



SHARK

STRONG HEALTHY AND RESILIENT KIDS

How to Add Meditation & Mindfulness to Your Waiting Room

1



Add Plants

Adding plants or images of plants can decrease stress and lower blood pressure.

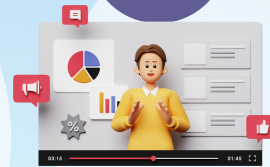
2



Play Music

Playing meditation soundtracks or calming music can help patients relax in an otherwise stressful environment.

3



Play Videos

Play meditation videos in your waiting room.

4



Display Infographics

Display quick tips on how to meditate.

5

Display Affirmations

I can do anything

Reading positive affirmations will encourage positive internal dialog for your patients and increase positive self-esteem.

6



Staff Training

Train your staff on basic meditation techniques they can share with patients during their visits.