

MEDITATION



Benefits

- ❑ Slows down breathing and heart rate for improved health and stress management
- ❑ Can improve academic performance, concentration, reaction time, and memory
- ❑ Used successfully in the treatment of high blood pressure, heart disease, migraine headaches and autoimmune diseases such as diabetes and arthritis
- ❑ Helpful in curtailing obsessive thinking, anxiety, depression, and hostility
- ❑ Helpful in developing a calm detachment from concerns and worries instead of becoming stuck in and upset by them
- ❑ May enhance empathy and self-esteem

Meditation is the practice of **passively** and **uncritically** focusing attention and awareness on the breath, or a particular word, phrase, or object and observing thoughts, emotions, and sensations without judgment. The purpose of meditation is to promote calmness and wellbeing, detach from distress or distracting thoughts, improve concentration and mental clarity, and develop greater self-awareness and equanimity.

Regular and consistent meditation practice trains the **attention** and **awareness** to be redirected when desired by being attuned to the present moment and being in control of letting go of thoughts and feelings more easily.

Mindfulness Meditation

Mindfulness Meditation emphasizes **awareness**. It involves paying attention, without judgment, to present thoughts and feelings. Present moment awareness is key to transforming anxiety into calmness because it allows one to observe one's anxious thoughts without judgment, recognizing them simply as thoughts, and to maintain calmness and steadiness, instead of eliciting fear.

Mindfulness meditation trains one to **live in the present moment**. Whatever comes, is present, or takes place when we practice mindfulness, we accept as part of the present moment and observe it with curiosity and an attitude of welcoming, without criticizing or controlling it. In this way, anxious or distressing thoughts are treated in a similar way as happy or content thoughts and the fears of the future or worries from the past have less effect on our present moment experience. Mindfulness practices are particularly suited to addressing fear and anxiety.

More Information:

Helpful Tips: <https://zenhabits.net/meditation-guide/>

Mayo Clinic:

www.mayoclinic.com/health/meditation/HQ01070

Resources from Dr. Ron Siegel

<https://drronsiegel.com/>

<https://drronsiegel.com/recorded-meditations/>



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