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

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectorjuice on Freepik.