

# Mental Health Awareness Month: Meditation

tips, tricks, and alternatives



# How does Meditation help?

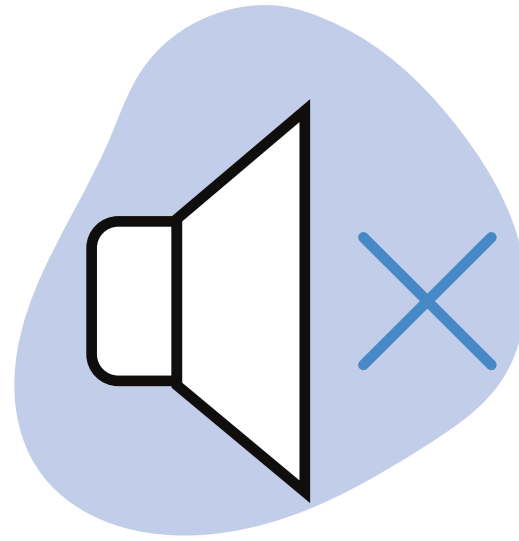
Meditation helps balance your body's system and can ease chronic pain, anxiety, stress, improve heart health, boost mood and immunity



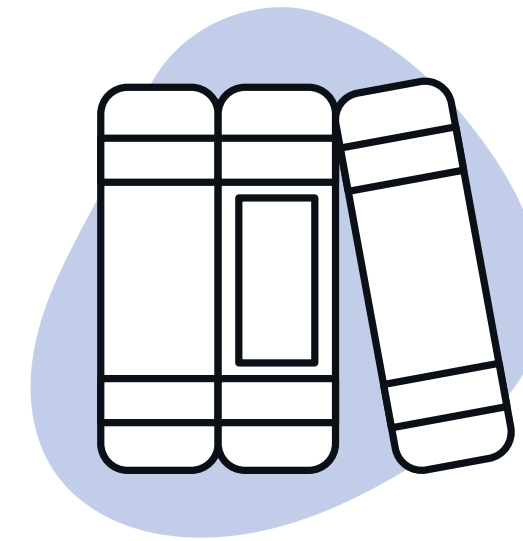
# Traditional Meditation



Still and seated



Quiet and controlled



Learned rules

# Who practices traditional Meditation?

How is it beneficial? Do you notice a difference after?  
Do you like to meditate?

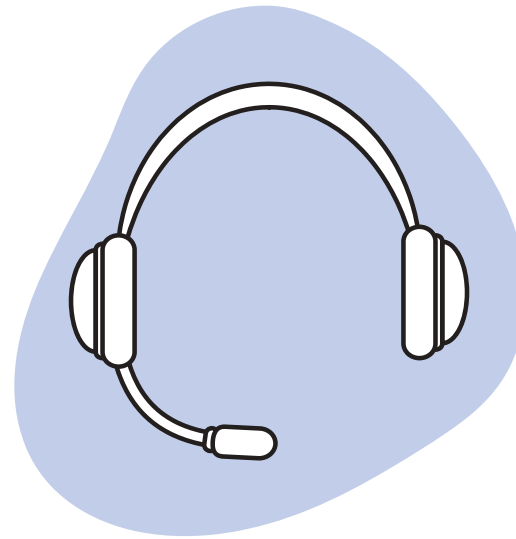
# Mindfulness

Being present in the moment, being conscious and aware of what is around you

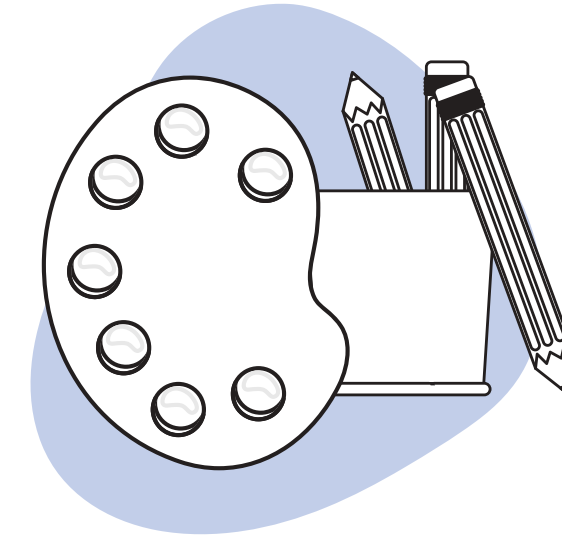
# Mindfulness as Meditation



Walking



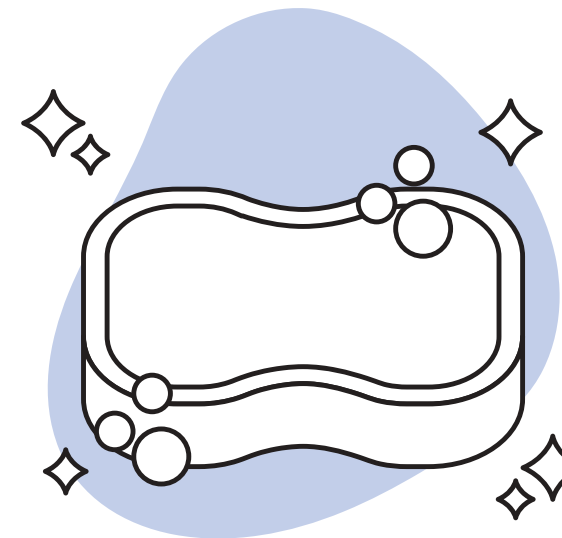
Listening to music



Painting or coloring



Dancing



Cleaning

# Anything you want to try?

Anything you have done previously?

Anything different from what we came up with?

What stands out most to you?

