

YOGA FOR DEPRESSION



Move gently. Breathe deeply. Be kind to yourself.

YOGA CAN BE A GENTLE WAY TO SUPPORT YOUR MOOD

When you're feeling low, even small movements and conscious breathing can help lift your mood, ease heaviness and bring a sense of calm.

You don't need energy or motivation to begin.

Just a few minutes, just for you.



BENEFITS OF YOGA FOR DEPRESSION



Improves mood

Movement and breath boost feel-good chemicals like serotonin and endorphins.



Reduces stress and tension

Helps lower cortisol levels and relaxes both mind and body.



Supports better sleep

Calms the nervous system and encourages deeper rest.



Builds self-compassion

A gentle practice reminds you that you are worthy of care.



Increases energy naturally

Even small movement can help reduce fatigue over time.



Encourages connection

Yoga can create a sense of belonging and support.



SIMPLE BREATH TO TRY

4-4-6 Breath

- ♥ Breathe in through your nose for 4 counts
- ♥ Hold for 4 counts
- ♥ Breathe out through your mouth for 6 counts
- ♥ Repeat 3-5 times



This gentle breath can help calm your mind, ease sadness and bring a sense of stillness.

GENTLE POSES TO LIFT YOUR MOOD

1



Child's Pose
(Rest & Release)

A comforting pose that soothes and brings a sense of safety.

2



Cat-Cow
(Spinal Flow)

Gentle movement to release tension and improve energy.

3



Seated Forward Fold
(Calm & Ground)

A soothing stretch that helps quiet the mind.

4



Legs Up the Wall
(Restore & Relax)

Helps reduce fatigue and calms the body.

5



Savasana
(Rest & Reset)

Deep rest that allows your body and mind to heal.



TIPS FOR TOUGH DAYS

- ✓ **Start small** – even 2 minutes can make a difference.
- ✓ **Create a calm space** – dim the lights, play soft music if it helps.
- ✓ **Use props** – blankets, cushions and a chair can support you.
- ✓ **Listen to your body** – move only in ways that feel okay today.
- ✓ **Celebrate small wins** – showing up is something to be proud of.



Remember

Healing isn't a straight line. Some days will feel harder than others – and that's okay. Yoga is here to support you, gently, at your pace.

*You are enough.
You matter.
You belong.*



DAILY TIP

Even just 5-10 minutes of gentle yoga each day can help improve your mood, reduce sadness and support your overall wellbeing.



UNTIL NEXT TIME,
GIVE YOURSELF **SPACE TO BREATHE**



With love, Maggie

