

MEDITATION & MINDFULNESS



WHAT IS MEDITATION AND MINDFULNESS?

Meditation is a practice of focusing one's attention inward in an aim to feel calm

Mindfulness is a practice of bringing one's awareness to the present moment in a non-judgemental manner. You can practice mindfulness by simply paying attention to your thoughts, body, and surroundings.

WHAT ARE THE BENEFITS OF MEDITATION & MINDFULNESS?

- Reduced stress and anxiety
- Improved sleep
- Reduced chronic pain
- Improved overall health and wellbeing

This can lead to improvements in:

- Job performance
- Problem solving and conflict resolution
- Job satisfaction
- Concentration
- Creativity

WHAT ARE SOME TYPES OF MEDITATION?

Meditation can include but is not limited to:

- Belly-breathing
- Body-scan meditations
- Mindful walks
- Mindful eating
- 5 senses grounding exercises
- Mindfulness based stress reduction (MBSR)

MEDITATION & MINDFULNESS RESOURCES

For more information and resources please visit:

- [Mindfulness 101: The Basics : Canada : eMentalHealth.ca](#)
- [Guided Self-Compassion Exercises by Dr. Kristin Neff](#)
- [CAMH - Mindfulness Resources](#)
- [St. Joseph's Health Care London – Mental Health Resource](#)

Examples of meditation and mindfulness apps:

- Headspace
- Calm
- Insight Timer
- Smiling Mind