



THE WONDERS OF MEDITATION

Benefits for your mind and
body

A graphic element consisting of a piece of white paper with a grid pattern, torn at the top edge, revealing a brown cardboard-like surface underneath. The word 'CONTENTS' is printed in large, bold, teal letters on the white paper.

CONTENTS



- Why meditate?
- Benefits of meditation on the body
- Meditation fact
- Starting with meditation
- Meditation kit list
- Types of meditation
- Everyday meditation
- FREE meditation
- Meditation resources
- Keep in touch





WHY MEDITATE?

6 REASONS TO MEDITATE

- You feel happy and grateful for your life
- Feelings of stress and anxiety are reduced
- It creates a state of calm within the mind
- The benefits are almost instant with a reduction in rapid heart rate
- Quality of sleep is improved as is the ability to fall asleep
- Regular meditation increases the brains memory function

“Meditation is like a gym in which you develop the powerful mental muscles of calm and insight.”



AJAHN BRAHM





BENEFITS OF MEDITATION ON THE BODY

Reduces the risk of heart attack and stroke

Improves the immune system

Reduces blood pressure

Decreases inflammatory disorders

Reduces risk of Alzheimers

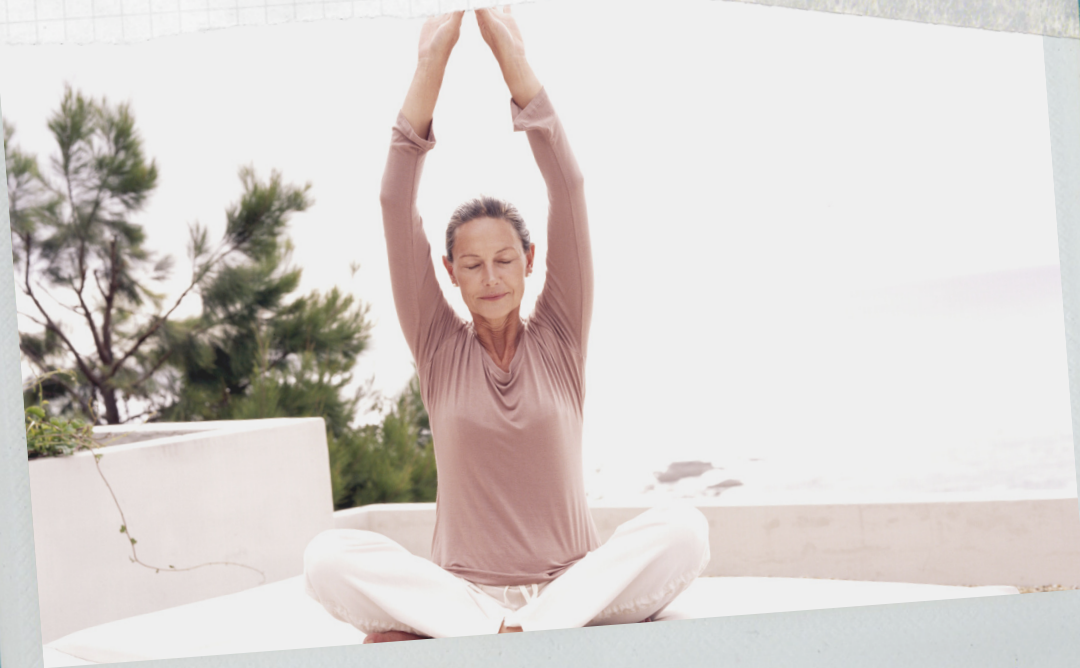
Aids management of the heart rate and respiratory rate

Improves life expectancy



87%
**OF STRESS IS REDUCED BY
MEDITATION**

STARTING WITH MEDITATION



WHAT YOU NEED TO KNOW

Start short and build up, two minutes is plenty to start with. Find a comfortable place to sit or lay down. Don't worry about your breathing, just find a natural rhythm.

Close your eyes and be still. Starting with a simple body scan can help to keep the mind focused. If your mind wanders don't worry. Notice the thoughts and bring them back.

As with all things, meditation takes practice and patience.

A graphic of a piece of white, grid-lined paper with torn edges, set against a teal background. The paper has a small piece of blue paper on top and a piece of brown paper on the bottom. The title 'MEDITATION KIT LIST' is printed in large, bold, teal letters on the paper.

MEDITATION KIT LIST

Comfortable clothes

A comfortably warm room or quiet space

Comfortable chair, cushion, bed or blanket

OPTIONAL KIT

Yoga mat

Meditation music

Salt lamp

Scented candle



TYPES OF MEDITATION

FIND OUT WHAT WORKS BEST FOR YOU

Focused Attention
& visualisation



Body Scan



Reflection



Yoga



EVERYDAY MEDITATION

QUICK MEDITATION SESSIONS

SET YOUR TIMER FOR 5 MINUTES

Start slowly and build up to gain confidence.

PICK A GENTLE ALARM

If you are not listening to a guided meditation an alarm is a good idea to bring you back into the room. Try a quiet chime sound.

WHEN YOU CAN'T CONCENTRATE, START COUNTING

Don't get stressed if your mind is racing. Just being quiet and still, counting slowly, noticing your breathing can be just as beneficial.



Meditation in action

This is a 12 minute visualisation
meditation to get you started.



MEDITATION RESOURCES



CALM APP



HEADSPACE APP



YOUTUBE
Meditations



**KEEP IN
TOUCH**
FOR QUESTIONS AND
FEEDBACK

SOCIAL MEDIA

www.linkedin.com/company/thrivementalhealthandwellbeing

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