

# UNWIND YOUR

# MIND

## Benefits of Meditation



Helps  
manage / decrease  
stress & anxiety

Adds more  
hours to your  
day

Helps you live  
in the NOW  
(present  
moment)

Increases  
attention  
span

Sleep  
better

### Mental:

- ~ Problems become smaller
- ~ Happiness increases
- ~ Creativity increases
- ~ Clarity & peace of mind
- ~ Rejuvenates, heals & harmonizes you

### Physical:

- ~ Lowers high blood pressure
- ~ Improves immune system
- ~ Increases internal energy level
- ~ Increases serotonin production  
→ improves mood & behavior
- ~ Cognitive & executive functions increase

### Techniques

- Breath awareness  
1:2 ratio → Inhale:Exhale
- Take breaks mindfully
- Walking meditation
- Repeat/Chant a soothing word or phrase

### Where

- Standing in line (bank, grocery store, etc.)
- In the car
- At work
- Before a test, presentation

peace.

It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.

~ Unknown ~