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## Benefits of YOMEI for Healthcare Professionals

The physical, psychological and emotional health of Healthcare professionals weighs a significant importance because they safeguard good health and well-being of our society. In the Healthcare system, stress and anxiety stem from administrative challenges, complicated clinical cases and a heavy workload. Yoga, Mindfulness and Emotional Intelligence are believed to ease the aforementioned stress through increased awareness, concentration, self-reflection, self-awareness and emotional regulation [1]. Yoga and Meditation provide physical and psychological stability to Healthcare professionals which enhance their value in the healthcare sector [2]. Another study reveals that medical yoga enhances mental ease and spiritual well-being through appropriate breathing techniques, meditation, self-reflection and mindfulness which infers that it could potentially increase the institutional performance of Healthcare professionals [3]. It is argued that YOMEI interventions and training should be introduced in the healthcare system to help the doctors, nurses, students and managers with improved management of stress, anxiety and workload [1].

Mindfulness comes as a result of Meditation and Yoga which improves physical, psychological, emotional and institutional performance in Healthcare professionals [4]. The study further reveals that Healthcare professionals should seek Mindful interventions in order to maintain and enhance their psychological well-being [4]. Findings from another study suggests that Healthcare professionals report an alarming burnout rates which refers to exhaustion and performance inefficiency [5]. It is argued that Mindfulness based interventions have a significant

impact on reducing burnout through the inhibition of attention towards worries and redirecting the attention towards the present challenges with the help of Mindful behavioral patterns. These Mindful patterns include meditation, breathing techniques, guided imagery and mantras etc. [5].

In today's healthcare systems, communication, empathy, flexibility, tolerance and hard work are as important as clinical prescriptions. Emotional Intelligence enables Healthcare professionals to understand and minimize social inequalities and prejudices through empathy and emotional recognition [6]. The study further states that Emotional Intelligence helps Healthcare professionals with self-regulation, self-awareness and problem solving. Self-awareness is the removal of personal perceptions which helps Healthcare professionals with unbiased decisions whereas self-awareness refers to emotions' management. Emotional Intelligence reduces burnout such as exhaustion and stress for Healthcare professionals through better stress management in the workplace [7]. The study also explains that Emotional Intelligence acts as a protective factor against anxiety, stress and workload through the recognition and management of both positive and negative emotions [7].

Yoga, Mindfulness and Emotional Intelligence (YOMEI) holds high significance for Healthcare professionals because it helps them in managing stress, reducing burnout and increasing workplace efficiency. YOMEI trainings have the potential to substantially ease the workload of Healthcare professionals and improve their institutional performance.

## References

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