

Mindfulness and Meditation

An Introduction and Cheat Sheet to Beginning Mindfulness



Why meditate?

Studies done in populations suffering from varying chronic conditions have shown benefits can include, but are not limited to:

- *Improved coping skills*
- *More restful sleep*
- *Reduced anxiety and depression*
- *Improved emotional functioning*
- *Improved language and attention*
- *Structural brain changes*
- *Reduction in motor symptoms*

How to meditate?

Making or finding about **10 minutes a day** when you can be mindfully present in your experience. Whether you choose to meditate while lying down in bed, sitting with your coffee or on your way to work - there are more ways than one to practice mindfulness! You can practice meditation with 3 simple steps...

Resources:

Local yoga and meditation centers!
Insight Timer App (smartphones/
devices)

JUST NOTICE

- 1) How does the body feel in this moment?
- 2) How does the breath feel in this moment?
- 3) How does it feel to take several deep, nourishing breaths?

Books:

Breathe, You're Alive! - Thich Nhat Hanh
Chair Yoga - Kristin McGee
The Mind Illuminated - Jeremy Graves
The Buddha's Brain - Rick Hanson
Overcoming Trauma Through Yoga
- David Emerson

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