

Self-Care Series

Meditation



Learning Agenda



Let's Talk About:

- What is meditation
- Why should I meditate?
- Guided Meditation practice

What is meditation?

Training your attention and awareness to be able to achieve a mentally clear and emotionally calm and stable state.



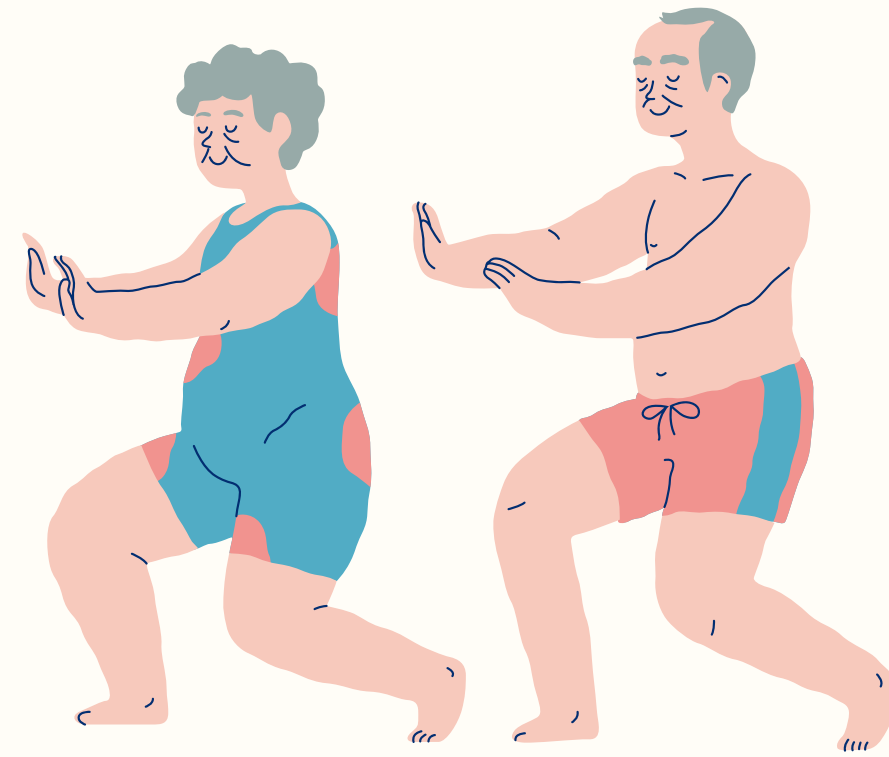


Why meditate?

- Lower blood pressure
- Reduced stress
- Improve sleep quality
- Improved emotional regulation, nervous system
- Increased focus
- Enhanced mood
- Reduced aggression
- Greater adaptability
- A greater sense of empathy and connection with others

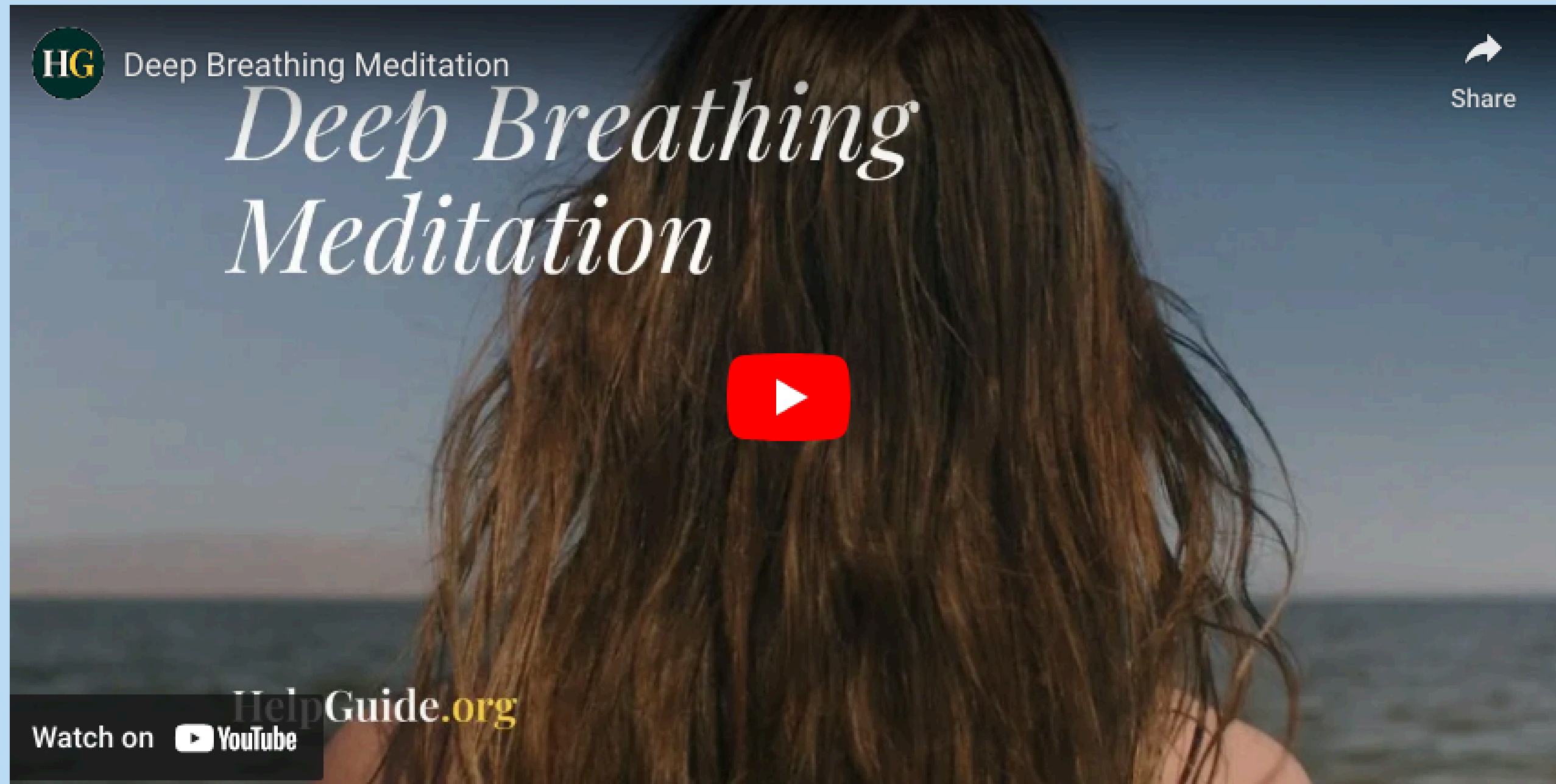
Types of Meditation

- Mindfulness
- Mantra
- Movement
- Visualization
- Guided



Guided Meditation Practice: Body Scan (3 minutes)

Deep Breathing Meditation



“You should sit in meditation for 20 minutes every day – unless you’re too busy. Then you should sit for an hour.”

–Zen proverb



Thank you!

Send us a message at
purolatorhealth@purolator.com
if you have any questions.