

# **MEDITATION**

Research has shown that meditation has many mental and physical health benefits. Among other things, it may help reduce stress, enhance concentration, improve sleep, manage pain, and lower blood pressure. Daily meditation practice is ideal for reaping these rewards. In addition, brief mini-meditations can be done as needed throughout the day whenever you want to calm your mind and relax.

## **Morning Meditation**

<https://www.youtube.com/watch?v=FGO8IWiusJo>

## **5 Minute Meditation You Can Do Anywhere**

<https://www.youtube.com/watch?v=inpok4MKVLM>

## **Mindfulness Meditation**

<https://www.youtube.com/watch?v=EpVFSti0Ydg>

<https://www.youtube.com/watch?v=-2zdUXve6fQ>

## **Progressive Muscle Relaxation**

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

<https://www.youtube.com/watch?v=ihO02wUzgkc>

## **Evening Ritual to Close Your Day**

<https://www.youtube.com/watch?v=ZFt1HN53VBw>

<https://www.youtube.com/watch?v=7JBh0b1YM7s>