



Meditation

Meditation

It is not about emptying our mind
it's about developing a
Non-judgemental awareness
Of sensations in our minds



MEDITATION: WHAT IS THIS?

Meditation is the practice of turning one's attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase, known as a mantra

Types of Meditation

Loving - Kindness Meditation- May help with PTSD, Anger, Resentment, Interpersonal Conflict

Body Scan or Progressive Relaxation

Mindfulness Meditation - Focuses on Here & Now - Present (May help with Reduction of Judging or self- (Should, Could Chatter)

Breathe Awareness Meditation

For this discussion we will focus on Loving-Kindness Meditation, Body-Scan, Mindfulness Meditation and Breathe Awareness Meditation

► *Types of Meditation*

Visualization

Mindfulness Meditation

Sound Healing

Movement Meditation

Guided Meditation

Mantra Meditation

Devotion, Prayer, Journaling

AM I
IN
THE
MOMENT?

IS THIS
THE MOMENT?

OM.

HOW
WILL I
KNOW IF
I'M IN THE
MOMENT?

UMM...

I'M
HUNGRY

OM.

I WANT
CHIPS



► *Practical Use For Meditation*

Mindfulness Meditation- Here & Now, Grounding (Authentic self in your body, without the story) Nourishing energy, Grounding and Mindfulness is sort of like the cup and saucer they go together. Need grounding may help u come into mindfulness

Improves Focus/Attention

Out of My head

PTSD symptom reduction

Changes in hyperarousal, intrusive thoughts

Modulate emotion and behavior

Impacts Autonomic Nervous Response (Increase in Parasympathetic and decrease in the nervous system - Fight , Flight and Freeze)

Apply Non-Judgmental attention to the present moment as a means of coping with a variety of physical and mental health symptoms.

Allows the Breathe to Greet the Body with Inhalation and Exhalation (The Exhalation that triggers the relaxation response

► Talkovksy, A., & Lang, A.,(2007). Meditation-based Approaches in the Treatment of PTSD. PTSD Research Quarterly,28(2),1-9

► Zimmerman,E,. May 9,2019. “I now Suspect the Vagus Nerve is the Key to Well-being”. <https://www.thecut.com>

The Dr. said "Rest, Ice, Compression, Elevation. And take these pills for pain." Then she asked if I had any questions.... I replied, "So can I run tomorrow?"

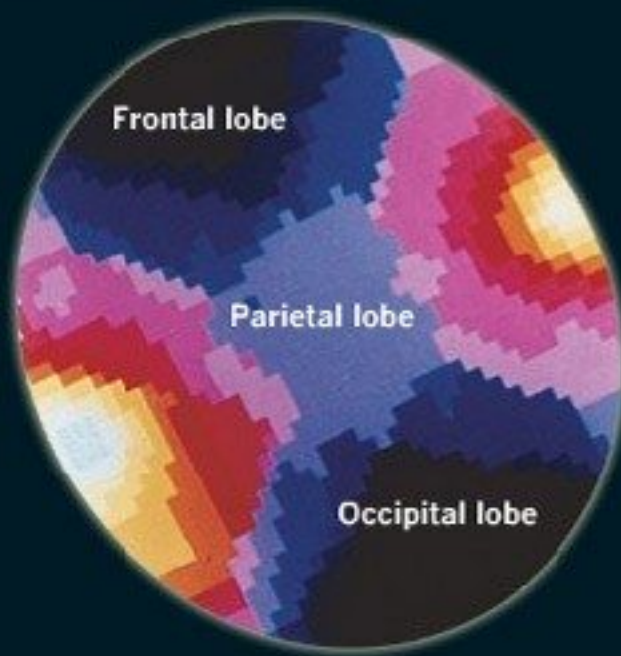


Meditation along with other methods may be considered alternative and complementary interventions, however this utilized in TBI/Post-concussive Community.

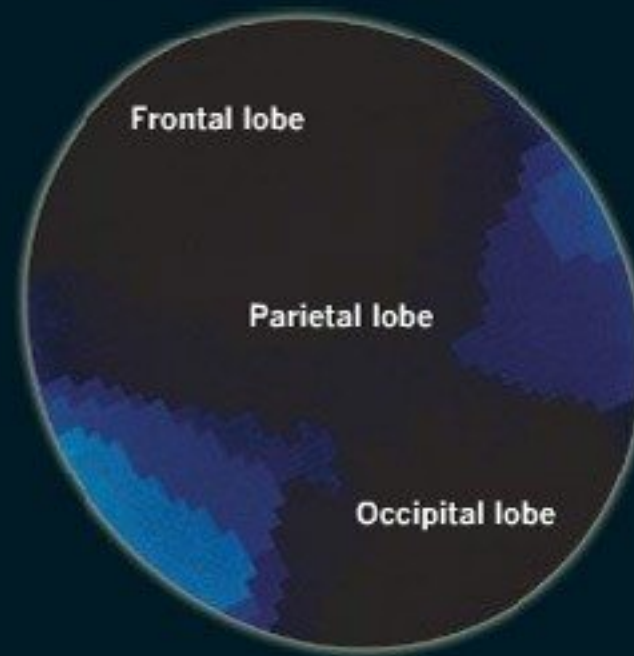
Meditation is not one size fit all

Can be tailored to the individual

Before meditation...



After meditation...



Frontal Lobe-planning, reasoning, emotions.
During meditation, frontal cortex tends to
Go offline

Parietal lobe- processes sensory information about
the surrounding world In meditation, activity slows
down

Thalamus- Gatekeeper “ Alerts Incoming” —
Meditation dials back the arousal signal



Not a one size fit all

Tool to assist reduce anxiety,
depression, associated with head injuries

Daily Practice-

Adjust to your pace!

It is Free!!!

Can be done anywhere!

Thank You!!!!!!!



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Winnberg, Stanley. *Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises For Anxiety, Depression, Trauma, And Autism*. Berkely, California: North Atlantic Books, 2017.

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<https://buffer.com/resources/how-meditation-affects-yourbrain> (1-22)

<https://youtu.be/iN6g2mrop3Q>