

# Become a Meditation Master



Meditation is a balancing technique. It is a practice of concentrated focus on a sound, object, visualization, the breath, movement or attention itself in in order to increase awareness of the present moment, reduce stress, promote relaxation and enhance personal and spiritual growth.

## Five reasons to start meditating:

- Reduce stress. Meditating can help you to relax, find peace of mind and ease tension so that you can control and manage your stress levels. Meditating for a few minutes every day helps you to let go of stress to achieve a relaxed state of mind.
- Encourage a healthy lifestyle. Meditating increases your immunity, eases inflammation, reduces pain and helps fight off diseases.
- Improve concentration. Not only does meditation help with overall health and psychological well-being, it improves functioning of the brain by increasing memory. Meditation improves focus and attention. When you meditate, you bring your full attention to an object, idea or activity, which helps you to practice concentration. Individuals that meditate have an easier time eliminating negative thoughts and breaking down information.
- Increase happiness. Studies have shown that meditation reduces negative emotions and thus relieves anxiety and depression. Meditation gives you a sense of self-awareness that helps you to take a step back so that you can look at stressful or upsetting situations and gain clarity.
- Boost social life. Meditation can help you feel more connected, boost social connection and reduce loneliness. It can help improve empathy and compassion and increase creativity.



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Although there are many types of meditation and relaxation techniques that have meditation components, all share the same goal of achieving inner peace.

**Challenge:**

Use this basic meditation practice or any other technique for at least five minutes a day for a total of 150 minutes in 30 days.

1. Sit or lie comfortably in a quiet place and rest your hands on your lap.
2. Close your eyes softly and direct your gaze downwards.
3. Breathe slowly and deeply by taking a few slow and deep breaths, inhaling with your nose and exhaling from your mouth. Don't force your breathing; let it come naturally. Take as long as you need to breathe slowly and deeply. Aim to have the length of your exhalations as long, if not longer, than your inhalations.
4. Focus your attention on your breathing. Be aware of each breath that you take in through your nose. Be mindful of each breath that you exhale through your mouth. Continue focusing on your breaths for as long as you like. If your mind wanders, return your focus to your breath. As you develop greater focus power, you will find it easier to concentrate.
5. When the session ends, open your eyes, stand up slowly and stretch.

**Record each date and time you meditated for 10 minutes during the day.**

DATE	TIME	DATE	TIME

**Email this form to [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org) by December 10, 2018 to be eligible for prizes.**

Name: \_\_\_\_\_

Wellness Ambassador Name: \_\_\_\_\_