From Fight, Flight or Freeze to Self-regulated Well-being?



A qualitative study, where semi-structured interviews were recorded, transcribed, coded and categorized using manifest content analysis (DeJonckheere & Vaughn, 2019)

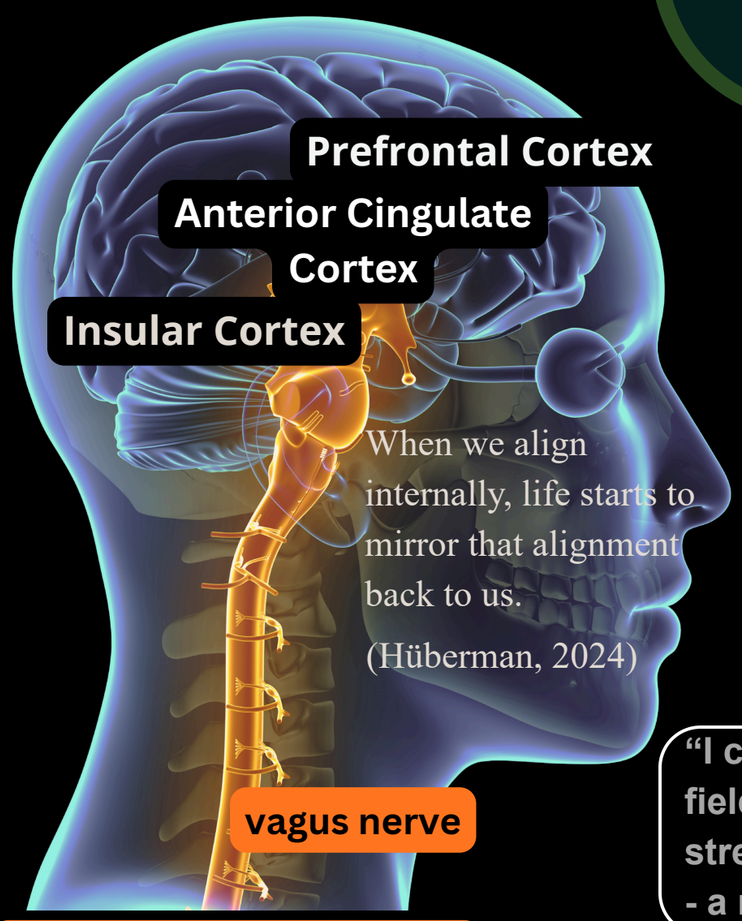
Chronic activation of the sympathetic nervous system contributes to longterm health risks, particularly non- communicable diseases (NCDs) which are rapidly **increasing in India and world-wide**. By strenghtening individual self-regulatory capacity, preventive approaches may reduce strain on health systems and support sustainable workforce participation. **The study aligns with Swedish development cooperation priorities on Health systems strenghtening, Empowering women and girls, and SDG 3** (Good Health and Well-being).

3 GOOD HEALTH AND WELL-BEING

Inner Engineering is a structured program offered by the Isha Foundation globally that combines yogic tools and inner exploration techniques to promote personal transformation, balance and health (Isha, 2022).







Emotional Recilience & Regulation stands out as central in this study, reflecting perceived shifts from fight, flight or freeze responses toward self-regulated well-being through daily contemplative practice

However, comparable outcomes may be achieved through other methods, such as mindful breathing, silent sitting, humming, or even time spent in natural settings.

"gaining a remote control" over one's emotions"

QUOTES:

"I came from a field with a lot of stress, anxiety, - a rat race"

"Outside situations are still the same but something within has changed and grown"

"If the source of joy is You, you are not dependent on anybody else to validate your life and who you are"

"I never had good relationships with anyone, I was always on the edge, ready to fight. Slowly as I practiced, I can clearly see that my relationships turned better. I am able to see where the other person is coming from"



The Study



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