Mindfulness and Meditation Information

Mindfulness is about being fully present in the moment and practicing awareness as you do something. It also means giving nonjudgmental attention to your thoughts, feelings and behavior.

Mindfulness can be practiced while you wash dishes, fold laundry, play with your children or pets, take a walk, etc.

Mindfulness can lower blood pressure, improve your digestion, relax tension related to pain and releases “happy” chemicals in our brains. Mindfulness can also help us manage our thoughts, feelings and emotions through nonjudgmental attention. Simply acknowledging that we are feeling anxious, think we’re unprepared or are acting grumpy can help us better reflect on and manage these thoughts, feelings and behaviors.

Meditation is a practice of training our awareness, cultivating compassion and observing our thoughts and feelings without judgment. There are different types of meditation; these include focused attention, body scans, noting, visualization and loving kindness. Meditation can be practiced in a guided or unguided format.

Meditation experts usually encourage having a quiet space to meditate without interruption.

Meditation can help us to focus better and improve our ability to connect with others. It can help to reduce stress, boost self-compassion and make us more aware of how we feel physically and emotionally.

Meditation apps:

* Headspace app (free subscription for US school district employees)
* Calm app (some content available for free)
* Ten Percent Happier app (some content available for free)

Guided meditations from vetted websites:

* [3 Meditations for Beginners](https://www.mindful.org/three-meditations-for-beginners/) (5-10 min.) – Mindful
* [Softly Focus Your Awareness](https://www.mindful.org/a-6-minute-practice-to-softly-focus-our-awareness/) (6 min.) – Mindful
* [Offering Loving Kindness to Yourself and Others](https://www.mindful.org/guided-meditation-offering-loving-kindness-to-yourself-and-others/) (8 min.) - Mindful
* [Nourishing Breath Meditation](https://www.mindful.org/10-minute-nourishing-breath-meditation/) (10 min.) – Mindful
* [RAIN Meditation](https://www.mindful.org/investigate-anxiety-with-tara-brachs-rain-practice/) (12 min.) - Mindful
* [Guided Self-Compassion Meditation](https://self-compassion.org/guided-self-compassion-meditations-mp3-2/) (5-25 min.) – Dr. Kristin Neff
* [Reset Meditation](https://www.youtube.com/watch?v=QHkXvPq2pQE) – Headspace (10 min.)
* [Reframing Stressful Situations Mediation](https://www.youtube.com/watch?v=sG7DBA-mgFY) – Headspace (10 min.)

Animated videos from Headspace about meditation:

* [Getting Started](https://www.youtube.com/watch?v=t_yXe_6mYTA&list=PLW8o3_GFoCBNANhsWEDgRbyXGyjg2nPtR&index=11) (1 min.)
* [Training the Monkey Mind](https://www.youtube.com/watch?v=qxyVCjp48S4&list=PLW8o3_GFoCBNANhsWEDgRbyXGyjg2nPtR&index=8&t=0s) (1 min.)
* [Underlying Calm](https://www.youtube.com/watch?v=F0WYFXxhPGY&list=PLW8o3_GFoCBNANhsWEDgRbyXGyjg2nPtR&index=15&t=0s) (1 min.)
* [The Hole in the Road](https://www.youtube.com/watch?v=vQxTUQhVbg4&list=PLW8o3_GFoCBNANhsWEDgRbyXGyjg2nPtR&index=11&t=0s) (2 min.)

Additional articles and information:

* [Mindfulness and Meditation: What’s the Difference?](https://medium.com/thrive-global/mindfulness-meditation-whats-the-difference-852f5ef7ec1a) – Thrive Global
* [9 Ways Mindfulness Reduces Stress](https://www.mindful.org/9-ways-mindfulness-reduces-stress/) - Mindful
* [Sparking Joy: A Mindfulness Practice for Everyday](https://www.mindful.org/sparking-joy-a-mindfulness-practice-for-everyday/) - Mindful
* [What is Meditation?](https://www.headspace.com/meditation-101/what-is-meditation) – Headspace
* [16 Types of Meditation](https://www.headspace.com/meditation/techniques) – Headspace
* [How to Meditate](https://www.mindful.org/how-to-meditate/) – Mindful
* [How to Meditate with Anxiety](https://www.mindful.org/mindfulness-meditation-anxiety/) – Mindful
* [Why Mindfulness Isn’t About Control](https://www.mindful.org/why-mindfulness-isnt-about-control/) – Mindful
* [3 Guided Practices to Find Calm and Equanimity](https://www.mindful.org/three-practices-to-find-calm-and-equanimity/) - Mindful

Mindfulness and Meditation Challenge

The wellness team invites you to join in on a mindfulness and meditation challenge!

**Challenge start date**:

**Challenge end date**:

Benefits that can be gained by practicing mindfulness and meditation:

* Lower blood pressure
* Improved digestion
* Relaxing of tension related to pain
* Release of “happy” chemicals in the brain
* Better focus
* Improved ability to connect with others
* Stress reduction
* Increased self-compassion

 **How to participate**: For each day you practice mindfulness or meditation, mark the challenge tracker. After the last day of the challenge, turn your tracker in to person by date.

**Incentives/ prizes**: For each day you practice mindfulness or meditation, you’ll earn one entry into a drawing for x. The drawing will be conducted by date and winners will be announced by communication channel (email, wellness newsletter, announcement at a meeting).

If your wellness program has a logo, insert it here to brand this challenge as part of your program!

Mindfulness and Meditation Challenge Tracker



Name:

Challenge start date:

Challenge end date:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |

Mindfulness and meditation resources:

(Choose some of the resources from the information page to enter here or add your own!)

If your wellness program has a logo, insert it here to brand this challenge as part of your program!