

# The Benefits of Meditation

Shhh. Take a deep breath, slow down, and let's discuss meditation. Meditation is a practice that transforms the mind and develops concentration and clarity to promote peacefulness, healing, and rest and recovery.



Improves stress management and increases self-awareness



Improves concentration and sustained attention



Improves personal satisfaction and happiness



Helps manage heart disease and hypertension, and reduces pain levels



Helps improve sleep



Helps slow the aging process



## Coach's Quick Take

The practice of meditation is not some mystical experience, but a practical means of controlling your nervous system and managing anxiety, mood, and brain health.

### Resources:

- [www.mayoclinic.org](http://www.mayoclinic.org)
- [www.jhu.edu](http://www.jhu.edu)
- [www.nccih.nih.gov](http://www.nccih.nih.gov)

## Try It

**Take 10-15 minutes and give meditation a try!**

- Get comfortable & maintain an upright posture.
- Focus on slow, controlled breathing.
- Relax and release any tension in the shoulders and back.
- Quiet your mind, body, and the environment.

**Do you feel any different?**

**Yes**

**No**

**Talk with your Wellness Coach about the results of your experiment.**

**Talk to your Coach about what form of meditation might work for you.**