

Meditation



Benefits of Meditation

- **Meditation decreases**
 - Pain
 - Stress
 - Cortisol
 - Depression
 - Anxiety
 - Blood pressure
- **Meditation increases**
 - Efficiency
 - Memory
 - Blood flow to the brain
 - Attention
 - Organization
 - Exercise tolerance

Sharma, H. (2015). Meditation: Process and effects. *Ayu*, 36(3), 233.

- [76 benefits of meditation and mindfulness](https://liveanddare.com/benefits-of-meditation/)
 - <https://liveanddare.com/benefits-of-meditation/>
- [The science-backed benefits of meditation](https://www.headspace.com/science/meditation-benefits)
 - <https://www.headspace.com/science/meditation-benefits>



Diaphragmatic Breathing

AKA: Belly Breathing

▶ What is Diaphragmatic Breathing

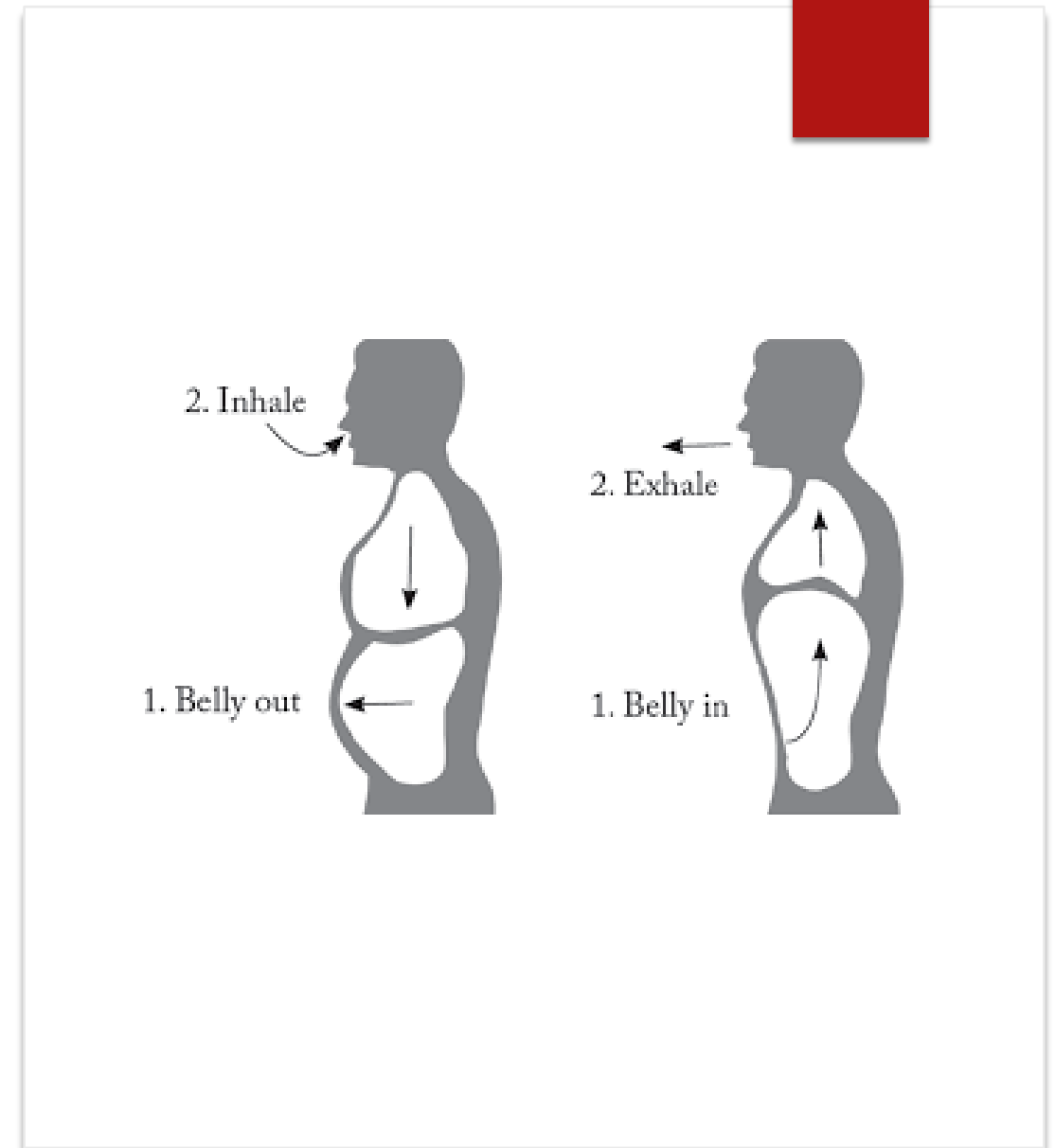
- ▶ <https://www.healthline.com/health/diaphragmatic-breathing>

▶ Learning Diaphragmatic Breathing

- ▶ <https://www.health.harvard.edu/lung-health-and-disease/learning-diaphragmatic-breathing>

▶ 5 Massive Benefits of Diaphragmatic Breathing

- ▶ <https://lamajowellness.com/5-benefits-of-diaphragmatic-breathing/>



Studies That Prove Meditation Works



Improve brain health and can slow, stall, or reverse brain changes from normal aging

Meditation: In Depth. (2019, January 02). Retrieved from <https://nccih.nih.gov/health/meditation/overview.htm>



Decreases heart attacks, strokes, and high BP

[Sharma, H. \(2015\). Meditation: Process and effects. *Ayu*, 36\(3\), 233.](#)



Meditation is effective in treating depression

[Fish, M. T. \(2018\). Don't Stress About It: A Primer on Stress and Applications for Evidence-Based Stress Management Interventions in the Recreational Therapy Setting. *Therapeutic Recreation Journal*, 52\(4\), 390–409.](#)



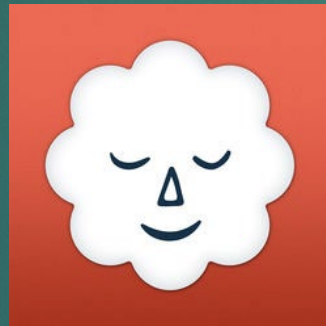
Types of Meditation

- ▶ The different types of meditation explained
 - ▶ <https://www.headspace.com/meditation/techniques>
- ▶ Types of Meditation and how to try them
 - ▶ <https://bookretreats.com/blog/types-of-meditation/>
- ▶ Remember
 - ▶ journaling, doodling, and listening to music are forms of meditation
 - ▶ Meditation can look different for everyone
 - ▶ Meditation can feel different for everyone

Apps/Websites you can use to Practice Meditation

▶ Stop, Breathe, & Think

- ▶ Track emotions over time and see your meditation progress



▶ Website

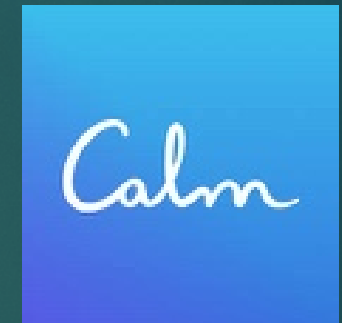
- ▶ <https://www.stopbreathethink.com>

▶ Common questions

- ▶ <https://www.stopbreathethink.com/faq/>

▶ Calm

- ▶ Learn, relax, and gain better sleep with these guided meditations



▶ The Website

- ▶ <https://www.calm.com>

▶ How to use the website

- ▶ [com/calm-meditation-app-cost-pictures-valuation-2018-3](https://www.calm.com/calm-meditation-app-cost-pictures-valuation-2018-3)