRUSTRATION IS..."

Better: 89%
No Change: 11%



NEWSROOM LINKS

OSU The Lantern

Meditation helps struggling students get back on track

Huffington Post

Why Students At Elite Colleges Are Turning to Meditation

USM

Free Press: YesPlus helps students relieve stress

Penn Medicine News

Yogic Breathing Helps Fight Major Depression, Penn Study Shows

Stanford

Stanford Researchers: The secret to overcoming the opioid crisis may lie partly in the mind

A young man with dark hair and glasses is sitting in a wooden chair, meditating with his eyes closed and hands resting on his knees. He is wearing a grey sweater. The background is a blurred classroom setting with a chalkboard.

NEWSROOM LINKS

Yale News

To improve students' mental health, Yale study finds, teach them to breathe

Forbes

How To Decrease Back To College Anxiety: Just Breathe

Harvard Business Review

Research: Why Breathing Is So Effective at Reducing Stress

PopSugar

If Traditional Meditation Makes You Anxious, You Need to Try SKY Breath Meditation

Yoga Journal

Can Yoga and Meditation Fix the College Mental Health Crisis?

To know more, reach us through:



(+63) 917-706-1175



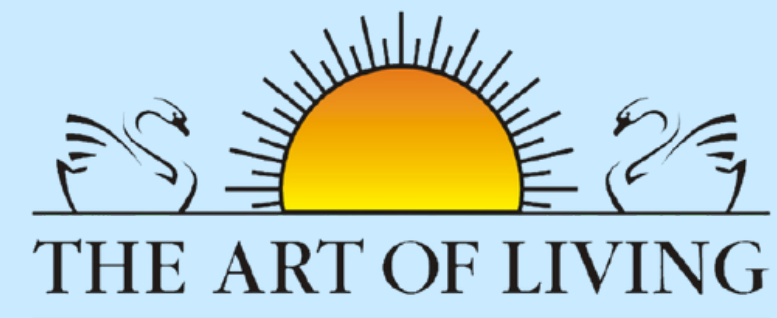
julielimang2012@gmail.com



ph.iahv.org



skycampus happiness.org



artofliving.org