

## Mindfulness and Meditation Outline

What is mindfulness and meditation?

- A structured mental training practice that can help people with physical, psychological, or emotional distress by calming the mind and body.
- **A way to help become conscious of your thoughts and thought patterns to improve your quality of life.**

Types

- Two general types
  - Guided
  - Unguided/Silent
- **There is no research indicating that one type is better than the other. Both types are beneficial!**

Benefits

- Improves sleep
- Promotes calmness
- Relieves fatigue
- Reduces anxiety and/or distress
- Helps with depression
- Reduces pain
- Improves breathing
- Lowers blood pressure

Considerations

- No negative effects have been identified
- Only “risk” is heightening emotions
- More time spent practicing = better benefits
- Takes time and guidance to develop skill
- Consistency of practice is more important than length of practice

Where to access information

- Books
- DVDs/CDs
- Apps on your phone
  - Headspace (guided meditation)
  - Waking Up (Sam Harris’s guided meditation)
  - Box Breathing (deep breathing meditation app)
- YouTube
  - 5 min deep breathing meditation
    - <https://www.youtube.com/watch?v=vFy6Ot7eodc>
  - Meditation focusing on relaxing each body part (narrated by a PT and stroke survivor)
    - <https://www.youtube.com/watch?v=5eXIWNmt-00>
  - Meditation for you and your caregiver or family
    - <https://www.youtube.com/watch?v=tPvwzPBGG08>

## Positioning

- Different Positions
  - **Sitting\***
    - Can be in a chair, wheelchair, etc.
  - Lying down
  - Standing
- Posture for Sitting
  - Try to sit upright (back and neck), legs uncrossed, feet on the floor, arms and hands resting on legs or lap, eyes closed.



## Practice

- Now we will go through a short meditation practice using deep breathing.

## Review

- Mindfulness and meditation are structured mental training practices that can help you manage physical, psychological, or emotional distress by calming the mind and body.
- There are no adverse effects only many benefits.
- Posture is an important factor when practicing.
- There are many resources available. Try one today!

## References

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