




Poster presentation

Qigong for all Ages: A Preliminary Review on Stress and Quality of Life.

Alda Nobre¹, Amândio Pinto¹, Manuela Abreu^{1,*} , Manuela Lasca¹  and Lara Vilaça¹ .

¹ ABS – Health Level Atlântico Business School, Vila Nova de Gaia, Portugal;

* Correspondence: manuela.abreu@abs.pt

Abstract: This poster presents an ongoing narrative review exploring the therapeutic use of Qigong for stress reduction and improvement of quality of life across various age groups. Stress, as a state of tension or pressure, can have adverse effects on both physical and mental health, deeply affecting quality of life. Qigong, a practice combining gentle movements, breathing techniques, and meditation, offers therapeutic benefits such as stress reduction and enhanced quality of life. Research indicates that Qigong can be beneficial for individuals of all ages, including children, adolescents, and adults. In children and youth, Qigong practice has demonstrated improvements in attention, anxiety reduction, and the promotion of relaxation and focus. These benefits can positively impact academic performance and overall well-being. For adults, particularly healthcare professionals, Qigong has proven effective in reducing emotional exhaustion and alleviating stress. Practitioners reported decreased emotional drain, increased resilience, and improved sleep quality. Additionally, Qigong has shown benefits for hospital employees by reducing stress levels and enhancing job satisfaction. In summary, Qigong serves as a holistic practice that enhances physical, emotional, and cognitive well-being across different age groups. It provides an accessible and effective approach for managing stress and cultivating a higher quality of life.

Keywords: Qigong, Stress, Quality of life, Children, Adolescents, Adults.

Citation: Nobre A, Pinto A, Abreu M, Lasca M, Vilaça L. Qigong for all Ages: A Preliminary Review on Stress and Quality of Life. *Journal of Complementary Therapies in Health*. 2023;1(1). doi:10.5281/zenodo.8136906

Academic Editor: Jorge Rodrigues

Received: 29 May 2023

Revised: 31 May 2023

Accepted: 2 June 2023

Published: 24 July 2023

Publisher's Note: IPTC stays neutral with regard to jurisdictional claims in published maps and institutional affiliations.



Copyright: ©2023 by the authors. Submitted for open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).