



# *Advanced Women's Healthcare*

## **Meditation Education**

Meditation has been proven to reduce stress, anxiety and to manage pain conditions. Meditation is best done on a regular basis in order to reduce sensitivity to pain/muscle tension. It allows the nervous system some downtime/calm or gives it a “break”. Max relaxation can be achieved in 15min. However, even 5-10 minutes can help. Start with 2 (5 min) meditations per week. If you don't feel fully relaxed that is ok. It can still be helpful in calming the nervous system. This is a practice so be patient with yourself. Meditation is a practice so it takes practice. Every time you meditate will not feel like full “zen” relaxation but it will still help!

Tips:

- Find something you like to listen to (voice, background noise, etc.). Try the free app *Insight Timer!!!*
- Make sure you are not too distracted. Sometimes practicing in the evening or morning are ideal. However, even if you arrive somewhere 5 min early, you could fit in a meditation in your car.
- Guided meditation or a body scan is best as to keep focused. However, if your mind wanders accept it and keep coming back to the meditation. Don't get frustrated.
- There are many types of meditation including those that take place during movement like a walk. Again, find something that works for you. Everyone is different.



