



# MINDFULNESS MEDITATION

OFFERED BY:



## ABOUT

AllOne Health is now offering mindfulness meditation as a part of our stress reduction coaching! This is especially good news for any employee that is experiencing heightened stress including front line medical staff and first responders.

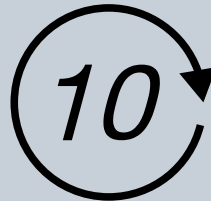
## MEDITATION MYTH-BUSTERS

- Meditation is NOT about stopping your thoughts.
- You do NOT have to sit cross-legged on the floor to meditate.
- You do NOT need to meditate for an hour to reap the benefits.

LET US SHOW YOU HOW & WHY

## WHY MEDITATE?

Mental Health America suggests that taking a moment to yourself to meditate during these current challenging times can help support overall mental health. Meditation allows you to focus your attention and clear the stream of thoughts and information overload that may be crowding your mind and causing stress.



**10 MINUTES IS ALL IT TAKES**

*Studies show that meditating for as little as 10 minutes decreases anxiety and depression by increasing the brain's alpha waves associated with relaxation.*

## LONG-TERM BENEFITS

These benefits don't end when your meditation session ends, they can carry throughout the day. *Psychology Today* lists additional benefits including:



**INCREASING SELF-AWARENESS**



**GAINING NEW PERSPECTIVE**



**INCREASING PATIENCE & TOLERANCE**



**REDUCED NEGATIVE EMOTIONS**

**CALL TODAY: 1-800-451-1834**

Call AllOne Health to schedule a session with a stress reduction coach & learn to meditate today!