

**Meditation is about silencing the mind and quieting the body.  
In that silence there is some peace.**

Taking a few minutes during the day to pause, breathe deeply, and relax, we can “quiet our minds.”

This can have a positive effect on muscle tension and the activity of our nervous system.

The act of giving your attention to only one thing, as a way of becoming calm and relaxed.

**Benefits:**

**Stress reduction**

**Less anxiety**

**Can lead to an improved self-image and more positive outlook on life**

**Improves depression**

**Self-Awareness - help you develop a greater understanding of yourself and how you relate to those around you**

**Reduces feelings of loneliness**

**Lengthens attention span**

**Reduces age-related memory loss**

**Increases positive feelings and actions toward yourself and others**

**Improves Sleep**

**Helps manage pain**

**Decreases Blood Pressure**

**Helps reduce inflammation and fatigue, relieve pain**

**Types of meditation:**

**Mindfulness**

**Walking**

**Guided**

**Loving-kindness**

**Progressive relaxation**

**Breath awareness**

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Stress Management, Smoke Cessation, Weight Management, Test Apprehension,  
Hypnosis, Tinnitus Management