



Monthly Productivity & Balance Newsletter | July 2018

Finding Balance with Meditation

Finding balance, both at work and home, can be challenging. From juggling schedules and monitoring your diet, to meeting deadlines, it can be difficult to muster the energy to get through the work week with a smile. Rather than relying on caffeine and counting down to the weekend, try meditating to jumpstart your morning or settle into a restful night.

Benefits of Meditation

Stress, worry and anxiety can lead to restless nights, tired mornings and difficulty focusing throughout the workday. Taking a few moments to meditate can offer stress relief during the most challenging moments of your day. Meditation does not require special equipment, making it one of the easiest ways to refocus and find balance, even within the busiest schedule. Studies have found a myriad of benefits for those that meditate, including lowered blood pressure, muscle relaxation, more restful sleep and an overall feeling of positivity and focus. Researchers have also found physical proof of increased left-brain activity from meditation. This activity has been tied to improved immune system activity and even emotional regulation.

While all medical decisions should always be made with a physician, many patients struggling with physical or mental challenges have found relief in meditation. These benefits all connect to deep breathing and mindfulness, leading many Americans to look to meditation-based Western traditions such as yoga and tai chi to also incorporate mindfulness into their exercise routine.

Practicing Mindfulness

Whether you try 20 minutes of focused meditation before breakfast or fit in a few 5-minute sequences throughout the day, mindfulness in any amount can improve your mood. The mental boost offered by meditation comes in part from an improved ability to focus on and accept the present moment. This mindset shift can help to minimize ongoing feelings of regret or fear, ultimately relieving stress and often providing feelings of clarity and focus. Those who incorporate meditation into their daily lives can also look to this practice as a form of release over other stress-response habits such as overeating or indulging in alcohol, cigarettes or other substances.

So, What is Meditation?

The unique simplicity of preparing for meditation allows you to practice anywhere at almost any time. From standing in the shower to sitting in your office chair, just a few moments can offer immediate stress relief. There are three common forms of meditation, all of which can be incorporated into stressful situations or structured exercise. These forms include:

- **Mindfulness**, which involves quiet acknowledgement of physical sensations as focus is brought back to the sound and feeling of your breathing.

- **Relaxation response**, which is often used before falling asleep, involves slowly relaxing each area of the body while focusing on a specific word or sound.
- **Visualization**, often used to reduce anxiety or boost confidence, involves focusing on a specific place or situation.

Visualization meditation may help you to lessen anxiety about a challenge in your life as you imagine yourself successfully overcoming that roadblock. Practicing relaxation response may ease you into a restful night's sleep, allowing you to sleep soundly and wake up more energized and positive. Mindfulness practice can ultimately guide you toward being more aware and productive in the moment.

Whether you prefer to lean on meditation when you need to recharge during your lunch break, or decide to incorporate mindfulness-focused yoga into your morning routine, seeking a calm, quiet, focused meditation practice can offer you a simple path to improved health and clarity in both your professional and personal lives.

For more information about meditation or to reach a Behavioral Health or Work/Life Expert, contact eni

by calling:

1.800.327.2255