

# meditation

Daily moments of meditation can improve your health and diabetes management.



## Mindfulness

Mindfulness is the ability to bring your full attention to the present moment. Meditation uses mindfulness to calm your mind and focus on your natural breath.

### Benefits



reduced stress



lower blood pressure



stronger immune system



blood sugar regulation



pain reduction



fat loss



younger looking skin



improved memory and focus



increased concentration



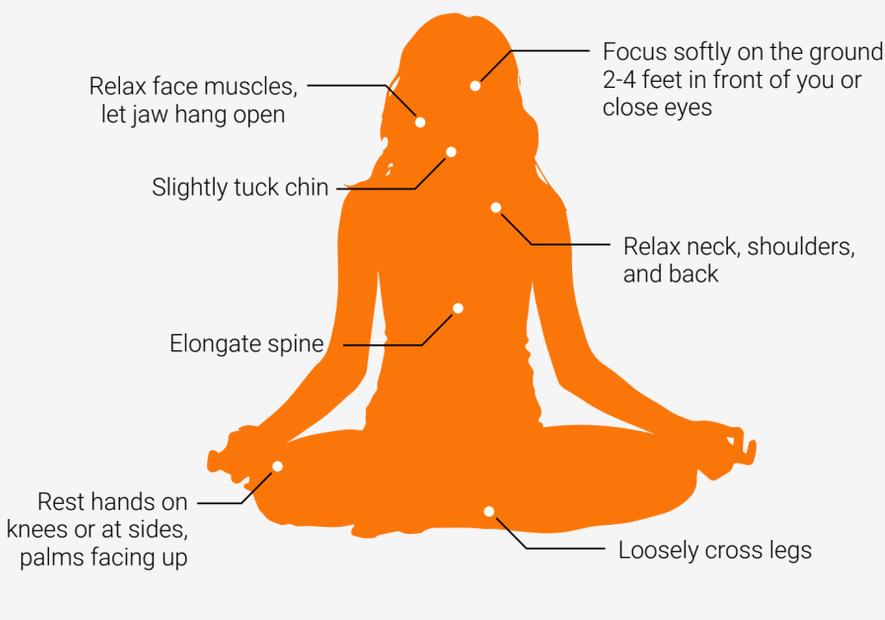
increased creativity



Try to meditate at the same time each day. Meditation is most effective when incorporated consistently into your daily routine.

## How to sit

Anyone and everyone can practice meditation anywhere, at any time.



Have fun with it! Meditation isn't always easy, but what is? Have patience, maintain a positive attitude and allow relaxation to occur at its own pace.

## How to meditate



### Create time and space

Decide when and where you want to meditate. Start with 5 minutes and work your way up!



### Eliminate distractions

A meditation space doesn't have to be completely silent, but try to avoid TVs, phones, and anything else that may disrupt you.



### Get comfortable

Find a comfortable position, seated or otherwise.



Remember, you don't have to sit to meditate. Any position works! Just make sure your body is still and you feel comfortable!



### Soften gaze

Maintain a loose gaze slightly in front of you, or gently close your eyes.



### Breathe

Become aware of the rise and fall of your belly. Breathe easily and naturally without making conscious changes to your breathing pattern.



### Relax

Mentally scan your body and consciously relax each individual body part.



### Clear mind

More advanced meditators completely clear their minds. Beginners should focus on their breath or repeat a mantra.



### What is a mantra?

A mantra is a word or sound you repeat to aid focus. You can use the classic "om" or create your own (e.g., *inhale* "let" *exhale* "go").



### Become an observer

The mind will wander. Acknowledge any incoming thoughts, let them go, and return to your breath.



### Return

When you're ready, open your eyes completely. Remain in your seated or lying position before standing.