



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

## Meditation

Is a practice that involves focusing or clearing your mind using a combination of \_\_\_\_\_ and \_\_\_\_\_ techniques to promote \_\_\_\_\_ and \_\_\_\_\_.

## Misconceptions

- Must be done \_\_\_\_\_
- Must be done seated or laying in a certain \_\_\_\_\_
- Must spend \_\_\_\_\_ meditating
- Must be connected to \_\_\_\_\_ or \_\_\_\_\_ practice

## Benefits

- Gaining a new \_\_\_\_\_ on \_\_\_\_\_ situations
- Increase \_\_\_\_\_
- Increasing \_\_\_\_\_ and \_\_\_\_\_
- Reducing \_\_\_\_\_
- Improving physical health

## Types of Meditation

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

## Gratitude

### Components of gratitude

- \_\_\_\_\_—look for good
- \_\_\_\_\_—receive good
- \_\_\_\_\_—give back the good

### Being grateful has proven benefits:

- Emotionally
- Physically
- Socially

## Mindfulness

The practice of nonjudgmentally focusing on the

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

### Resources

- Your program’s online and mobile Digital Emotional Wellbeing program
  - Activities such as breathing exercises, meditation, or journaling
- Greater Good in Action, The University of California, [Berkeley Gratitude Meditation](#) and [Mindful Breathing](#)