

Drop It Low

Week One – Meditation

Meditation strengthens your ability to focus. When you are able to focus better, your performance and creativity may increase while your heart rate and stress levels may decrease. Meditation is a skill that takes practice. There are numerous studies that show a relationship between meditation and positive health benefits such as decreased blood pressure, lower levels of anxiety, and a healthier immune system. You can experience a greater sense of connection with the world you live in.

Benefits of Meditation

- Gain inner peace
- Increases self-awareness
- Makes you present
- Improves concentration
- Improves sleep
- **Lowers heart rate**
- Improves blood circulation
- Lowers blood cortisol levels
- Improves overall well-being



Meditation Techniques: #1 Breathing Meditation

Breathe deeply from the abdomen. In this way, you inhale more oxygen which decreases tension, shortness of breath, and anxiety.

- Sit comfortably with your back straight. Put one hand on your chest, and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise.
- Exhale through your mouth, pushing out as much air as you can.
- Continue to breathe in through your nose and out through your mouth.

Meditation Techniques: #2 Mindfulness

Mindfulness is achieved when you are present in the moment while acknowledging and accepting your feelings, thoughts, and bodily sensations.

- Find a quiet environment.
- Find a comfortable position (avoid lying down as it may lead you to fall asleep).
- Have a point of focus – it can be a feeling, imaginary scene, meaningful words, or phrases.
- Have an observant, noncritical attitude – your mind will wander, and it is okay.
- Simply return to your breathing pattern and point of focus. It will take some practice.