

What is Meditation?

Meditation helps to relax and calm the mind and body. There are different types of meditation. Most types of meditation have four basic parts:

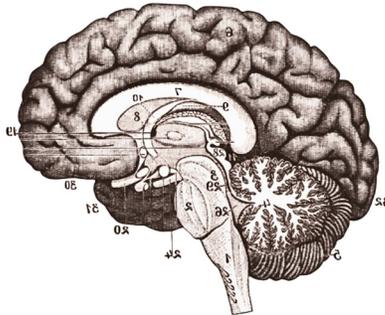
- ❑ A quiet location
- ❑ A comfortable position (sitting, standing, lying and even slow walking.)
- ❑ Focused attention (on an object, on your breath, on a word or phrase etc.)
- ❑ An open attitude without judgment



WHAT IS MEDITATION GOOD FOR?

Meditation can help with feelings of stress, anxiety, and depression. It can help you feel calm and peaceful. It can help you with the stress of having a medical condition. Some research suggests it can help with the following conditions:

- ❑ Age-related cognitive decline
- ❑ Anxiety
- ❑ Cancer symptoms
- ❑ Depression
- ❑ Eating disorders/weight loss
- ❑ Heart disease
- ❑ Pain
- ❑ Sleep problems
- ❑ Smoking
- ❑ Recovery from substance abuse



IS MEDITATION SAFE?

Yes, it is generally safe. People with physical conditions may not be able to participate in moving meditation or certain seated positions. Some individuals have increased anxiety with some types of meditation, you can discuss with your health care provider which method is best for you and initially get a meditation teacher, guide or coach.



WHAT TYPES OF MEDITATION ARE THERE?

There are many types of meditation. You can find one that is right for you. Here are a few of the most common types:

- ❑ Guided meditation (or guided imagery) uses images or visualization.
- ❑ Mindfulness meditation (or Mindfulness Based Stress Reduction) is based on having an increased awareness. It helps us accept living in the present moment. It uses both sitting and walking techniques.
- ❑ Transcendental meditation uses a mantra, such as a word, sound, or phrase. You repeat this silently in a specific way.
- ❑ Yoga, tai chi, and qi gong also use meditation techniques. These could be called moving meditation.
- ❑ There are many more!

HOW CAN I GET STARTED?

Find a teacher that you like. Ask your teacher about his or her training. Talk to your health care professional on approaches that might be best for you. You can also find meditation practices online. There are also apps you can use. Here are some possible resources:

- ❑ Mayo Clinic
- ❑ UCLA Health
- ❑ University of Massachusetts Medical School
- ❑ University of Michigan Comprehensive Cancer Center
- ❑ Insight Timer (<https://insighttimer.com>)

For more information, scan the QR code below, or visit nciph.org/meditation



