



VESTIBULAR

DISORDERS ASSOCIATION

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To Whom It May Concern,

I am writing this letter in support of Julie Hutchin and Tai Chi Phoenix's "Tai Chi for Mental Health" initiative.

Vestibular disorders affect individuals physically and psychologically. The mind/body connection is complex. The interconnected nature of body and mind and concept of balance is symbolized by the yin-yang symbol traditionally associated with Tai Chi, which addressed physical and mental health.

Emotional factors - the way we think, feel and behave - can have a significant effect, for better or worse, on our physical health and our capacity to recover from illness.

In the context of a vestibular disorder, a vicious cycle may develop whereby physical symptoms initially triggered by your condition result in anxiety and/or other emotional responses and further increase feelings of dizziness, vertigo, or other vestibular symptoms.

Learning stress management techniques can be quite effective in minimizing the emotional aspects of vestibular disorders. A variety of relaxation techniques, such as diaphragmatic breathing, progressive muscle relaxation and visualization/imagery can combat negative feelings. The slow, physical movements of Tai Chi also contribute to relaxation and consequently to improved mental health.

The Vestibular Disorders Association supports the use of Tai Chi to improve balance and overall well-being.

Best regards,

Cynthia Ryan
Executive Director