

The impact of a stress management intervention including cultural components on stress biomarker levels and mental health indicators among Indigenous women

We are: Studying a culturally inclusive intervention to reduce stress biomarker levels AND reduce symptoms suggestive of depression and PTSD.

Component 1: AUTOGENIC TRAINING



Component 2: INDIGENOUS PRACTICES AND CULTURAL CONNECTION



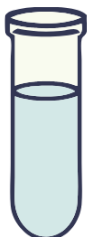
Component 3: GUIDED IMAGERY LED BY INDIGENOUS HEALING PRACTITIONER OR ELDER



IN WOMEN WHO RECEIVED THE INTERVENTION



**Stress and
PTSD** score
measures



**Stress
biomarker
(cortisol)
levels***



We know: Chronic stress is a consequence of systemic oppression and discrimination. Spiritual and land-based activities from Indigenous knowledge are essential for individual and community healing.

*significant decreases among older women and women with disabilities

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