

Mindfulness and Meditation

Practice Tips

- Consistent **time** and **place**
- **Sitting Posture**
 - Feet on floor
 - Legs uncrossed
 - Spine and neck straight
 - Arms and hands on lap
 - Eyes closed



**Become more conscious of your thoughts to
improve your quality of life**

Benefits

- Promotes calmness
- Reduces anxiety
- Helps with depression
- Improves sleep
- Lowers blood pressure
- Improves breathing
- Reduces pain

Components

Breathing
Concentration
Relaxation