



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

**HARRISHEALTH**  
SYSTEM

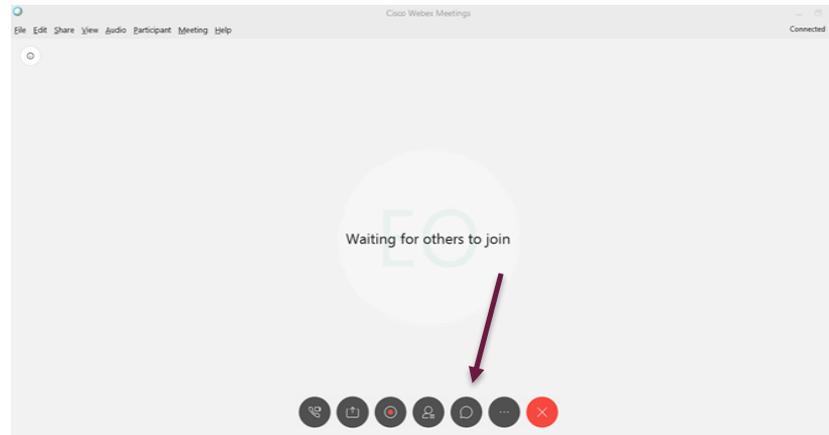
# MEDITATION 101

Taught by Harris Health System Employee Wellness Team

# Engage and Interact

**Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.

**Premium Points** - You can only receive credit for one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.



# Learning Objectives

- What is Mediation?
- Why should we Meditate?
- Benefits of Meditation
- Meditation For Beginners
  - Meditation Facts/Types
  - What you need to Meditate
  - Importance of Breath
  - 5-minute Guided Meditation Activity



# MEDITATION

# What is Meditation?

Meditation is an experience of relaxing the body, quieting the mind, and awakening the spirit.



The word meditation comes from the Latin “*meditatio*”, which originally indicated any type of physical or intellectual exercise. The word “med” means healing.

# Why Meditation?

- ❖ Deepening of consciousness or awareness
- ❖ Deeper understanding of self
- ❖ Deeper understanding of others



# Benefits of Meditation

- Higher levels of energy, creativity, and spontaneity
- Lower blood pressure
- Increased exercise tolerance
- Pain relief
- Better concentration
- Decreased stress, depression and anxiety
- Fewer cravings for alcohol and cigarettes
- Increased job satisfaction
- Better relationships with others
- Develops our sense of self and our spirituality



# POP QUIZ

*Q: What is Meditation?*

*a) An opportunity to hide from my spouse and kids during quarantine*

*b) An island off the coast of Belize*

*c) An experience of relaxing the body, quieting the mind and awakening the spirit*

# POP QUIZ

*Q: Which of the following is NOT a benefit of Meditation?*

*a) Better Concentration*

*b) Decreased Stress & Anxiety*

*c) Causes people I don't like to become invisible*

*d) Better relationships with others*



# MEDITATION FOR BEGINNERS

# About Meditation



- Over 5,000 years old
- Thousands of variations
- Specific techniques and skills for each type
- Examples:
  - Meditation using concentration
  - Receptive meditation
  - Labyrinths & Mandalas

# What Do You Need for Meditation?

- Quiet space
- Enhancements:
  - Images/symbols
  - Music
  - Candle
  - Diary/journal
  - Straight backed chair or mat
  - Aromatherapy (soothing scents)



# Importance of Breath

- Focusing the mind on the continuous rhythm of inhalation and exhalation provides a natural object of meditation.
- As you focus your awareness on the breath, your mind becomes absorbed in the rhythm of inhalation and exhalation.
- As a result, your breathing will become slower and deeper, and the mind becomes more tranquil and aware.

# Breath-Focused Meditation

Trains the mind to settle, let go of mental clutter, and focus in the present moment. Connects mind with body.

- Find a comfortable position either lying down on your back, in a chair, or on a cushion on the floor. Spine should be erect but not rigid.
- Scan through the body and release unnecessary tension.
- Bring attention to the body with an attitude of friendly curiosity.
- Tune into the sensations of your body breathing and focus your attention on the feel of the breath coming in and out.
- When your mind wanders, notice, and gently guide attention back to the breath (over and over again).
- Practice for 5-30 minutes daily for lasting positive results.



# LET'S PRACTICE

# 5-MINUTE GUIDED MEDITATION ACTIVITY

<https://www.youtube.com/watch?v=i50ZAs7v9es>

# Thank you for participating in the guided meditation!

- 1) Do you feel relaxed after the guided meditation?
  - a. Very relaxed
  - b. Slightly relaxed
  - c. I feel the same
  - d. I feel more tense/stressed
  
- 2) Will you begin incorporating a guided meditation practice into your lifestyle?
  - a. Yes
  - b. No
  - c. Maybe

# Resources

## Guided Meditation

- Apps
  - Relax Melodies
  - Headspace
  - Calm
  - YouTube
  - Cigna Happify
- Websites
  - [Do Yoga with Me](#)
  - [UCLA Mindful Awareness Research Center](#)

## Stress Management

- Employee Assistance Program  
Online: [www.feieap.com](http://www.feieap.com),
  - 800.638.3327
  - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
  - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at **800.274.7603**.
  - Go to **Cignabehavioral.com** for extra resources.
- Coaching
  - Telephonic health coaching:  
855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
    - Office: 713-873-6407
    - Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

# Reminders

- Check out the June Healthy@Harris Happenings and the Employee Wellness website to see the upcoming schedule! All Employee Wellness activities will be online in July.
- [Educational Resources](#) for classes can be found on our website.
- Premium Points - You can only receive credit for one Wellness Class and one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for classes/workshops you have already completed.

## Other Resources:

- Employee Assistance Program – available for all HHS employees and eligible family members  
Website: [www.feieap.com](http://www.feieap.com)  
Phone: 800-638-3327  
Username: hhs

# Contact Us!

**HEALTHY@HARRIS**  
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