

# LIFESTYLE LESSONS



## All About Meditation

Meditation helps control anxiety, boost the immune system, alleviate chronic pain and reduce high blood pressure. Simply devoting 10 or 15 minutes each day to meditation and deep breathing can help you to overcome stress and pain, as well as find some inner peace. Keep reading to learn more about meditation and its benefits.

Meditation allows you to calm your mind by focusing on the here and now. In a meditative mental state, your mind becomes clear of cluttered thoughts and traumatic memories.

Three common forms of meditation are:

1. **Concentrative**—In this form of meditation, you focus your attention on a single sound or object. Then, you breathe slowly to bring about a calm, tranquil mind.
2. **Mindful**—In this form of meditation, you keep your mind aware of things around you but you do not react to sensations, feelings or images.
3. **Transcendental**—In this form of meditation, you place your body at full rest but keep your mind alert of what is going on around you. This brings about a deep state of relaxation.

During the meditative process and as a stand-alone relaxation tool, breathing is an effective self-help technique. In fact, mentally adjusting your breathing can benefit your health and sense of well-being. Deep breathing from your abdomen increases oxygen intake, lung capacity, energy levels and speeds up the healing process.

## Healthy Hints

Pain and stress can stem from physical, emotional or mental complications in life. These physiological reactions often affect emotional happiness and satisfaction.

The first step in healing pain and stress is to understand how the body deals with these reactions. This understanding will have a strong effect on the nature and duration of pain and stress, as well as encourage taking the necessary steps to reduce tension and anxiety.

For additional lifestyle and well-being guidance, contact us today.

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