

## Meditation and well-being

Meditating a couple times a day for just 10 minutes can make a difference to our overall well-being. There are many ways to meditate, including listening to music. However, an effective way is to simply concentrate on your breath, and count as you breath in and out. When you reach 10, start counting from one again. Aim to not think, and simply count and listen to your breath. Breathe deeply and if a thought does enter your mind simply acknowledge it and let it go.



Here are some benefits of meditation:

- Lowers blood pressure
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches and migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Reduces symptoms of depression
- Enhances attention and memory
- Reduces the inflammation response caused by stress
- Generates optimism, self-esteem, confidence and motivation