

Meditation & Mindfulness



What is Meditation?

Meditation is a practice of focusing one's attention inward in an aim to feel calm.

What are Some Types of Meditation?

Meditation can include but is not limited to:

- Belly-breathing
- Body-scan meditations
- Mindful walks
- Mindful eating
- 5 senses grounding exercises
- Mindfulness based stress reduction (MBSR)



What are the Benefits of Meditation & Mindfulness

- Reduced stress and anxiety
- Improved sleep
- Reduced chronic pain
- Improved overall health and wellbeing

This can lead to improvements in:

- Job performance
- Problem solving and conflict resolution
- Job satisfaction
- Concentration
- Creativity



What is Mindfulness?

Mindfulness is a practice of bringing one's awareness to the present moment in a non-judgmental manner.

- You can practice mindfulness by simply paying attention to your thoughts, body, and surroundings.



Meditation and Mindfulness Resources

For more information and resources please visit:

- HealthLink BC - Well Being
- Guided Self-Compassion Meditation with Dr. Kristin Neff
- CAMH - Mindfulness Resources
- St. Joseph's Health Care London - Mental Health Resources

Examples of meditation and mindfulness apps:

- Headspace
- Calm
- Insight Timer
- Smiling Mind

