Meditation
Meditation can help individuals sleep better, cope with depression and anxiety, reduce chronic pain and even improve some cognitive and behavioral functions.

HOW TO START MEDITATING

BREATH
Don’t try to “Calm your mind.” Instead, appreciate the sensations of your breath in the same way that a wine snob tastes cabernet. When your mind starts wandering away into thoughts, just recognize that you’re thinking. Then return to appreciating the sensations of your breath.

ARMS/HANDS
Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.

LEGS/FEET
If you’re sitting in a chair, keep your feet flat on the floor and your spine straight. If you’re sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.

EMOTIONS
Long-term meditators show increased size in brain regions associated with emotional regulation. “Larger volumes in these regions might account for meditators’ singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior,” according to a UCLA study.

EYES
Decide what you’re going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you’re in, keep them open.

TIME
Meditation isn’t about length; it’s about frequency. In the same way you don’t get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.

Health Solutions Support Systems Available in Pueblo
Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

VISIT
Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL
Health Solutions
Crisis Services
719.545.2746

STATE HOTLINE
Colorado Crisis Services
1.844.493.8255

OR TEXT
Colorado Crisis Services,
text TALK to 38255

Flyer prepared by Courtney Woodka, Health Solutions Marketing Coordinator