



Mindful Meditation

Outreach and Engagement

Outreach & Engagement

- Free Services for All Ages
 - Individual Case Management
 - Workshops
 - Skills Groups
 - Referral & Linkage
- Services are available for all who live in Orange County
- Collaborative
 - Jewish Family Federation Services (JFFS)
 - Mission Hospital
 - Orange County Asian Pacific Islander Community Alliance (OCAPICA)



Purpose of today's workshop

Understanding meditation

- What it is
- Types
- Why it is important
- Practicing mindful meditation



What is meditation?



Meditation

- A mind-body practice used for increasing calmness and physical relaxation
- Commonly used as a tool to manage stress
- Involves taking time to pay attention to where we are, what's going on—being aware of our body



Meditation



Common elements include:

- Quiet location with few distractions
- Specific and comfortable positions/postures
- Focus of attention
- Open attitude

Examples



- Concentrating on a specific object or establishing a point of focus
- Silently repeating a word, phrase, or chant
- Visualizing an image
- Noticing bodily sensations (breathing, flexing, etc.)

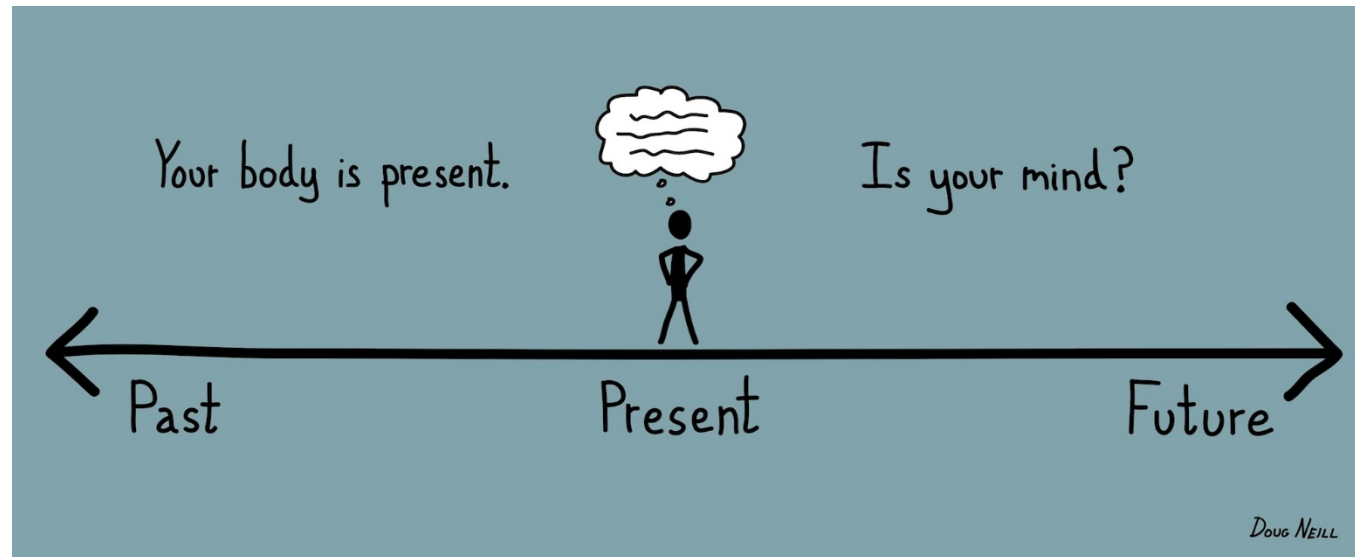
Mindfulness

- Calls for individuals to be completely aware and focused in present moment
- Attention is fully dedicated to whatever your point of focus is
 - Breathing rhythm, visual image, sounds, etc.
- Concentrate and remain aware of your experience moment to moment



What are some benefits of meditating?

- Managing stress
- Increasing self-awareness
- Reducing negative emotions
- Increasing patience and tolerance
- Can help manage symptoms of
 - Anxiety
 - Depression
 - Chronic pain
 - Tension headaches
 - Sleep problems



Helpful Tips

- Establish consistency when mediating (same time/place)
- Choose a place that is quiet and pleasant
- Do not be surprised or discouraged when your mind wanders—simply return to your point of focus
- Meditation takes practice so don't feel discouraged if it does not come easy



Exercises



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Questions?

