

# Meditation 101: How to Shift From Surviving to Thriving

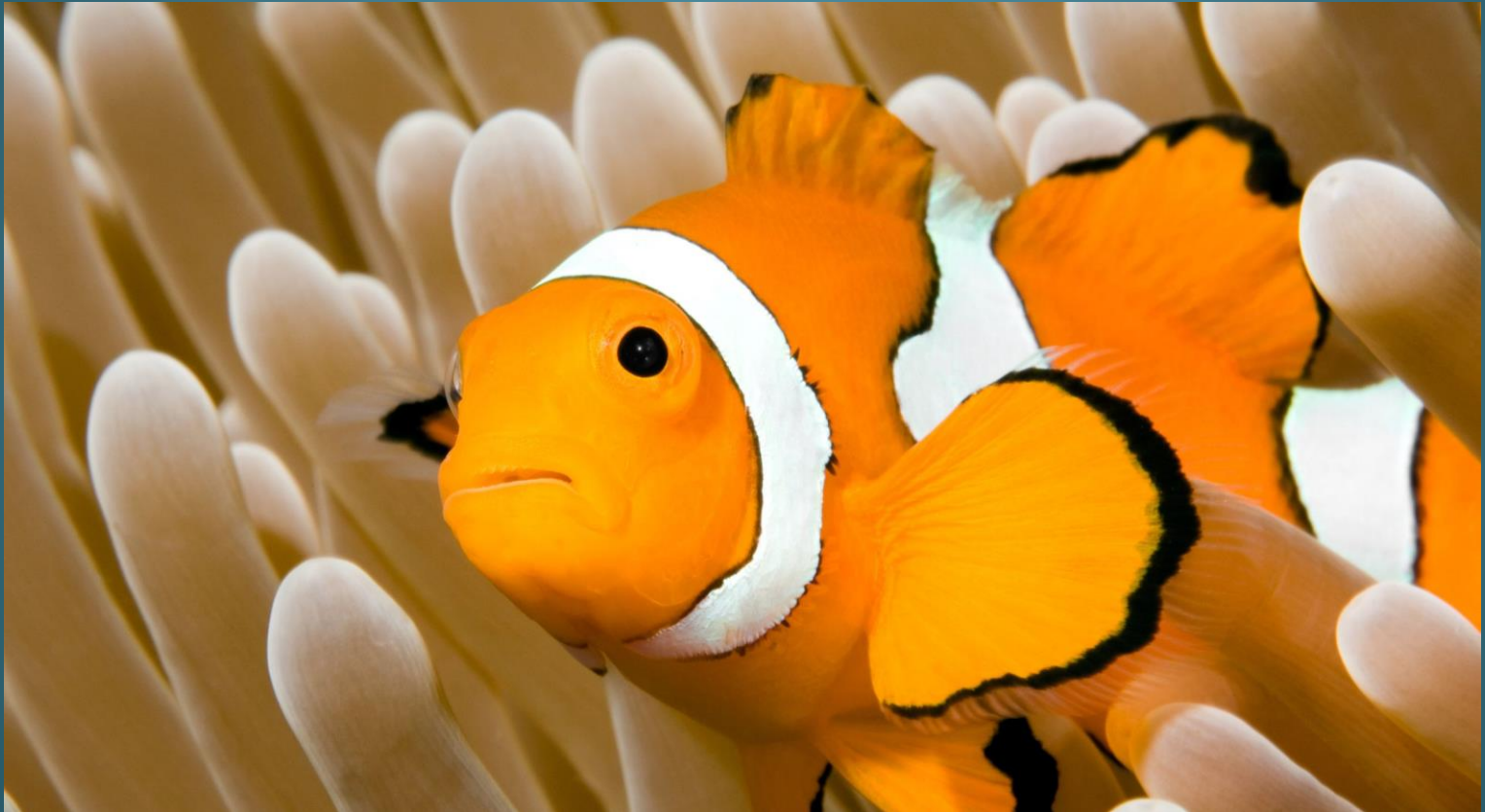


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# What's The Appeal?

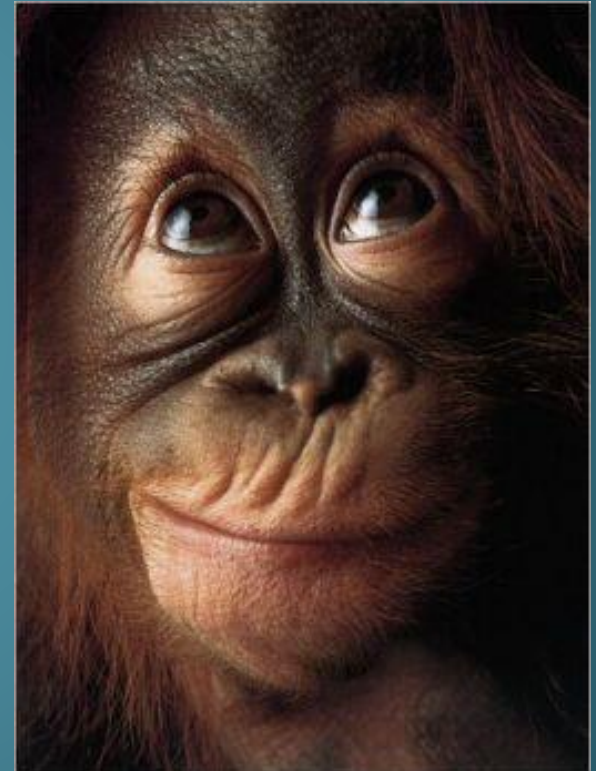
- De-stress
- Anxiety
- Depression
- Emotional Resilience
- Less Reactive
- Insomnia
- Health issues- healing
- Hormonal imbalances
- Intuition/Inner Wisdom
- Spiritual Connection
- Find more energy
- Inner peace/Contentment

# THRIVE

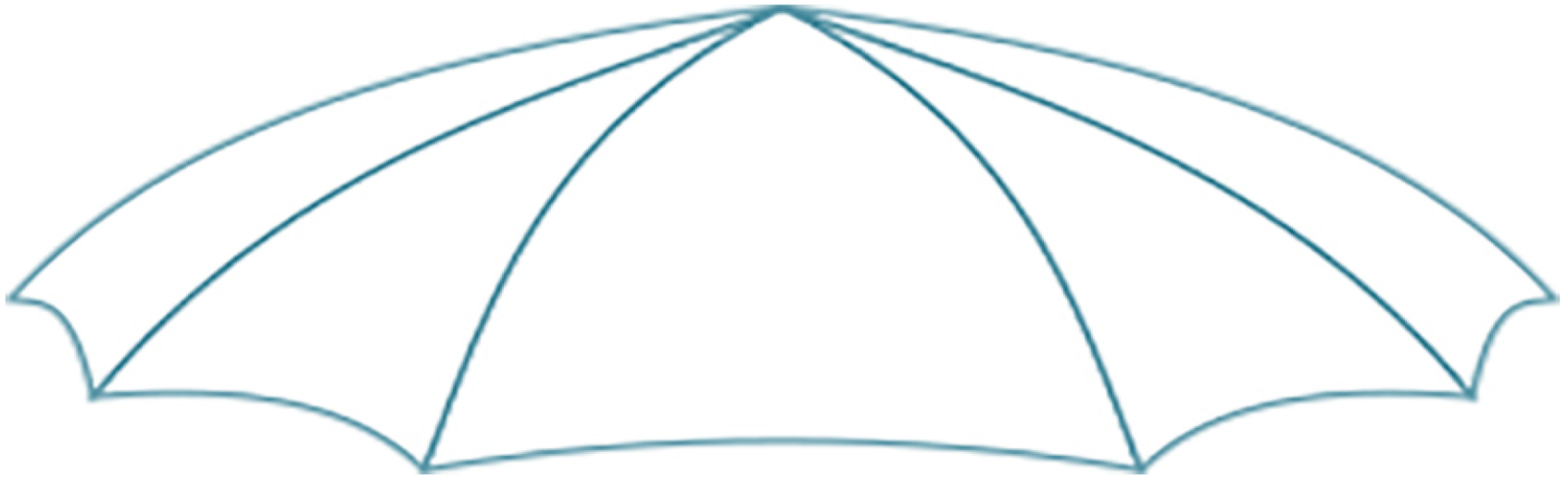


# What is Meditation?

It depends on who you ask.



# MEDITATION



## Buddhist

- Zen ("seated meditation")
- Vipassana ("insight")
- **Mindfulness**
  - formal
  - everyday
- Loving Kindness ("metta")

## Hindu

- Mantra
- Transcendental Meditation
- Yoga
  - chakra
  - gazing
  - kundalini
  - sound
  - tantra
- Self-inquiry

## Chinese

- Taoist
- Qigong

## Christian

- Contemplative Prayer
- Contemplative Reading
- "Sitting with God"

## Guided

- Traditional
- Imagery
- Relaxation & Body Scan
- Affirmations
- Binaural Beats



# Practices to Nourish our Body-Mind-Spirit



Life Force Connection

Heart/Soul Expansion

Non-judgmental Awareness

Concentration/Focus

# What is Your Image of Meditation?



# Can You Relate?







# Who Meditates?



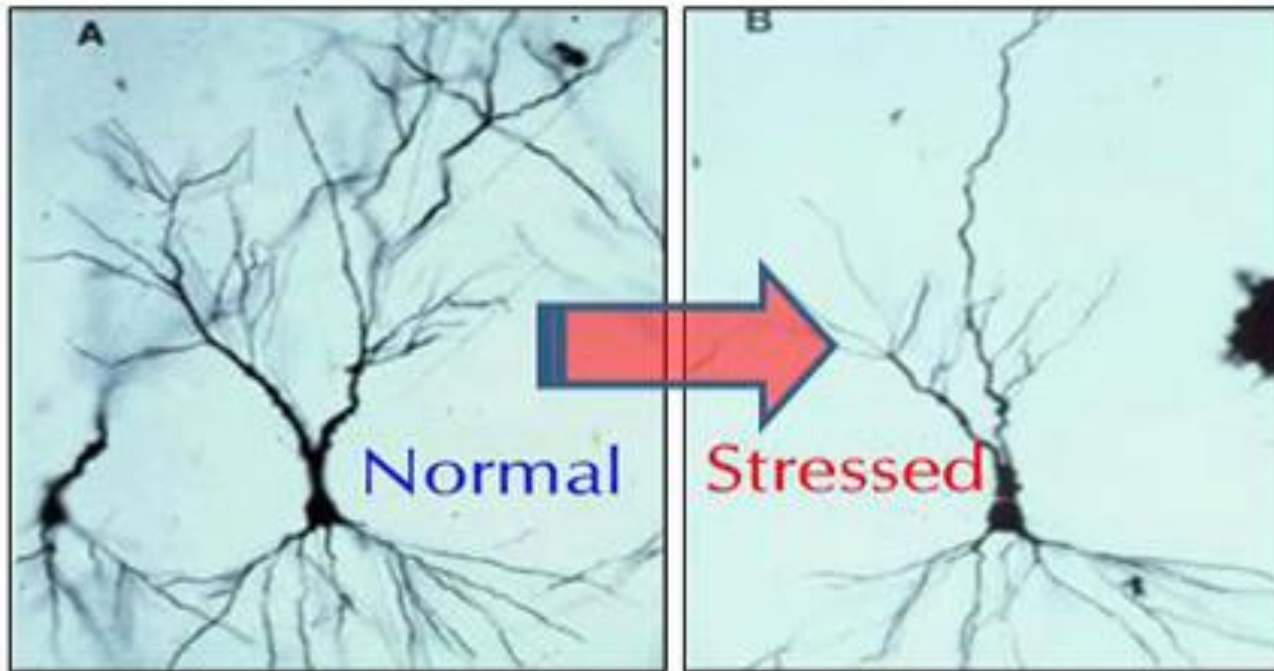
# Research

1. Improves stress resilience.
2. Increases capacity to focus and pay attention.
3. Improvement in markers of health.
4. Less reactive - more responsive.
5. Enhances connection.

( Altered Traits, Goleman & Davidson, 2017)



# Stress Shrinks Brain Networks



# Stressed?

S- Stop

T- Take slow deep breaths

O- Observe body, thoughts & feelings

P- Proceed

(Elisha Goldstein)

# Final Take Away

- Take 5 regularly
- Change the mind, change the brain
- Stress resilience is an inside job



# LEARN MORE

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