

A silhouette of a person sitting in a lotus position, meditating. The person is centered in the frame, with their hands resting on their knees in a mudra. The background is a bright, warm sunset or sunrise over a body of water, with the sun low on the horizon. The overall color palette is dominated by yellows, oranges, and reds, creating a serene and peaceful atmosphere.

Mental Health and Meditation

Agenda

What is
meditation?

Meditation
techniques.

How to get
started with
daily meditation.

Objective

Open mind

Have an open mind.

Learn

Learn new techniques to support mental health.

Try

Try something new.

What do you do to relax?

Relax



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Who practices meditation?

A silhouette of a person in a meditative pose (lotus position) is centered against a dark, starry night sky. A bright, glowing band of light, resembling a galaxy or nebula, stretches horizontally across the background behind the person. The overall mood is serene and contemplative.

Meditation

What is it?

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Types of Meditation

- All forms of meditation can be classified into one or a combination of four categories:
 - Concentrative (The most commonly used form)
 - Receptive
 - Reflective
 - Generative



Is Meditation a
Religious
practice?



What Exactly does Meditation do?



5 Types of Meditation

mindfulness
meditation

Body Scan
meditation

Walking
meditation

Loving Kindness
meditation

Transcendental
meditation



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Mindfulness Meditation

What is it?

Being aware.



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Body Scan Meditation

What is it?

Consciously relaxing parts of the body



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- What is it?
- Encourages you to focus on each footstep.

A photograph of two people walking away from the camera on a dirt path through a forest. The path is covered in fallen leaves, and the trees are tall and thin. The scene is misty or foggy, creating a serene atmosphere. The text 'Walking Meditation' is overlaid on the right side of the image.

Walking
Meditation

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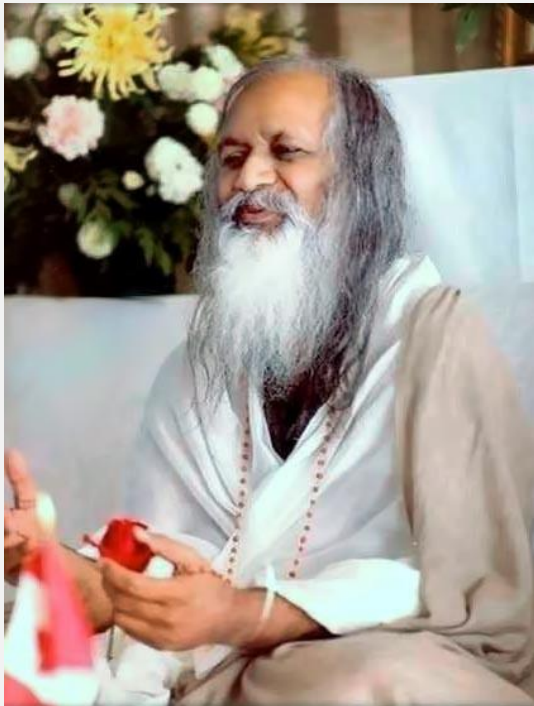
What is it?

Compassion for yourself and others.



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Maharishi Mahesh Yogi



Transcendental Meditation

What is it?

Mantra or phrases, repeated during meditation.

How do I Start Daily Meditation?



How do I Start
Daily
Meditation
continue?



Once you find
a type of
meditation to
try, the
following tips
can help:



6 Tips to help you start Meditation

Breath

Don't try to "calm your mind." Instead, appreciate the sensations of your breath. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.

Arms/hands

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.

Legs/feet

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.

Emotions

Long-term meditators show increased size in brain regions associated with emotional regulation. These regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful practice, according to a UCLA study.

Eyes

If you want the experience to be more body-based, close your eyes. If you want to feel more anchored in the space you're in, keep them open.

Time

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. 5 to 10 minutes a day is a great start.

Breath

Arms/hands

Legs/feet

Emotions

Eyes

Time

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Key to Getting Started



Discipline

Being kind to yourself

Mindset

App

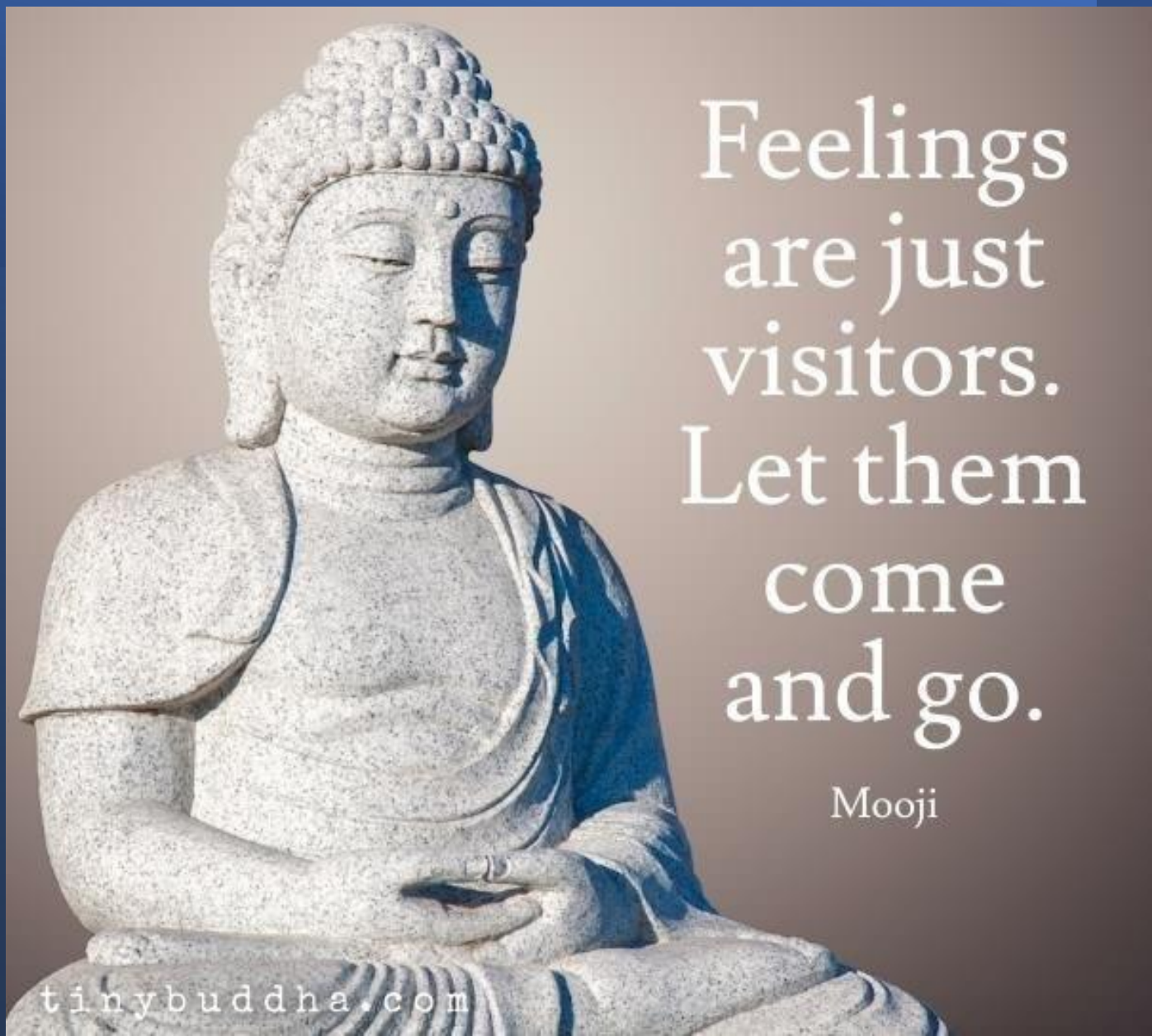
How to Quiet Your Mind.



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- Getting started.
 - Find a spot
 - Set timer
 - Focus on your breath
 - Acknowledge your thoughts
 - Open your eyes.



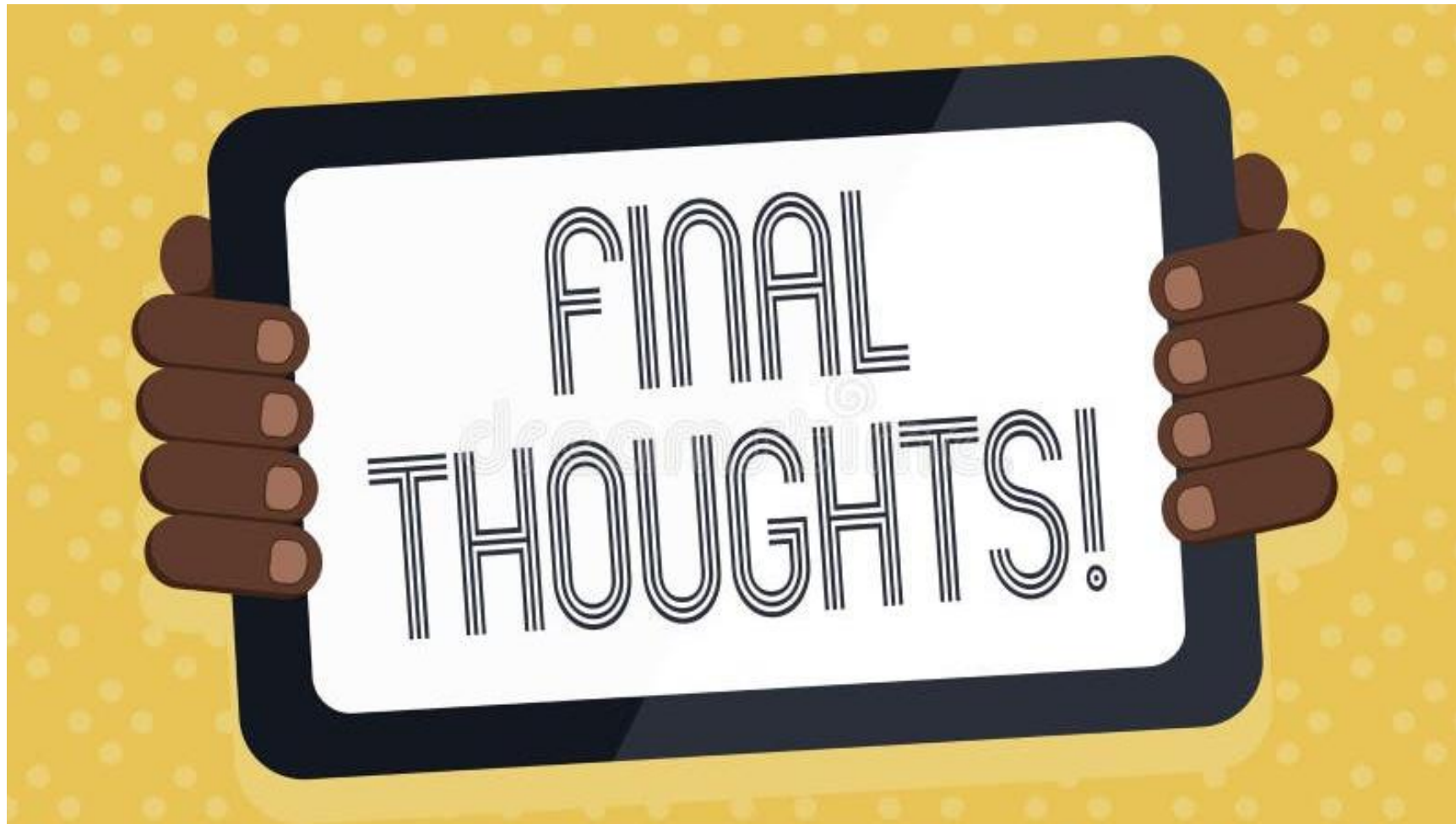


Feelings
are just
visitors.
Let them
come
and go.

Mooji

Tibetan Healing bowl





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