

Resilient Communities

Meditation

Participant's Manual



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Information Session

- **What is meditation?**

- Meditation is simply a way to train our minds in awareness to achieve a clear and calm mental state. Some think of meditation as a practice in removing all thoughts. But that is not the case. Meditation allows you to observe your thoughts as they come and go without judgment. Through practice, you can better understand how your thoughts come and go and gain a new and healthier perspective of your mind.
- When you think of meditation, you might visualize something like this: someone sitting in a serene environment, cross legged, alone, in silence. Sure, this might be an ideal place to meditate, but meditation can be done anywhere, anytime.
- But you can also meditate while walking through a crowded street, for example.
- Or in your home, at school, or at work. Meditation is a valuable tool to incorporate into your life. You do not need to be in the perfect peaceful environment to do it and for it to be effective.

- **Why meditate? Benefits of Meditation**

- So why meditate? Meditation has a host of benefits and substantial research has been conducted on meditation supporting these benefits.
- Mental and emotional wellbeing: Meditation can help you relax and manage stress. It's also helpful to think about how meditation benefits not only you but the people around you as well. Your friends and family will benefit from your improved patience, compassion, and wellbeing. Meditation can also help with creativity and innovation, overall reduce negative emotions, and help you to be present in the moment.
- Meditation cannot cure medical diseases but it can often help relieve symptoms of various illnesses, particularly those that are exacerbated by stress. Some illnesses that meditation can help with include anxiety, asthma, cancer, chronic pain, depression, high blood pressure, headaches, irritable bowel syndrome, and more.

- **How to meditate**

- There are several different types of meditation and techniques. You may find that certain types or techniques work best for you. It is important to continually practice these throughout your daily life to experience the most benefit. Three relatively simple techniques include 4-7-8 breathing, mindfulness meditation, and sunlight visualization. You can practice these techniques in a variety of situations, such as when you are stressed at work or when you have more time for an extended meditation.

