



# Meditation & Mindfulness

We Thrive Together



What is Mindfulness ?



The ability to be fully present, aware of where we are and what we are doing



Not reactive or overwhelmed by what is going on around us



# The Goal of Mindfulness

---

To wake up the inner workings of our mental, emotional, and physical processes. Mindfulness is available to us in every moment, whether through meditations and body scans, or mindful movement practices like taking time to pause and breathe when the phone rings instead of rushing to answer it.





Mindfulness is more readily available to us when we practice daily

# Awareness

---

Whenever you bring awareness to what you are directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you are being mindful.

There is growing research showing that when you train your brain to be mindful, you are actually remodeling the physical structure of your brain.

# How to Practice Mindfulness

---


The easiest way to practice mindfulness is to focus on the breath, resting your attention on the inhalation and exhalation repeatedly.



A hand is shown reaching out from the left side of the frame. The background is a dark, starry night sky with a faint rainbow visible in the upper center. The overall mood is serene and contemplative.


# Try It!

1. Start by becoming aware of the sensation of your breath. Feel the rise and fall of the belly and chest. Feel the breath moving in and out of your nostrils. Notice how it's cool on the inhale and warm on the exhale.
2. Eventually, you'll likely notice that your mind has wandered or you've gotten distracted by something going on around you. Simply bring the attention back to the breath without judging yourself or "rating" your performance. There is no objective other than being with the breath.
3. Repeat this process over and over again. You can practice for a set amount of time or throughout your day.



Want to start out with a guided mindfulness practice? Try this 10-minute mindfulness meditation on YouTube.

<https://www.youtube.com/watch?v=ZToicYcHIOU>

A pair of hands is shown from the wrist up, palms facing each other, holding a glowing blue energy ball. The ball is bright and has several white lightning bolts striking it. The background is dark blue with a subtle pattern of small white dots, suggesting a starry sky or a digital space. The hands are lit from below, giving them a warm, golden glow.

Mindfulness is broad, and the ways to practice are almost limitless. You can try particular techniques to see what works for you, like:

- Mindful eating
- mindful walking
- mindful coloring or drawing

---

No matter what methods you use, it's important to find ways to integrate your mindfulness practice into your life in ways that are enjoyable and meaningful to you.

# Mindfulness meditation: how to do it

---

Mindfulness doesn't have to include formal meditation, but it's a great tool if you feel drawn to it or want to learn to sit with whatever you are feeling without distraction.

There are multiple ways to integrate mindfulness with seated meditation as well as other types of meditation.

What is key is to find a technique that works for you and be consistent – meditation is most effective when it becomes a habit.





# Meditation

Meditation is a type of mind-body medicine. It has been practiced for thousands of years. During meditation, you develop intentional focus and minimize random thoughts about the past or future.

Many forms of meditation exist.

# Different Types of Meditation

---

- Mantra meditation
- Guided imagery meditation
- Vipassana or insight meditation
- Spiritual meditation
- Mala or prayer bead meditation
- Quigong meditation
- Zazen meditation
- Visualization meditation





# Meditation

Most meditation forms recommend:

A quiet setting

A comfortable position

Focused attention

An open attitude

# Benefits of Meditation

---

Meditation may offer many benefits, such as helping with:

Concentration

Relaxation

Inner Peace

Stress Reduction

Fatigue

Emotional well-being

# Research



Research has found that meditation may help reduce symptoms of anxiety and depression. When combined with conventional medicine, meditation may improve physical health. For example, some research suggests meditation can help manage symptoms of conditions such as:

Chronic pain

Asthma

Cancer

Heart disease

High blood pressure

Sleep problems

Digestive problems



<https://www.youtube.com/watch?v=WZ64ch2hLhI>

If you find meditation practice difficult to engage in, this video may help!

# Deep Breathing

With its focus on full, cleansing breaths, deep breathing is a simple, yet powerful relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements like aromatherapy and music.



# Deep Breathing

---

- Sit Comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.





<https://www.helpguide.org/home-pages/audio-meditations.htm>