

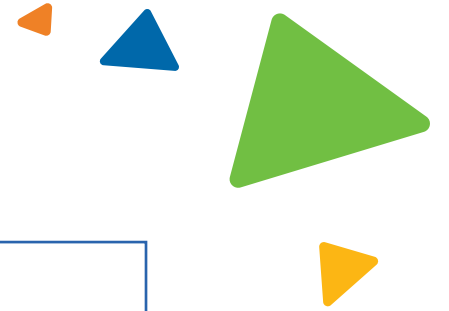


# Using the Power of Meditation to Restore Wellbeing and Improve Health

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EAP TRAINING EVENT

# Objectives



Define	meditation
Describe	benefits of meditation
Practice	meditation techniques

# Objectives

## WHAT IS MEDITATION?

A mind-body practice in which a person focuses his or her attention on something, such as an object, word, phrase, or breathing, in order to minimize distracting or stressful thoughts or feelings.

- National Cancer Institute



# Objectives



## Misconceptions

- Must be done quietly
- Must be done seated or laying in a certain position
- Must spend hours meditating
- Must be connected to religion or spiritual practice



## Benefits Include

- Gaining a new perspective on stressful situations
- Increase focus and concentration
- Increasing self-awareness and self-esteem
- Reducing negative emotions
- Improving physical health

# Types of Meditation

MANY DIFFERENT TYPES OF MEDITATION:

- Qigong
- Tai Chi
- Yoga
- Transcendental meditation
- Walking meditation
- Guided meditation
- Gratitude meditation
- Mindfulness



# Gratitude

## COMPONENTS OF GRATITUDE

- Joy—look for good
- Grace—receive good
- Love—give back the good

## BEING GRATEFUL HAS PROVEN BENEFITS:

- Emotionally
- Physically
- Socially



# Gratitude Meditation



# Mindfulness

Mindfulness—the practice of nonjudgmentally focusing on the present

## BENEFITS OF MINDFULNESS

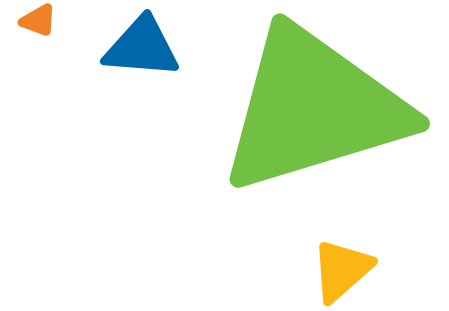
- Can reduce anxiety and depression
- May improve health
- Lower blood pressure
- Help improve sleep
- Help people cope with pain





# Gratitude Meditation





Call toll-free

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Thank you!

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