



AWAGO · UGANDA

FACT SHEET

The Benefits of the Transcendental Meditation® (TM®) Technique
for Women and Girls who have experienced Domestic Violence

The Problem

Domestic violence is a great challenge in the lives of countless women and girls in Uganda. It causes high levels of emotional, mental and physical stress, which in turn changes the trajectory of a women's social and economic freedoms.

What is domestic violence?

It is abusive behavior that is used by one partner in a relationship in order to have/maintain power and control over the other partner.

What are the outcomes of domestic violence?

- Impairment of physical and mental health
- Neglect of family responsibilities
- Constant fear
- Psychological consequences, from chronic low self-esteem to severe disorders
- Loss of economic contributions to Ugandan society

Benefits of the TM® technique for vulnerable women and children

Transcendental Meditation^{1,2,3} is a valuable tool to allow women to deal with the stress that results from domestic violence. Physical and emotional abuse impact women's ability to take care of their families, go to work each day, and be active members of the community. The Transcendental Meditation technique is an evidence based, alternative therapy shown to heal and empower victims of abuse. Key findings from over 340 peer reviewed studies include:

- Reduced flashbacks and bad memories⁸
- Decreased insomnia⁴
- Improved quality of life^{1,5}
- Greater resistance to stress⁶
- Reduced alcoholism and substance abuse⁷

The resulting stress caused by domestic violence is characterized by the shutdown of the prefrontal cortex in the brain, which is responsible for executive thinking, decision-making, judgment, moral reasoning, and overall total brain functioning. Transcendental Meditation is an effective means to alleviate this stress and reduce fatigue. The experience of transcending during the TM practice gives deep rest to the mind and body to eliminate stress, which results in improved behavior and relationships.



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Research indicates that with regular practice of the Transcendental Meditation technique, the prefrontal cortex gets activated, which has been found to have profound benefits in all areas of life—mentally, physically, and emotionally.

Over 1300 women have learned TM in Kampala to date. The reason for this popularity is a research study¹ done in 2013 by Dr. Leslee Goldstein. The study documented the positive benefit of TM on self-efficacy, perceived stress, and mental and physical quality of life in the lives of single illiterate mothers.



Conclusion

TM is a valuable solution for women who suffer from post-traumatic stress⁴ that results from domestic violence, and for promoting social and emotional well-being to enhance productivity, happiness, and success in life.

References

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