

Are you stressed?
Overwhelmed? Lacking confidence?
Negative emotions ruling your feelings?
...Meditation can really help!

What are the health benefits?

- Stronger learning
- Better memory
- Less stress
- Stronger motor skills
- Release from negative emotions
- Better muscle memory
- Increased compassion
- Sustained positive emotion

How long do I need to Meditate for it to work?

Because meditation is literally change your brain structure, its size and the amount of gray matter, it does take time. However consistency is better than quantity. **Even just meditation for 5-10 minutes a day will produce results.** There are many ways to meditate, and not all are sitting and breathing! See QR code below for more details

How do I stop thinking?

You actually don't!! Meditation is more about awareness. Being in your body, where you are, at the present moment. Have you ever felt a heightened sense of awareness playing a sport? **Experienced a thunder storm?** What about eating something really yummy? All of those are experiences where you experience a state of hyper awareness. This awareness is often called "mindfulness" and when you practice it in everyday life, you can experience **more happiness.** Meditation helps your brain be healthy, allowing you to see and enjoy and experience the best of life.

Can meditating actually decrease anxiety & stress?

In the brain, the amygdala is responsible for the **fight or flight** response and release of cortisol, the **stress hormone.** When you meditate, over time the amygdala can actually get smaller! This helps regulate the brain's responses to anxiety and **decrease stress.**

What is the Science behind it?

Scientists have found that meditation **actually changes the brain structure!** It works primarily in 3 ways:

Chemical - Transfer of chemical signals between neurons helps with short term memory & motor skills

Structure - Changes the connections between neurons alters the size or functions of the brain. This helps with long term learning and stress response

Functional - The more you use a specific part of the brain, the easier it is to trigger that usage again. It's like building brain muscle memory! This is especially important when helping improve self-image and confidence

How do I meditate?

- There are 9 mainstream ways to meditate and practicing "mindfulness" is just one of them. Here are 4 basic steps;
- **Set** - get into a mindful pose, either sitting up or laying down
- **Breathe** - take 5 deep breaths, breathing in through your nose and out through your mouth
- **Observe** - starting at the top of your head and moving your way down, scan your body. Notice any areas of tension and relax. Notice how it feels to be in your body at this moment
- **End** - when you are ready open your eyes and continue your day :)

How does meditation help with self-worth & confidence?

Meditation changes your brain structure in such a way that with practice, you can change your strongest thought patterns. **How we talk to ourselves in our minds has a huge effect on our self image,** and changing our brains can definitely help improve self confidence. Scan the QR code and click the link for "Self worth" to learn more!



Want to learn more? Scan this QR code for more resources!