Breathing

- Diaphragmatic Breathing or “slow abdominal breathing”
- Stress Response vs. Relaxation Response
- Retraining the breath
Quieting the Mind

- Breathing and cognitive function
- Regulating the amygdala and limbic system - emotions
- Impact on access to and recall of information
- Capacity to listen and integrate other people’s perspectives
# General Types of Meditation

## Focused-attention Meditation
- Focus awareness on objects, words, thoughts, images, phrases
- Guided imagery, focusing on a lit candle, mantras, prayers

## Mindful or Awareness Meditation
- Awareness is the focus (of thoughts, feelings, sensations), no particular object thought or feeling is the focus
- Mindful eating exercises, body, breath and awareness meditation, Buddhist, Zen, Tao practices, iRest

## Expressive Meditation
- Active meditation, using movement to bring us to stillness
- Vigorous yoga, walking, shaking, dancing, whirling (dervishes)
Meditation

- Meditation is not One-Size-Fits-All
- Explore different kinds of meditation and find what works for you
- Love it or dislike it – that’s great info!
- Try new meditations out a few times
Expressive Meditation

- Guidelines
- Trust your body, know your limitations
- Eyes Open or Closed
- Shake for 1 min
- Gentle movement for 30 secs
- Silence for 30 secs
Focused-attention Meditation

Guidelines

- Choose a word or phrase
- Breathe deeply
- Repeat word or phrase silently with each breath
- If mind wanders, gently return to your word or phrase
Meditation Wrap Up

- Mindfulness – awareness of breathing
- Expressive meditation – can be done with music
- Notice how you responded to each of those types of meditation.
- Did you resonate with one form of meditation more than the others?