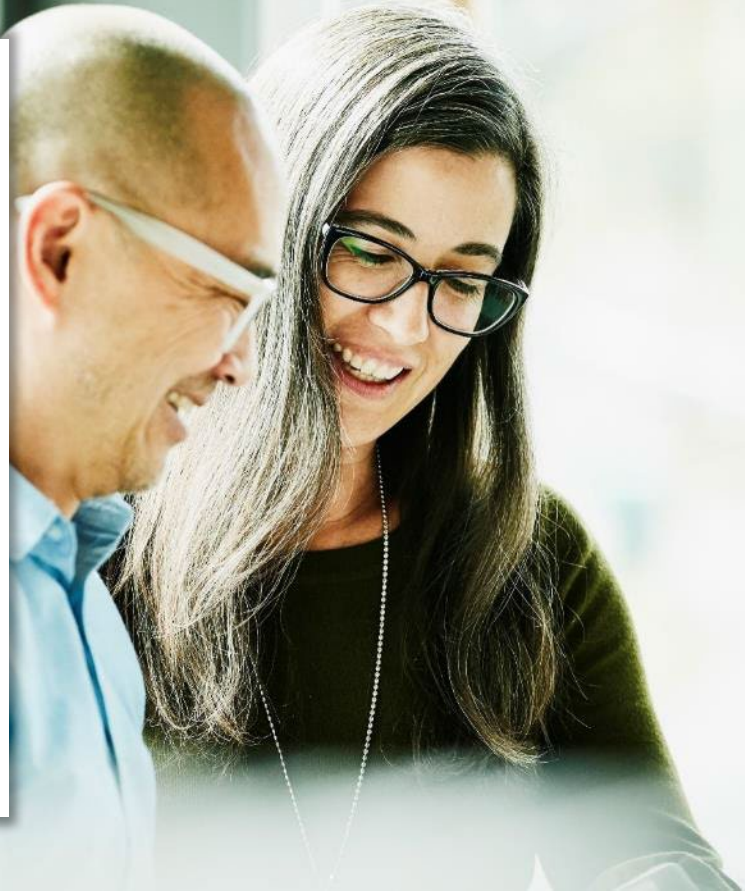


# Mindful meditation



## For an optimal learning experience:

- Mics on mute
- Video camera
- Airtime
- Break



# What is mindfulness?



- Being aware of what exists in the present moment
  - Sensations, emotions, thoughts
- Observing without judgment or criticism; acting like a witness
- Allowing insight into ourselves
- Generating understanding and compassion

# What is meditation?

- Focused and directed attention
- The object of attention can be one specific object or an open awareness
- Retraining the brain to relax



# Meditation

## Meditation is:

- Active
- Challenging
- Effective
- Fun
- Healthy
- Non-judgmental

## Meditation is not:

- Doing nothing
- Easy
- Cure-all
- Short-term
- Quick fix
- Just sitting

# Meditation offers...



- Relaxation
- Mindfulness
- Letting go

# Together: Mindful meditation

- Allows the mind to pay attention to whatever thoughts, sounds and sensations may enter; It is a state of being acutely aware
- We stop reacting and can instead respond to our experience
- Sets the stage for taking the next step



Let's try it.



# Other types of meditation

- Sitting: Formal practice of sitting on a cushion or chair for a specified time
- Breath: Focus on the breath; great for stress relief
- Mantra: Attention on one sound or word, to help gain further insight
- Walking: Paying attention to each step and the flow of movement
- Body scan: Slowly noticing each part of your body from the feet to the head
- Guided visualization: Something pleasant or affirming
- Informal: Stopping and pausing throughout the day



# Benefits of a mindful meditation practice



- Helps ease anxiety, depression, stress
- Improves immune system function
- Boosts productivity
- Increases memory
- Enhances relationships
- Improves emotional response
- Helps you break old habits

# A few facts

- 4 in 10 adults in the United States say they meditate weekly
- A Harvard study showed that our mind is lost in thought 47% of our life and that a wandering mind is an unhappy mind
- Buddhist concept started 2600 years ago
- The Journal of Neuroscience found just 80 minutes of meditation training could cut pain perception nearly in half



Let's practice.

# Resources

## Apps for mindful meditation:

- Ten Percent Happier
- CALM
- Headspace
- Simple Habit
- Insight Timer
- Buddhify
- Unplug



## Books:

- Real Happiness: The Power of Meditation by Sharon Salzberg
- Meditation for Fidgety Skeptics by Dan Harris

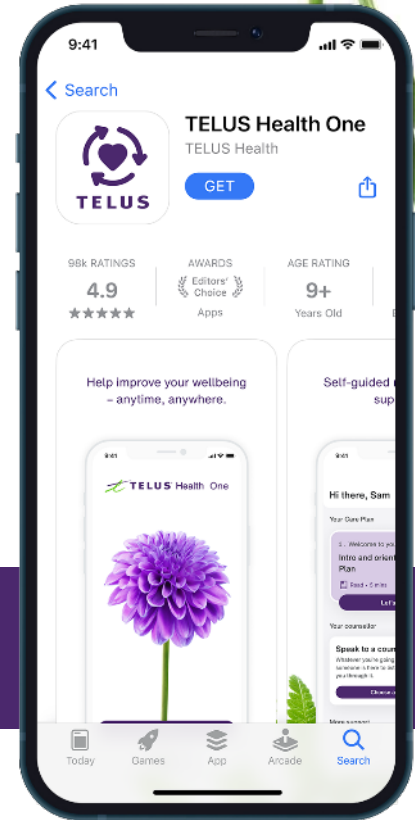
# Evaluation QR survey



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Thank you.