



WHAT IS MEDITATION?

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.



Click [here](#) for an example of guided meditation!



Presented by:

The Partnership
for a Healthier Carroll County

8 Dimensions of Wellness



SPIRITUAL

WEEK 2 - DAY 3

WORKSITE WELLNESS



MEDITATION

Meditation can help in reducing stress and increasing focus. Guided meditation describes a type of meditation led by a teacher, in person or via audio or video. When starting out, having an expert lead you through the basic steps of your meditation practice is recommended.

"Meditation is a way for nourishing and blossoming the divinity within you."

Amit Ray

DID YOU KNOW?

Long-term, consistent meditation increases resiliency to stress.



EMOTIONAL

SPIRITUAL

INTELLECTUAL

PHYSICAL

ENVIRONMENTAL

FINANCIAL

OCCUPATIONAL

SOCIAL