



spotlight

Mindfulness meditation

When you think of meditation, you might imagine a monk sitting quietly for a long time in a remote place. That can be true, but meditation also happens in today's world in a simpler way. Many people around the world use it to reduce stress and focus on the present moment.

There are many ways to meditate, depending on the method and who teaches it. Mindfulness meditation, also known as mindful meditation, has two main focuses: attention and acceptance. The idea is to pay attention to what's happening right now and to accept it without judgement. Mindfulness meditation helps your body and mind work together.

Take a moment right now to pay attention to your breath. Ask yourself these questions:

- Is your breath fast or slow?
- Is your breath deep or shallow?
- When was the last time you noticed your breath?

How to practice mindfulness meditation

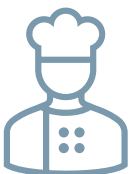
Mindfulness meditation is about paying attention to what you're feeling and doing right now, without judging it. The goal is not to stop your thoughts, but to notice what's happening in the moment and let your thoughts come and go. Here are some steps to practicing mindfulness meditation.

1. Start small
2. Focus on your breath
3. Use your senses
4. Let thoughts come and go
5. Be patient

Get well. Stay well. Live well. Eat well.

Recipe of the month

Turkey and vegetable pita



This sandwich elevates leftovers with some serious crunch factor. Use the turkey mixture to make an equally delicious salad. Add a splash of rice vinegar and enjoy.



GET WELL. STAY WELL. LIVE WELL.

did you know?

In today's fast-paced world with constant distractions, mindfulness is helpful. We are often doing many things at once and using computers, phones and screens all day. This can make you feel stressed and disconnected from your body. Some benefits of mindfulness meditation are:

- Reduced stress and anxiety
- Improved attention and memory
- Greater empathy for others
- Better emotional regulation
- Less negative self-talk

Mindfulness meditation does not work for everyone. It's important to notice how you feel when you meditate. If it makes you feel anxious or uncomfortable, it's okay to stop and try something else to help you feel calm.