

# WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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## HEALTHY HARMONY - Yes, Meditation Can Help With That!

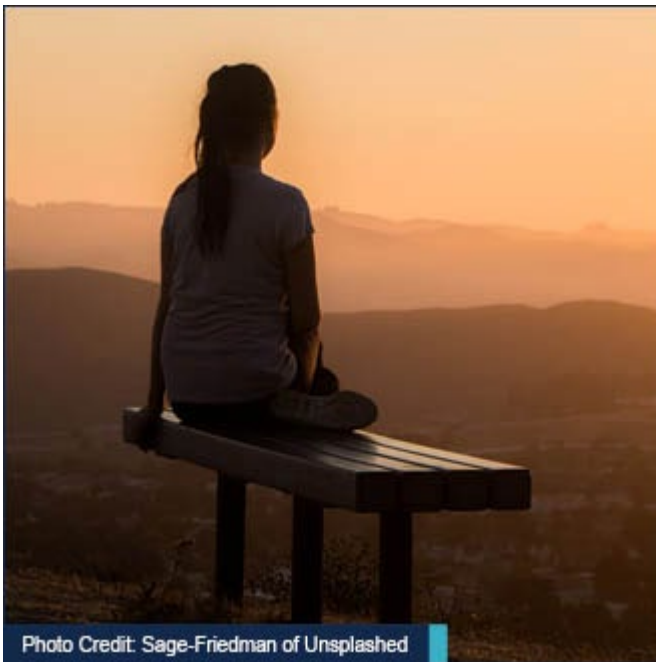


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*By Joy Brownridge*

People have known for years that meditation can help with stress and improve a person's emotional well-being. Did you know that meditation has other, [science-based benefits](#)? For example, studies have shown that a regular meditation practice can help reduce memory loss with age, improve sleep, decrease blood pressure, and possibly help fight addictions. How is it that meditation can do so much?

Over time, you develop a routine of self-care by developing a regular meditation practice. As you stay committed to meditating often,

you reinforce self-discipline in the process. During meditation, you relax the body and [breathe](#) more naturally from your diaphragm. This results in a lower heart rate and can dramatically decrease your levels of the stress hormone cortisol.

Meditation may also have indirect benefits. Those with a strong meditation practice may find that an increase in mental well-being creates the desire to make other healthy choices. Experiencing the benefits of self-care through meditation makes it more likely that you will branch out into other self-care practices such as healthy eating, improving your sleep, and more.

If you don't already have a meditation practice, it's easy to start one. One of the most traditional meditation styles is to sit comfortably in a quiet space with your eyes closed for a predetermined length of time. You can start out with just 10 minutes a day and work up to longer periods of time, if desired.

While sitting during meditation, it's best to try and empty your mind of thoughts. This is not the time to plan errands or strategize on work projects. However, it can be difficult to think of nothing. One way to slow your thoughts is to focus on your breathing. This can be accomplished by placing your attention on what it sounds like, and what it feels like, to breathe in and breathe out. If you need to, you can internally recite "inhale, exhale" as you breathe, as a way to keep yourself focused.

The more you practice meditation, the more you should be able to experience the peace that meditation can bring. As you create a consistent practice, you can discover many other methods and styles of meditation so that it remains rewarding. I encourage you to create a practice of regular meditation and see what benefits you experience.

Begin or deepen your meditation practice with [weekly meditation opportunities](#) led by Joy.

