

➤ MEDITATION & MINDFULNESS



Meditation: Meditation encompasses the practices that help train the mind to reach ultimate consciousness.

Mindfulness: Mindfulness is a type of meditation. It is the practice of focusing on being present in the moment.

HOW DO THESE PRACTICES BENEFIT US?

- improved happiness
- reduced stress
- cleared mind
- less emotional reactivity
- increased capacity for empathy
- lowered blood pressure
- decreased tension-related pain
- increased energy levels
- decreased anxiety
- stabilized emotions
- increased creativity
- boosted working memory
- enhanced focus
- greater cognitive flexibility
- relationship satisfaction
- enhanced self-insight
- effective regulation of thoughts
- increased immune function

Mindfulness vs. Meditation

You don't need to be a master of meditation or mindfulness to reap the benefits. There are a variety of helpful practices you can incorporate into your daily life to enhance your overall happiness and well-being. These practices are not meant to help you push away your feelings, but instead to assist in recognizing and redirecting your thoughts and emotions in a positive way. The next time you are facing an issue try putting one of these methods into practice and evaluate how it worked for you.

Keep in mind, just like any other skill you must practice meditation and mindfulness in order to progress. Be patient with yourself and give yourself a chance to explore the different methods.

ISSUE	PRACTICE	BENEFIT
Distracted	Mindful Breathing <i>Take 1-2 minutes to tune into your breathing pattern.</i>	Focus
Annoyed	Mindful Listening <i>Listen to others while considering their perspective.</i>	Empathy
Tired / Rundown	Body Scan <i>Take a few minutes to bring awareness to how your body feels, scanning from head to toe.</i>	Body Awareness
Mental Block	Take a Break <i>Focus on something other than the issue at hand. Find inspiration by taking a brief nature walk.</i>	Fresh Eyes
Frustrated	SBNRR <i>React to a situation mindfully by taking a moment to Stop, Breathe, Notice, Reflect, and then Respond.</i>	Patience & Self Awareness
Sad	Gratitude Journaling <i>Take time to write down the good things in life without discounting your other emotions.</i>	Appreciation
Overwhelmed	Music Therapy <i>Unplug from the situation and plug into the music of your choice.</i>	Calmness
Happy	Reflect and Soak in the Moment <i>Mindfully pass positive emotions to others by engaging in conversation.</i>	Connectedness