

Meditation

Meditation is the practice of becoming aware of what is happening in that moment. Bringing awareness to your body and mind has multiple health benefits, such as, lowering blood pressure, increasing concentration, reducing stress and anxiety, and can also help improve sleep. To learn more about meditation and other benefits it can provide, click the link below:

<http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Here are some different, beginner level meditations to practice in your spare time:

- ***Free Online Course:***
 - <http://aboutmeditation.com/>
- ***Step-by-Step Instructions:***
 - <http://www.everydayhealth.com/emotional-health/anxiety/meditation-for-anxiety-relief.aspx>
 - <http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>
- ***Free Guided Meditations:***
 - <http://marc.ucla.edu/body.cfm?id=22>
 - <http://www.fragrantheart.com/cms/free-audio-meditations>

Other Online Resources

These online resources can provide additional information and online tools for meditation:

- <http://www.umassmed.edu/cfm/>
- <http://www.mindful.org/resources/#>