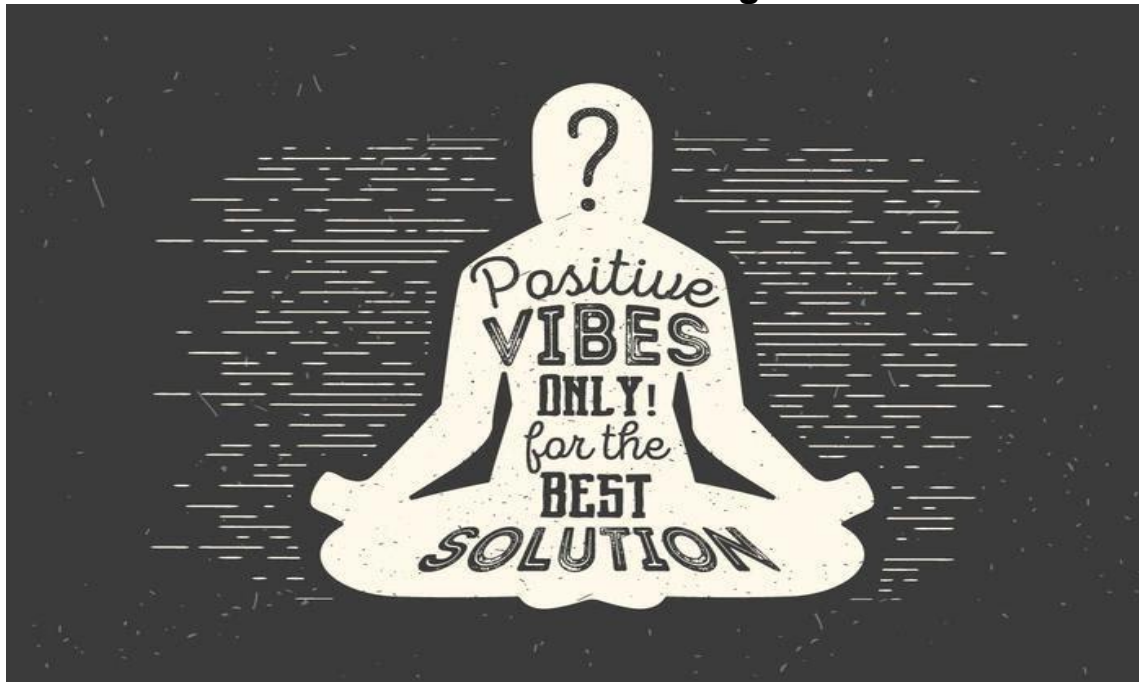


Meditation – Creating CALM



Have YOU lost YOUrself in the Covid - 19 world? Do you find yourself more stressed as new tasks are coming your way when you already feel overwhelmed? Do you wonder where YOU have gone? The practice of meditation is just as contemporary today as it was in ancient India. Meditation in the earliest forms was simply the act of pondering, or thinking. Taking time to meditate while using the acronym CALM may be just what YOU need:

C = Cease all YOUr current actions and thoughts - pause for a moment

A = Allow YOUrself to breathe and recenter - take a few deep breaths and be present

L = Look around and into YOU; Examine why you are feeling as you are, what physical things are you sensing? What is your mind thinking?

M = Meditate on YOU - what can/should you be doing, feeling, experiencing? Move yourself to a new level of calm

There are many different [ways to meditate](#) including mindfulness, loving-kindness and spiritual meditation, to name a few. Some prefer a short session of even 10 to 30 seconds while others prefer daily structured meditation sessions of longer duration. If you are curious about the different types of meditation, you will find a plethora of information on the internet - check out [Pinterest](#) for many ideas! If you are wondering how to get started with meditation, you can find a simple guide [here](#). If you prefer a [video guided meditation](#) activity, the Mayo Clinic has produced a follow along guide. Achieving the benefits of the act of meditation should be the goal. According to Miller (2020), many scientific studies have identified numerous benefits to meditation including:

- Lower blood pressure
- Improved blood circulation
- Lower heart rate
- Less perspiration
- Slower respiratory rate
- Less anxiety
- Lower blood cortisol levels
- More feelings of well-being
- Less stress
- Deeper relaxation

Spiritual meditation combines deep spiritual connections to the act of meditation. It allows a deeper connection to form between YOU and your spiritual being. For some, that may mean a higher power, or God, while for others it may mean a greater awareness of the self and your own purpose in life. You can customize your meditation plan. Meditation allows us to identify how we belong to ourselves and connects our mind to body and soul. The next time you are feeling stress, remember to stay CALM and take a time out with meditation.

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