

THE MANY FLAVORS OF MEDITATION

Breathe

Meditative Activities
Guided Visualization

Mindfulness-Based Stress Reduction

Mantra-based Meditation

Asana Practice (Yoga)

Breath Focused



THE SCIENCE OF MEDITATION

YOUR BRAIN
ON STRESS

Heart rate ↑
 Blood pressure ↑
 Respiration ↑
 Perspiration ↑
 Stress hormones ↑
 Anti-aging hormones ↓
 Platelet stickiness ↑

Heart rate ↓
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YOUR BRAIN
DURING
MEDITATION

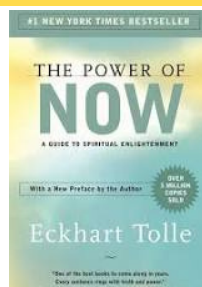
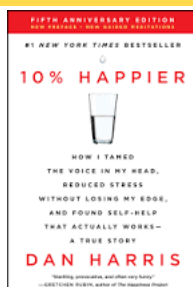
TIPS FOR LEADING A MINDFULNESS PRACTICE

1. Use calm delivery
2. Language is important. "Invite" participation, offer options
3. Consider pauses
4. Adjust tone and pace
5. Normalize distractions
6. Avoid declarative statements
7. Invite curiosity and awareness of thinking
8. Ask open, inviting questions
9. Appeal to the senses

WATCH



READ



APPS



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