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Emotional Well-Being:  
Meditation and Common  
Practices



# Objectives

- ❖ What is Meditation?
- ❖ Benefits of Meditation, Meditation and Emotional Well-Being
- ❖ Meditation and Illness
- ❖ Meditation Types & Elements of Meditation
- ❖ What is Yoga?
- ❖ Yoga: How to Get Started
- ❖ Resources



# What is Meditation?

- According to Mayo Clinic, Meditation is a form of **mind-body complementary medicine**.
- Meditation produces a deep state of relaxation and a tranquil mind, commonly used for stress reduction.
- Many use people meditation to reduce anxiety, stress, and to improve their overall awareness and attention to various things and tasks.
- Meditation is an integral part of Yoga.

# Potential Benefits of Meditation & Yoga

- Improves stress management
- Decreases anxiety
- Decreases depression
- Helps manage chronic pain
- Enhances mental and physical fitness
- Improves some medical conditions overall health.



# Meditation and Emotional Well-Being

- Helps with learning how to deal with stressful situations in a healthy manner
- Allows you to build skills to cope with your stress
- Increases your self-awareness
- Helps you concentrate on the present
- Reduces negative emotions



# Meditation and Illness

**Meditation can be used in addition to your other treatment, but it does not take the place of traditional medical treatment. Talk to your healthcare provider to see if using meditation is appropriate for you.**

Meditation may help manage symptoms of below conditions:

- Anxiety disorders
- Asthma
- Cancer
- Depression
- Heart disease
- High blood pressure
- Pain
- Sleep problems

# Types of Meditation

- Guided meditation
- Mantra meditation
- Mindfulness meditation
- Qi gong
- Tai chi
- Transcendental meditation
- Yoga

# Meditation Script

- Notice what you brought into the room with you today.
- Notice your energy level and your mood
- Notice any thoughts or feelings, without judgement
- Do a quick body scan
- Notice any sensations in your body
- Notice any areas of your body that feel warm and cool
- Notice any areas of your body that you are holding tension; send breath to those areas
- Notice any areas of your body that need extra care today
- Take a moment to set an intention- can be for the practice or the rest of your day. If you are having trouble thinking of something, you can just think of one or two words.

# Deep Breathing

## Just Breathe...DEEP BREATHING

- Sit comfortably with back straight
- Place one hand on your chest and the other on your stomach
- Breathe in through your nose while the hand placed on your stomach rises
- Exhale through your mouth, pushing out as much air as you can



# One Minute Breath Meditation

- Step 1: Begin by noticing your breath. Notice the sensation of the air around your nose and mouth and notice the air moving in and out of your body. Notice the rise and fall of your chest and stomach. Breathe as you normally do, just with awareness.
- Step 2: Start counting your breath- the first breath in and out is 1. The next in and out is 2 and so on. Continue until you reach 10. Ten breaths will take you close to 1 minute.

# Meditation Elements

- Dedicated Attention
- Calm Breath
- Quiet Environment
- Sitting Comfortably



# Practicing Meditation Every Day

- Deep Breathing
- Do a body scan for sensations, warmth, cool areas, etc.
- Mantra reciting
- Walking meditation
- Praying
- Read a passage and reflect on it
- Dedicate your attention to love and gratitude

# What is Yoga?

- Yoga is a type of **mind-body practice** and a complementary and integrative health method.
- Yoga is for your mind, body, and spirit and brings together all three in the practice.
- Yoga comes in many styles, forms and intensities.

## Yoga Elements

- Physical yoga postures/poses (asanas)
- Breath (pranayama)
- Meditation & mindfulness

# How to Get Started: Yoga

**Consult your physician before beginning any yoga or exercise regimen and if you experience the below conditions:**

- A herniated disk
- A risk of blood clots
- Eye conditions
- Pregnancy
- Extreme balance problems
- Osteoporosis
- Uncontrolled blood pressure

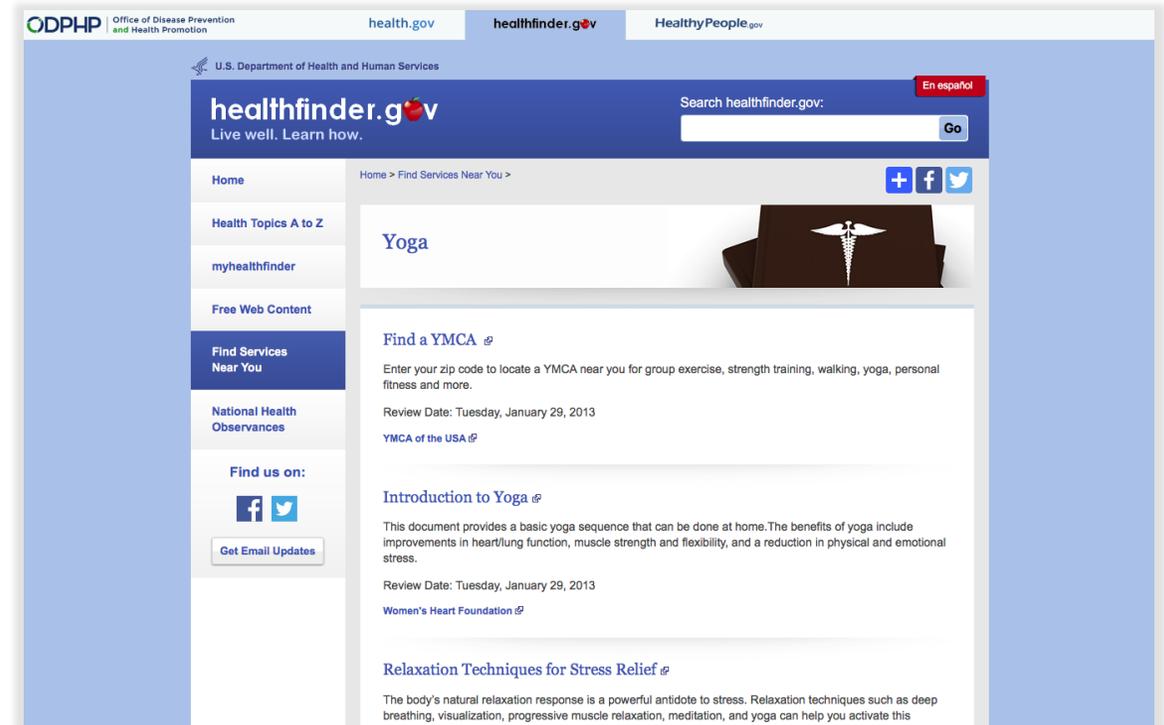
# How to Get Started: Yoga

## Things to Consider:

1. What are the instructor's qualifications and credentials?
2. Is the instructor equipped to modify poses for your individual needs?
3. What is the intensity, style, and level of the class?
4. What are the expectations of the class? What do you need to bring?

# How to Get Started: Yoga

**Go to Health Finder** and find a yoga studio, YMCA, mindfulness center, etc. in your area.



<https://healthfinder.gov/findservices/searchcontext.aspx?topic=14454>

# Yoga for Your Individual Needs

There are modifications for each physical yoga posture depending on your individual needs.

Choose an experienced instructor that is able to suggest modified poses for your safety and individual needs and let them know your area(s) of concern before class.

# Simple At-Home Yoga Routine

- Neck rolls
- Neck stretches
- Seated sun salutations
- Seated cat/cows
- Seated forward bend
- Eagle arms
- Seated spinal twist
- Seated half pigeon



# 10 Tools to Keep You Hopeful

- Make meaningful relationships
- Keep your head up
- Get moving
- Help/Reach out to others
- Be sure to sleep
- Create your own “Happy”
- Make Healthy food choices
- Take care of your spirit
- Better coping with difficult times
- Reach out for help if needed

# Resources



# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

**To get started, call 1-866-556-2288 and select Option 2**

# The Ohio Employee Assistance Program



## Mission

To assist employees and their dependents in resolving personal and work-related problems by providing quality services, support and solutions that enhance the emotional, behavioral health and overall productivity of employees in a confidential and professional manner.

## Information & Assistance:

1-800-221-6327 (6EAP)

or 614-644-8545 (Franklin County only)

[ohio.gov/eap](http://ohio.gov/eap)

[OEAP@das.ohio.gov](mailto:OEAP@das.ohio.gov)

## Optum Behavioral Solutions:

1-800-852-1091

# Optum Behavioral Health Family Support Program

- The Family Support Program is available to all State employees who carry State of Ohio insurance
- Aims to help families who have children that are using and abusing drugs, up to age 25
- Phone access to licensed clinicians who will assess, educate, support and manage cases of children or adult dependents with substance use disorders (alcohol or drugs).

**877-229-3440**

**liveandworkwell.com | Access Code: 00832**

# Resources For You

**State of Ohio– *Take Charge! Live Well!***

- <http://www.das.ohio.gov/wellness>

**Mayo Clinic – Meditation/Yoga**

- <http://www.mayoclinic.org>

**National Mental Health America**

- <http://www.nmha.org/meditation>



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**Thank you!**  
**[das.ohio.gov/wellness](https://das.ohio.gov/wellness)**