

Ascension Personalized Care

Using meditation techniques to lower stress, relax more fully, and enhance productivity

We need to find balance in our lives. But how?

How do we balance the pressures of life while maintaining a meaningful, healthy connection with ourselves? With the tools offered by Mindfulness Meditation, you can relax and center yourself. Meditation has been a valuable tool for reducing anxiety and improving well-being for centuries, and it's easy to begin a meditation practice.





What is mindfulness?

Mindfulness is being aware of the present and accepting your thoughts, feelings and experiences without judgment.

What is mindfulness meditation?

Mindfulness meditation is a combination of practices and techniques that encourage and develop concentration, clarity, emotional positivity and calm understanding. The goal is to cultivate awareness of the present moment. Meditation has many benefits including increasing mind-body awareness, promoting relaxation, boosting focus and clarity, and most importantly, identifying and reducing the stress caused by our own minds.

How do I start?

One of the best things about meditation is that it doesn't require any equipment or a gym membership — just you. You can meditate standing up, sitting down or lying down. Just pick a spot where you can be both alert and relaxed, and begin. Our video series will introduce you to mindfulness and meditation, walking you through techniques that you can do anywhere.

An art backed up by science

Meditation has been a focal point of academic studies for years. Some recent efforts have concluded:

"A Higher Level of Mindfulness May Help Reduce Belly Fat"

International Journal of Behavioral Medicine

"Meditation May Benefit People With Chronic Insomnia"

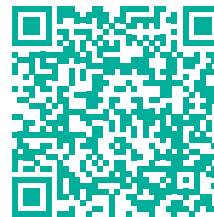
National Institutes of Health

"Meditation May Help to Thicken the Brain Cells, Allowing the Brain to Process Information Faster"

UCLA/Frontiers in Human Neuroscience

"Meditation May Help Reduce the Fatty Buildup in Arteries, Lessening the Likelihood of Heart Attack or Stroke"

American Heart Association



Start using meditation today.
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