

Meditation

What is meditation?

Focused attention, with openness and kindness.

Meditation Is:

Learning to observe and respond to our thoughts

Meditation Is Not:

Stopping our thoughts



Wave Analogy



Snow Globe Analogy



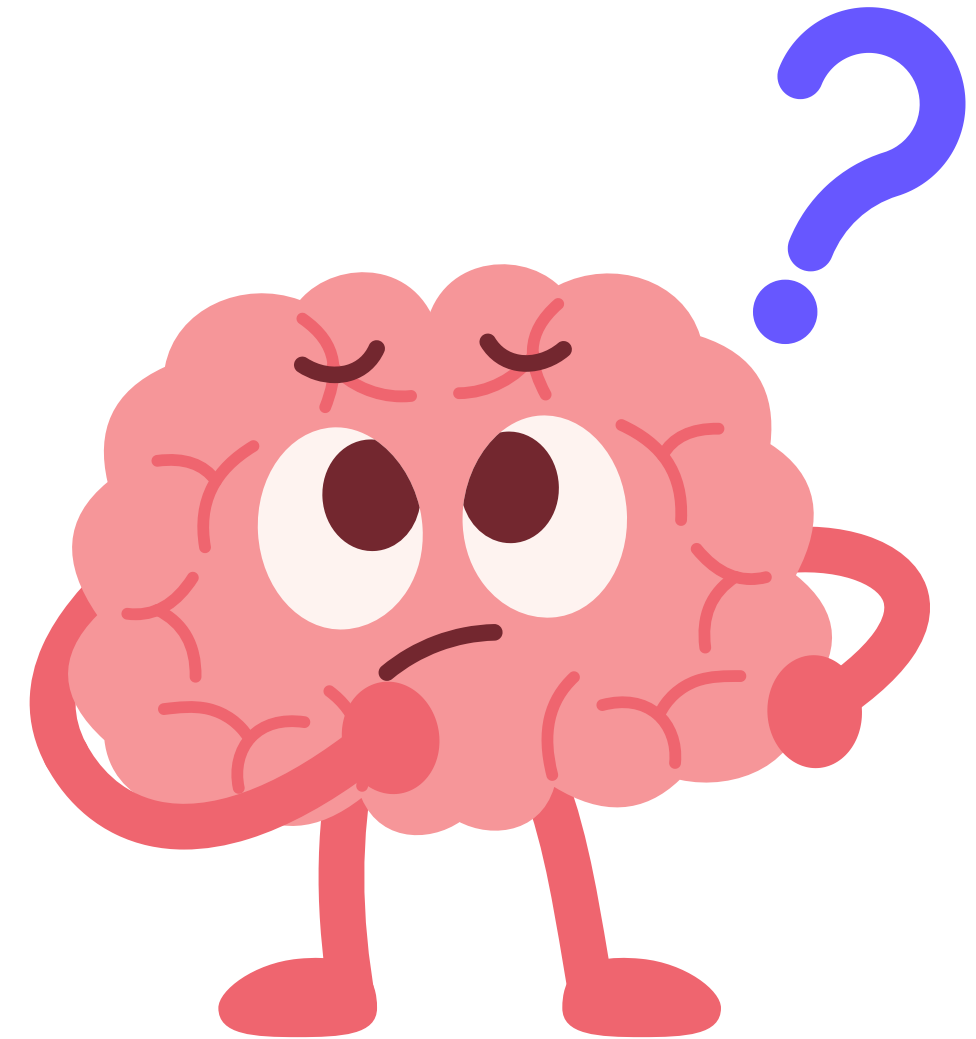
Clouds in the Sky Analogy



Why practice meditation?

- Be in the moment
- Reduce stress
- Improve our mood

In addition to just feeling good, it has a positive impact on our nervous system!

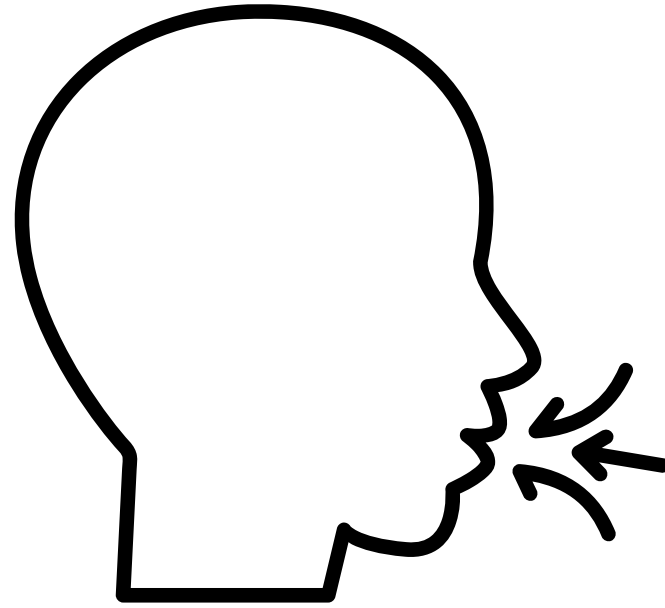


Types of Meditation

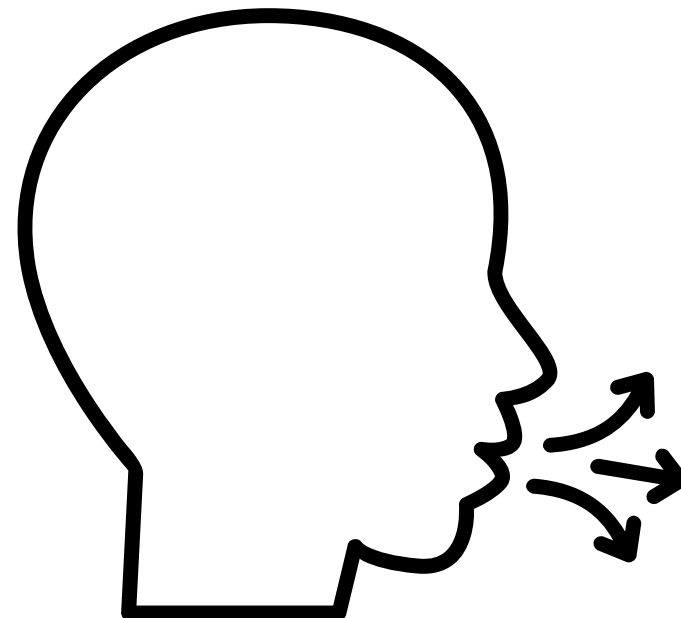
- Visualization
- Relaxation
- Breathing
- Repeating phrases
- Following scripts



Inhale Peace and Relaxation



Exhale Stress and Tension



The image features a white background with decorative teal shapes in the corners. In the top right, there is a large teal shape with a white curved line. In the bottom left, there is a smaller teal shape with a white curved line.

**How might meditation help
people with aphasia
and their care partners?**