

Mindfulness Meditation

How can meditation be helpful?

Meditation has been shown to offer many benefits. It is a well known technique to reduce stress, depression and anxiety. Research also shows that it may promote healthy sleep patterns and boost cognitive skills.

How do you meditate?

1. Set a time limit (5mins., 10mins, etc.)
2. Find a quite space
3. Find a comfortable position (sitting up straight or laying down) and relax



4. Close your eyes
5. Focus on you breath (Breath from your belly)
6. Try to focus on your breathing and refocus on the present when your mind wonders

Be more concerned with making this a habit than making each session perfect

Mindfulness Meditation Resources

For guided meditations, meditation soundtracks, and other meditation resources visit www.aces-la.org/shark or scan the **QR code**



Coloring Activity

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

