

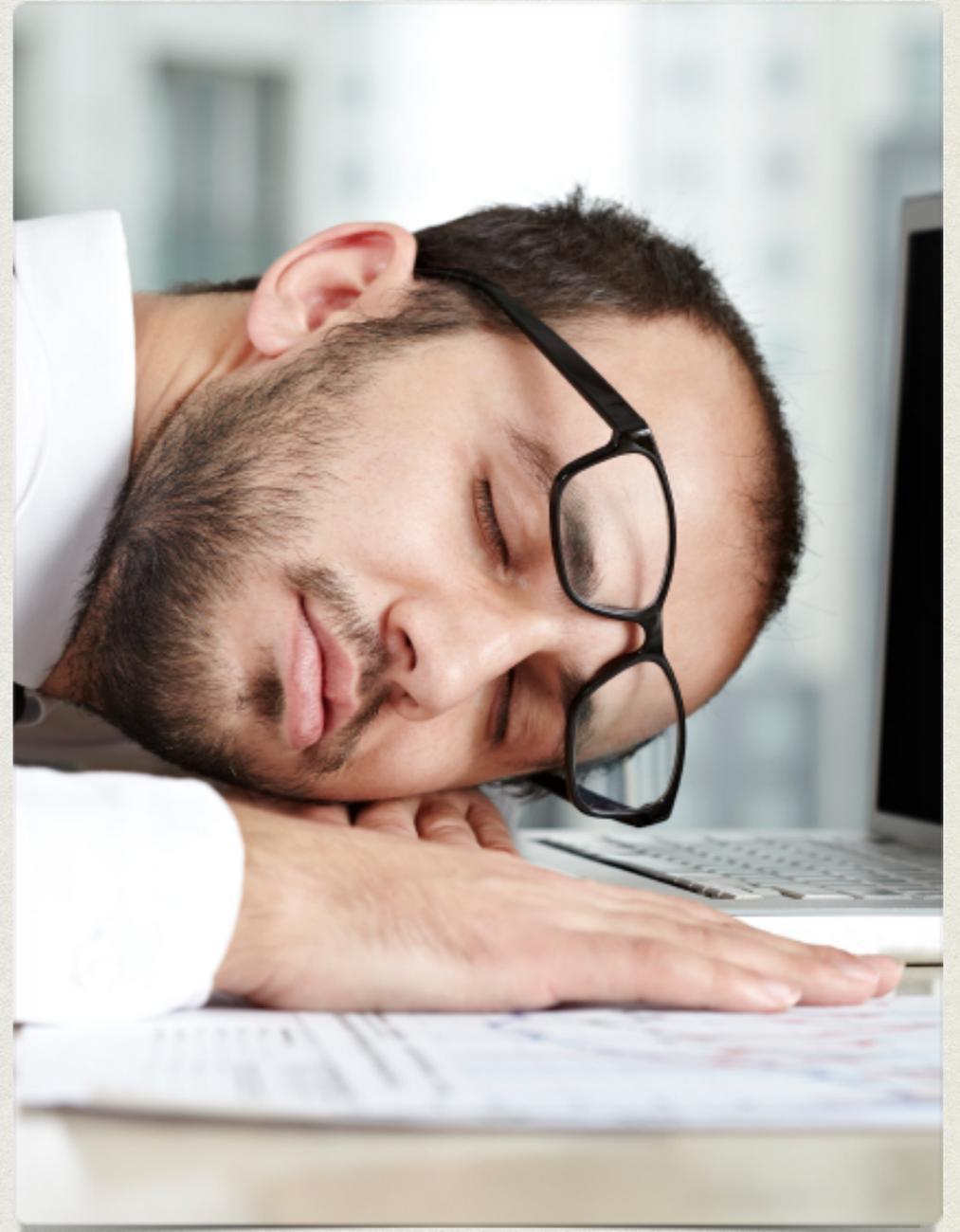


MEDITATION, RELAXATION
AND THE ART OF A GOOD NIGHT'S SLEEP

Laren Watson, IHC

IMPORTANCE OF SLEEP

Experts have concluded that getting enough high-quality sleep may be as important to health and well-being as nutrition and exercise.



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- Alters levels of the hormones involved in metabolism, appetite regulation, and stress response.

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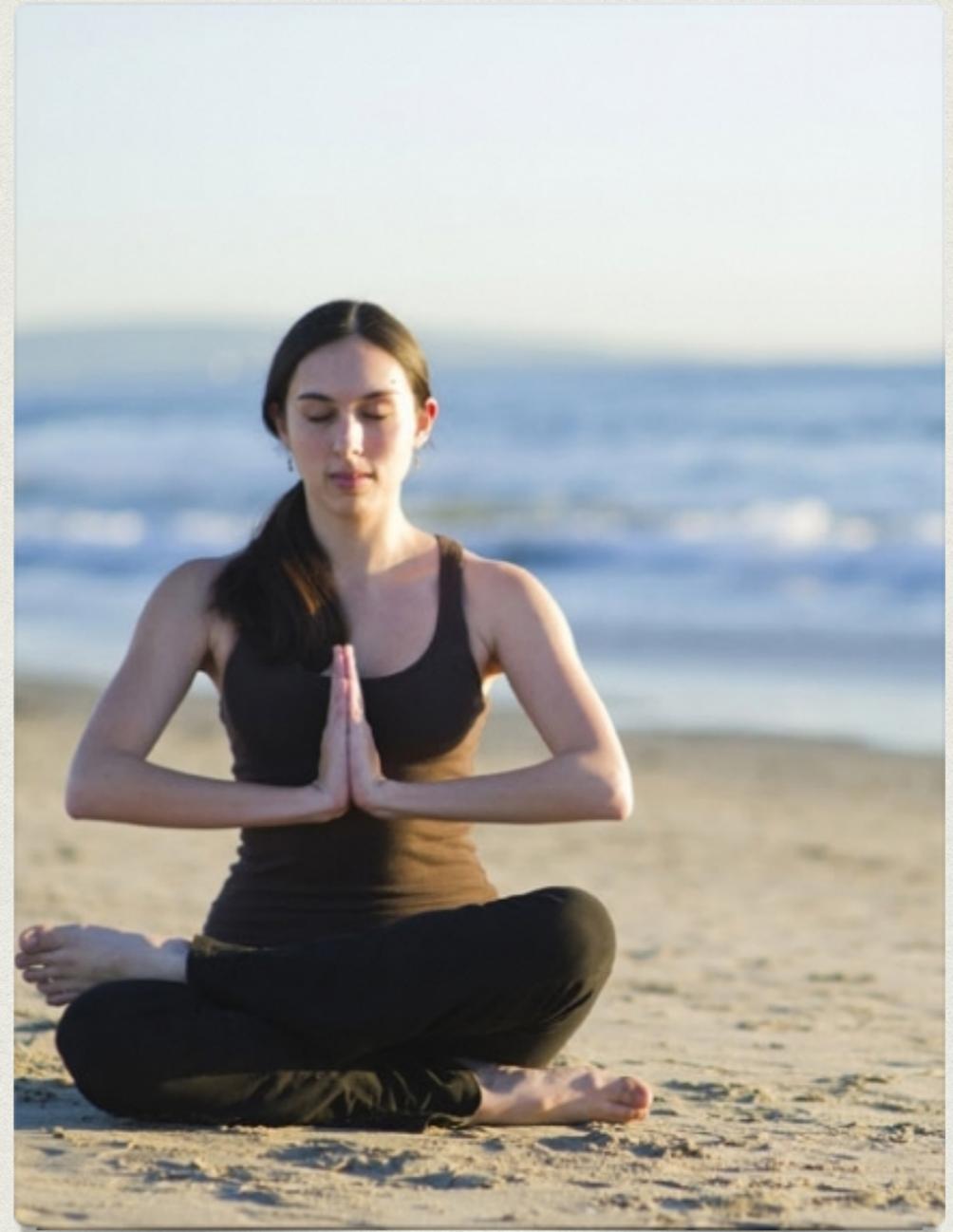
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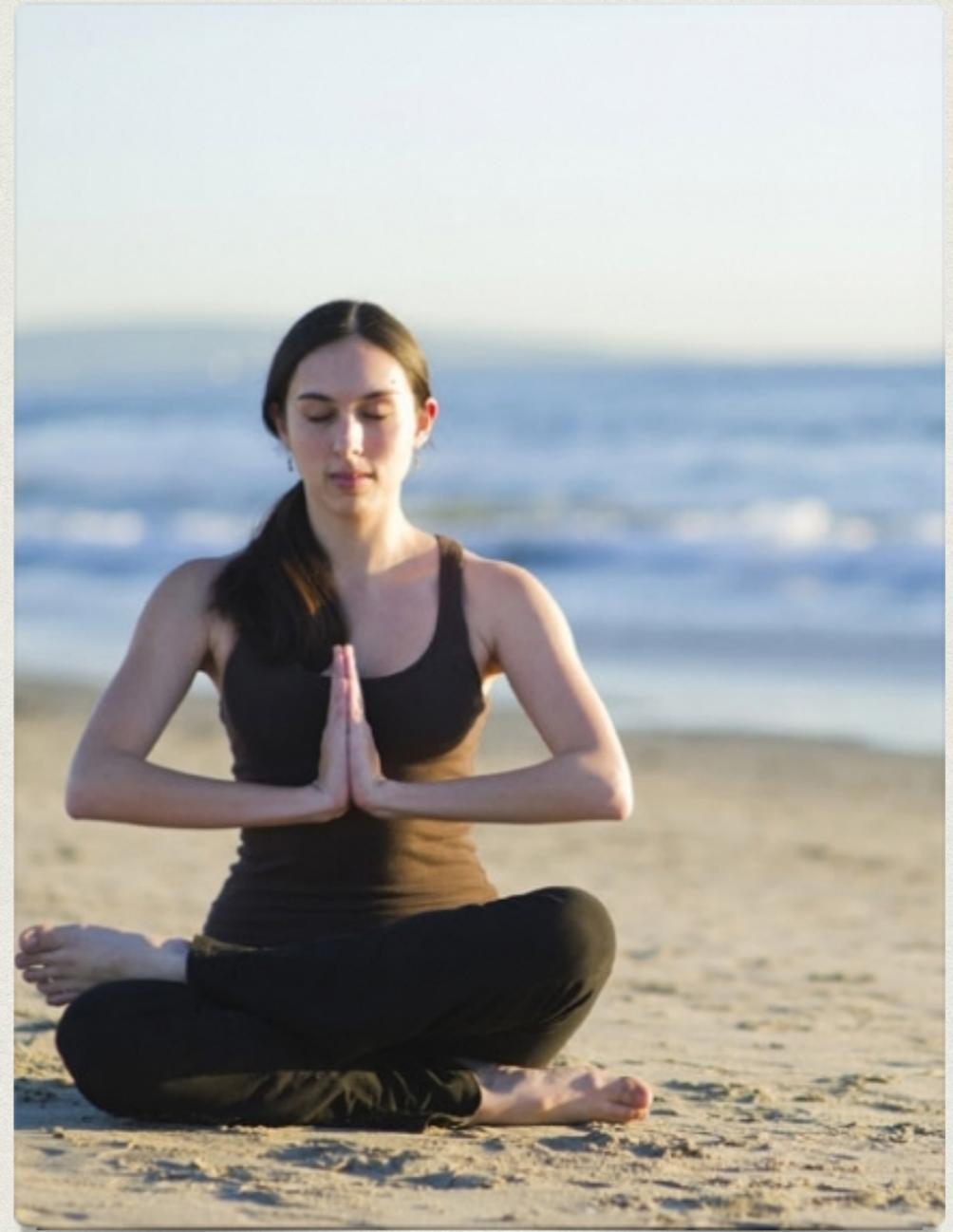
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- Judgement, emotional equilibrium, problem solving and creativity are improved with a good night's sleep.

HEALTH BENEFITS OF MEDITATION



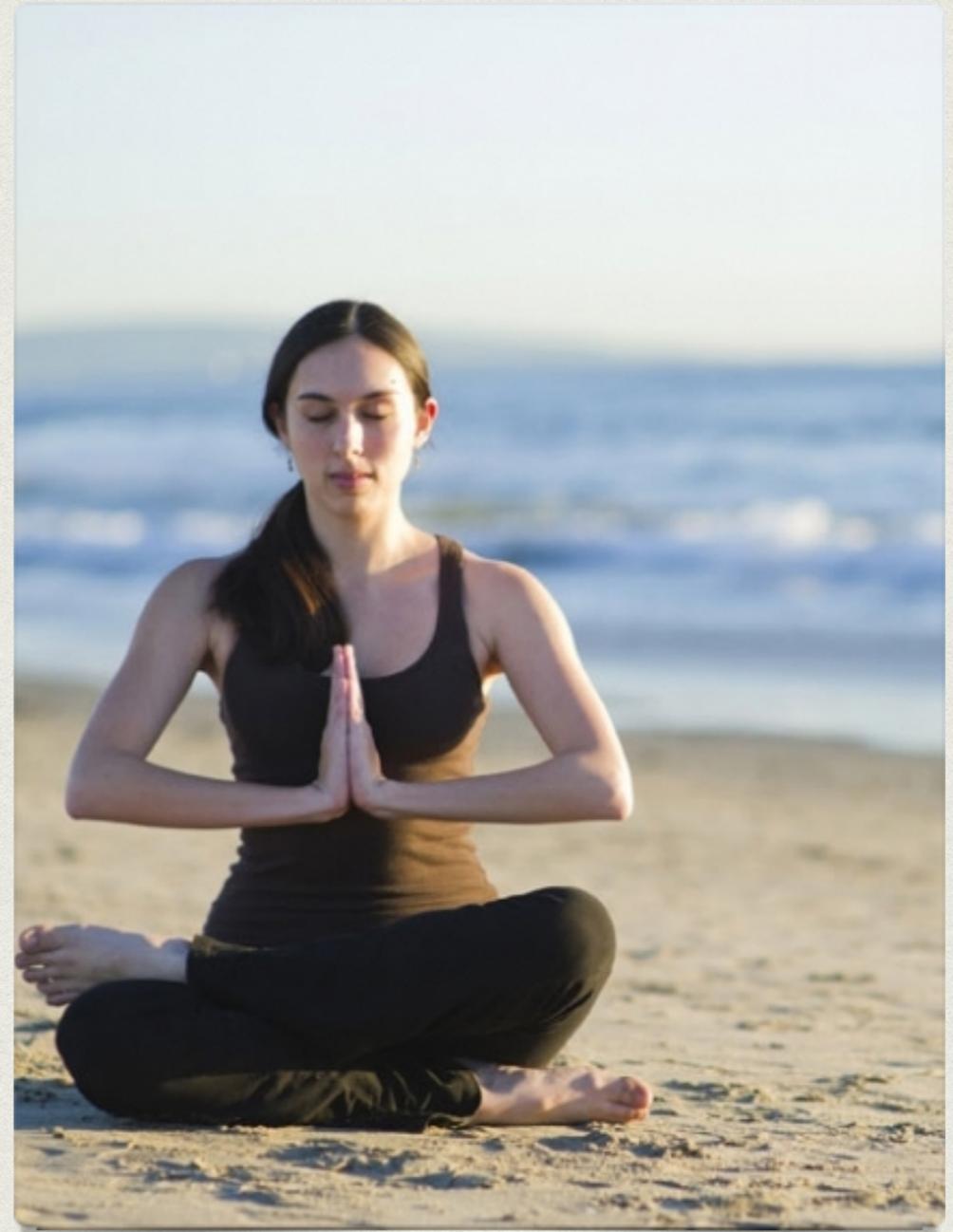
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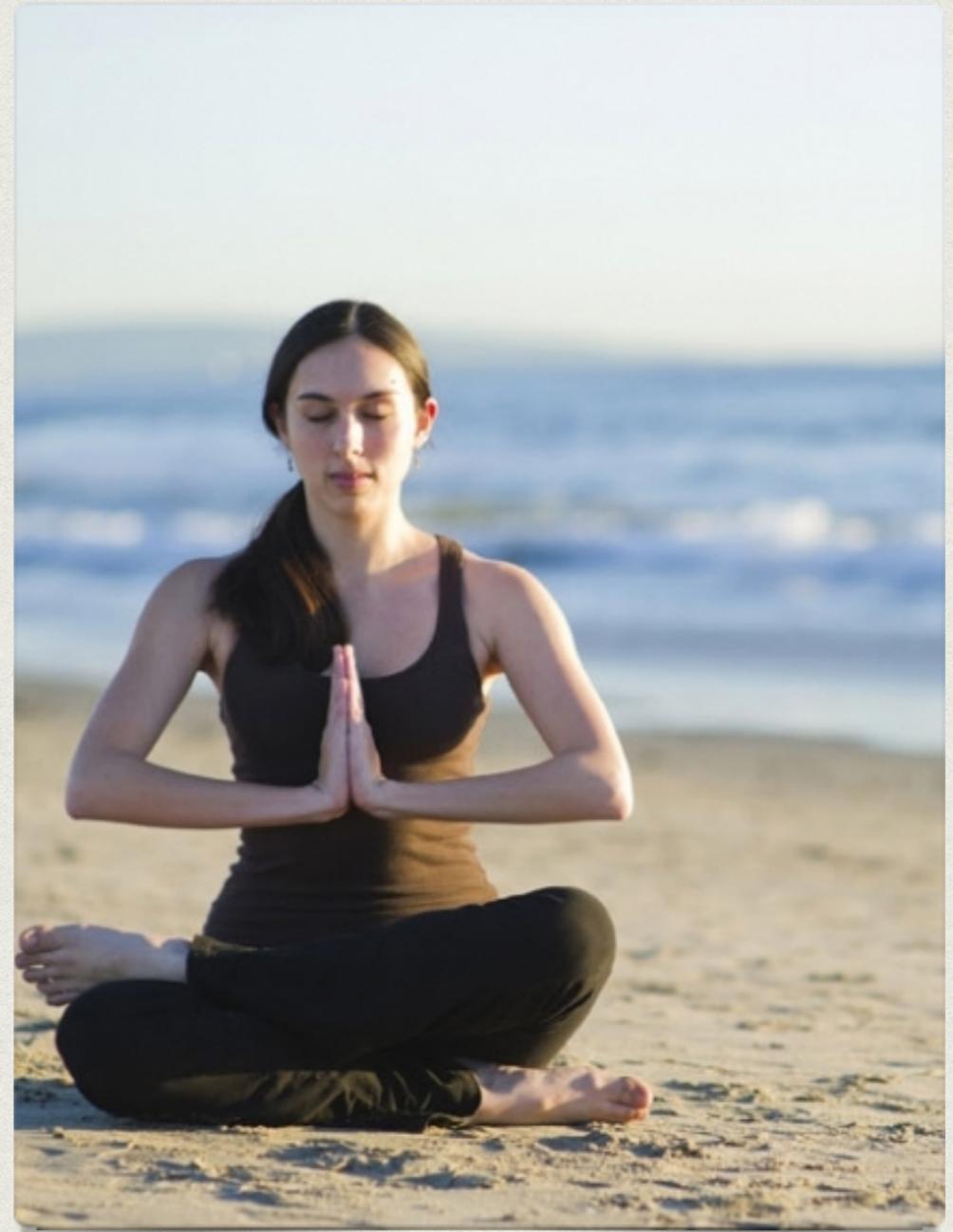
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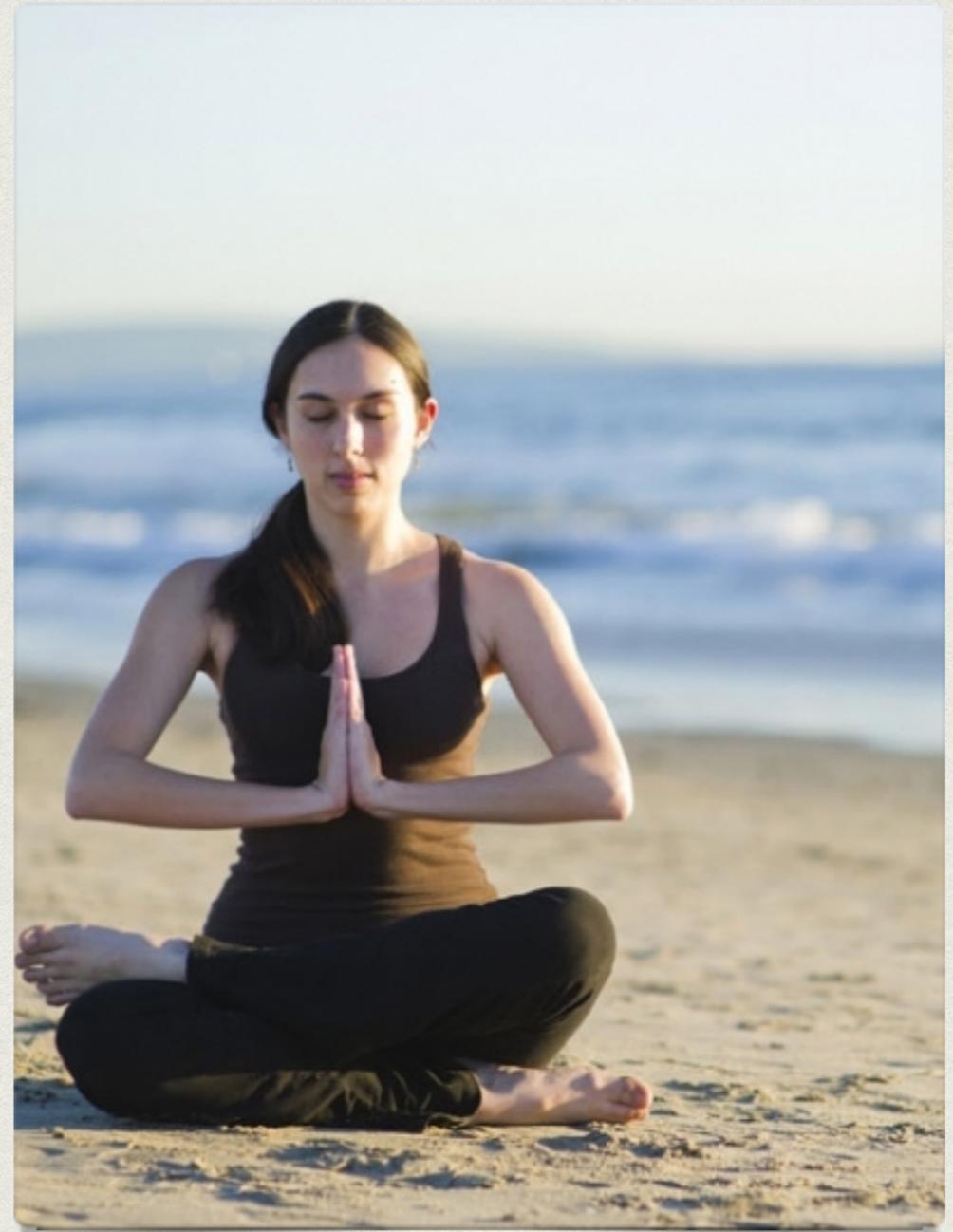
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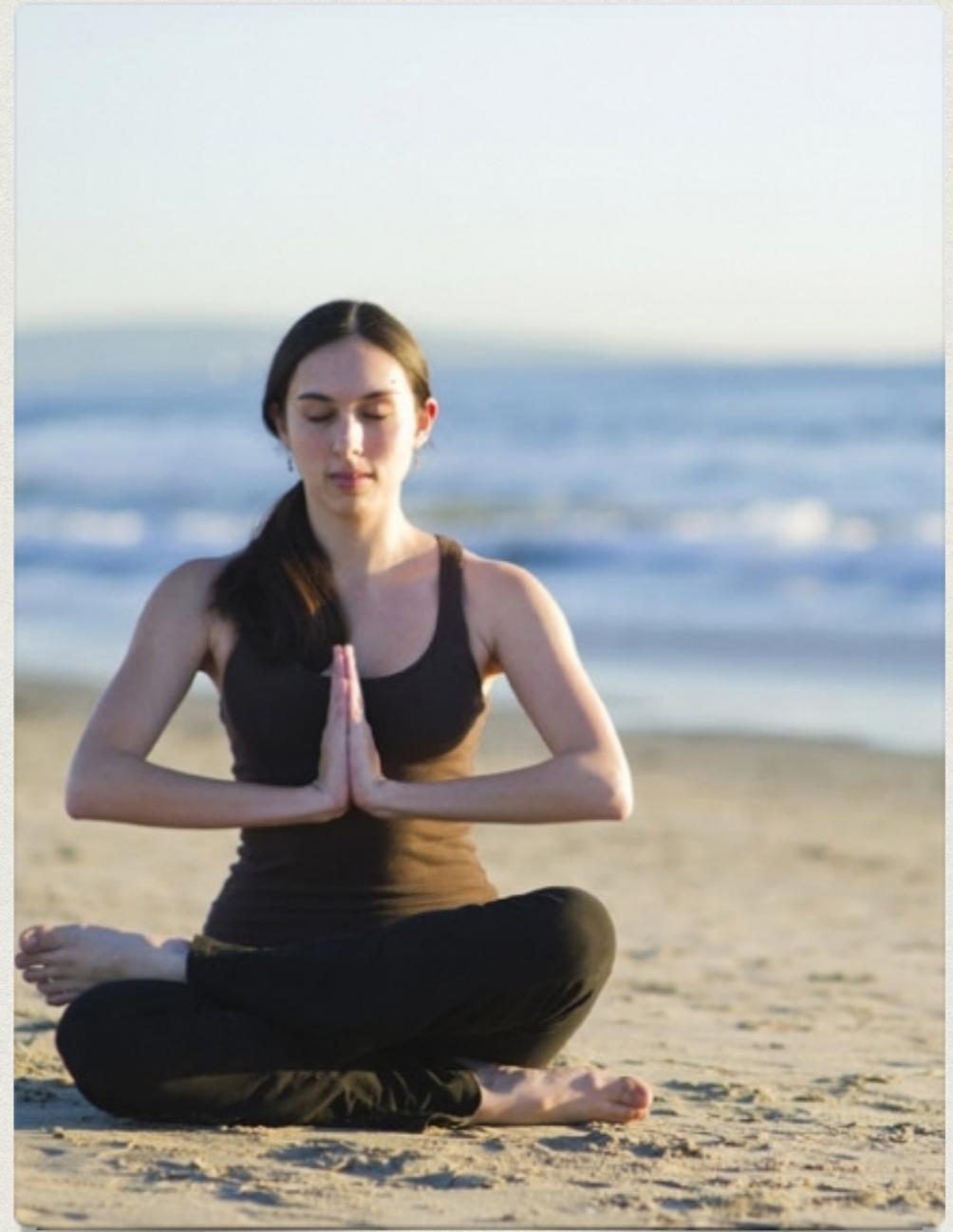
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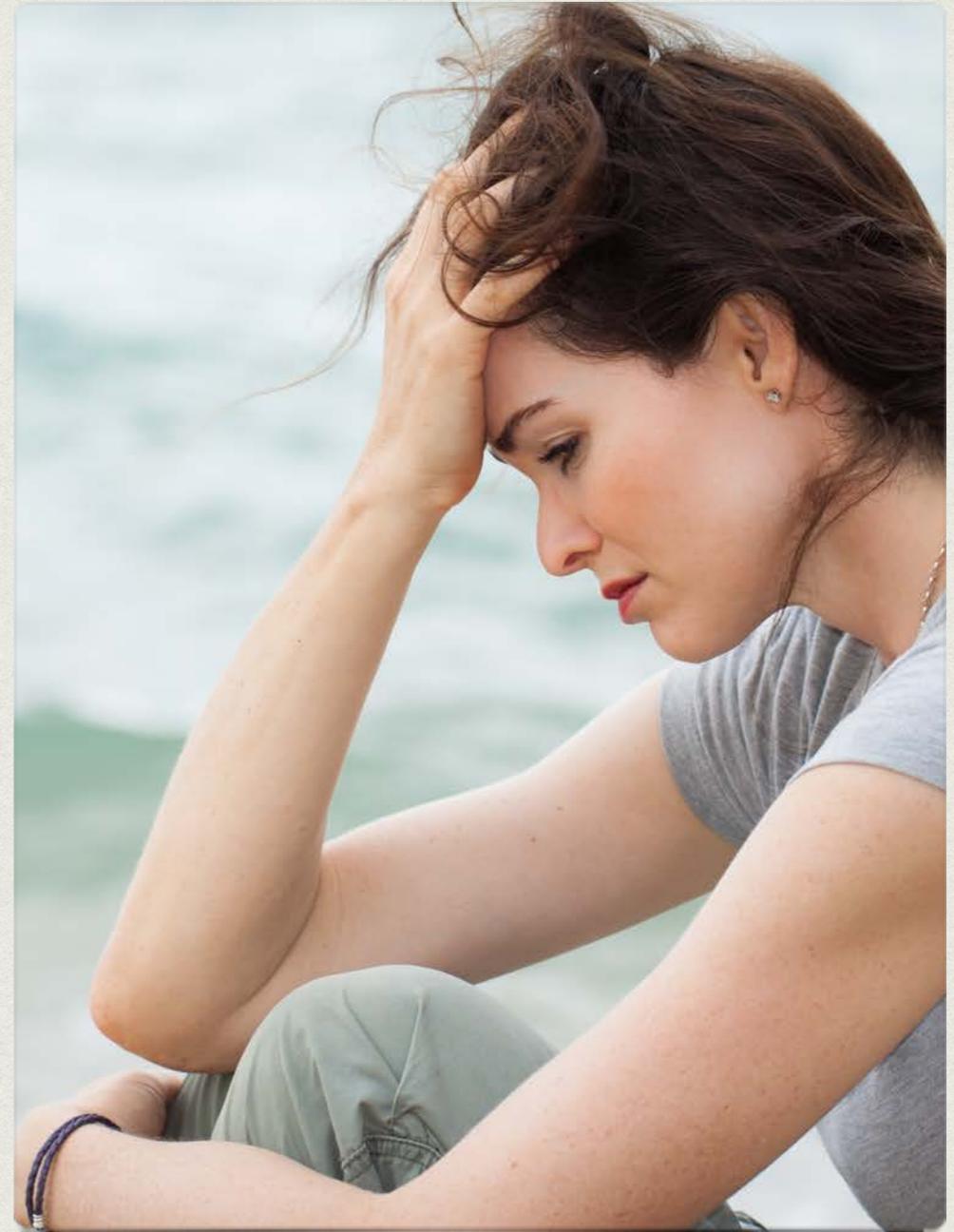


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- Boosts immune system: helps with depression other mental health issues

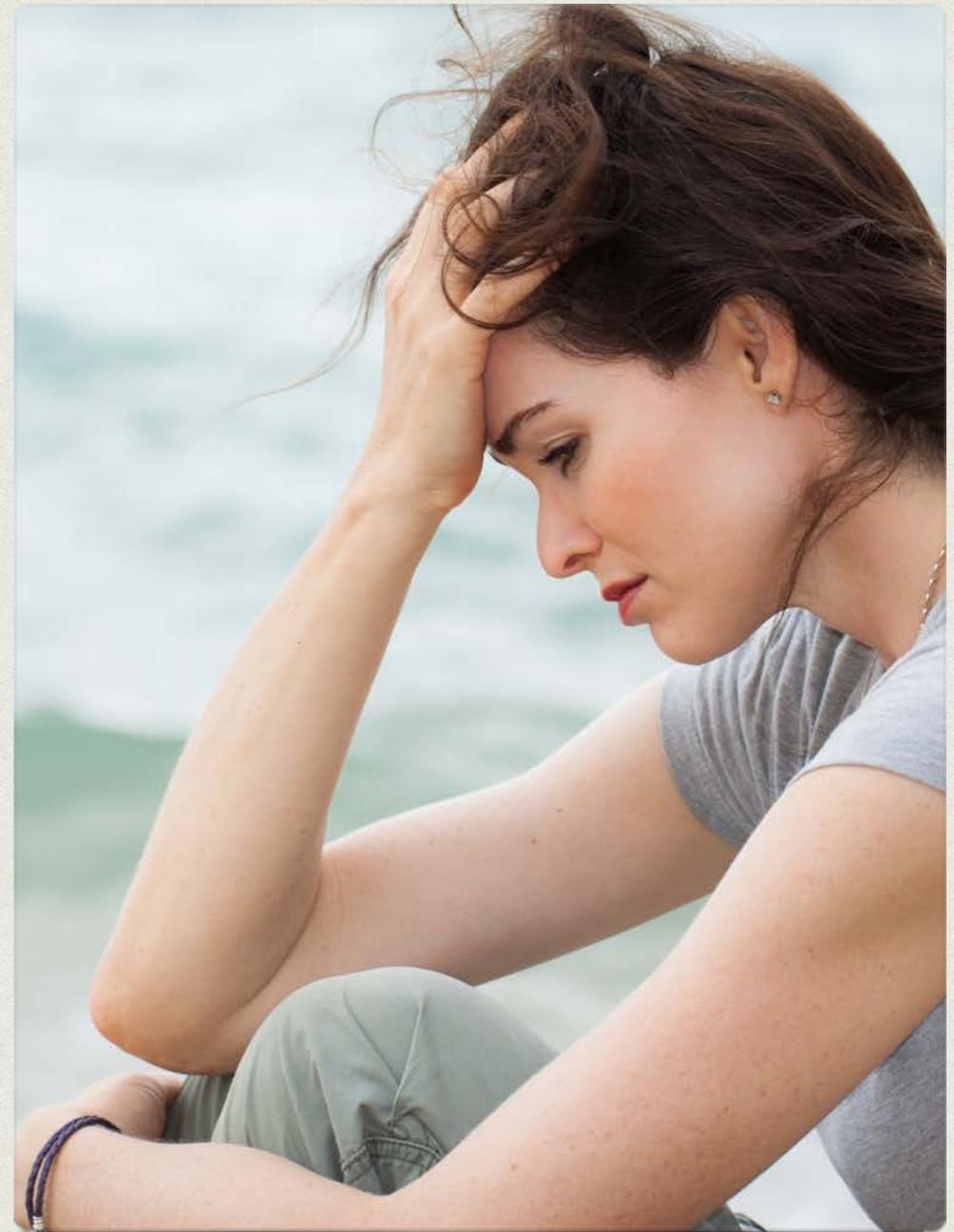


HOW MEDITATION HELPS SLEEP



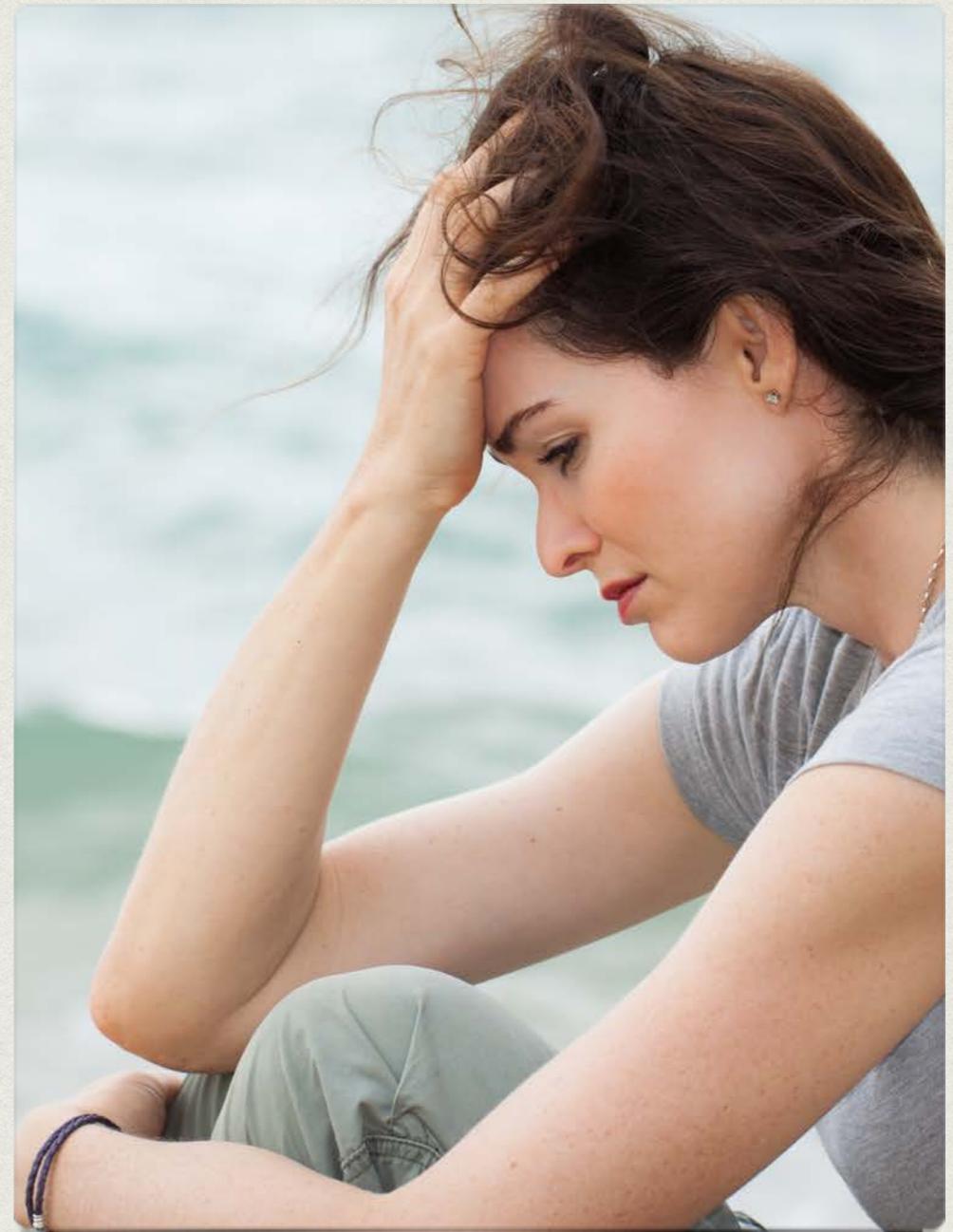
HOW MEDITATION HELPS SLEEP

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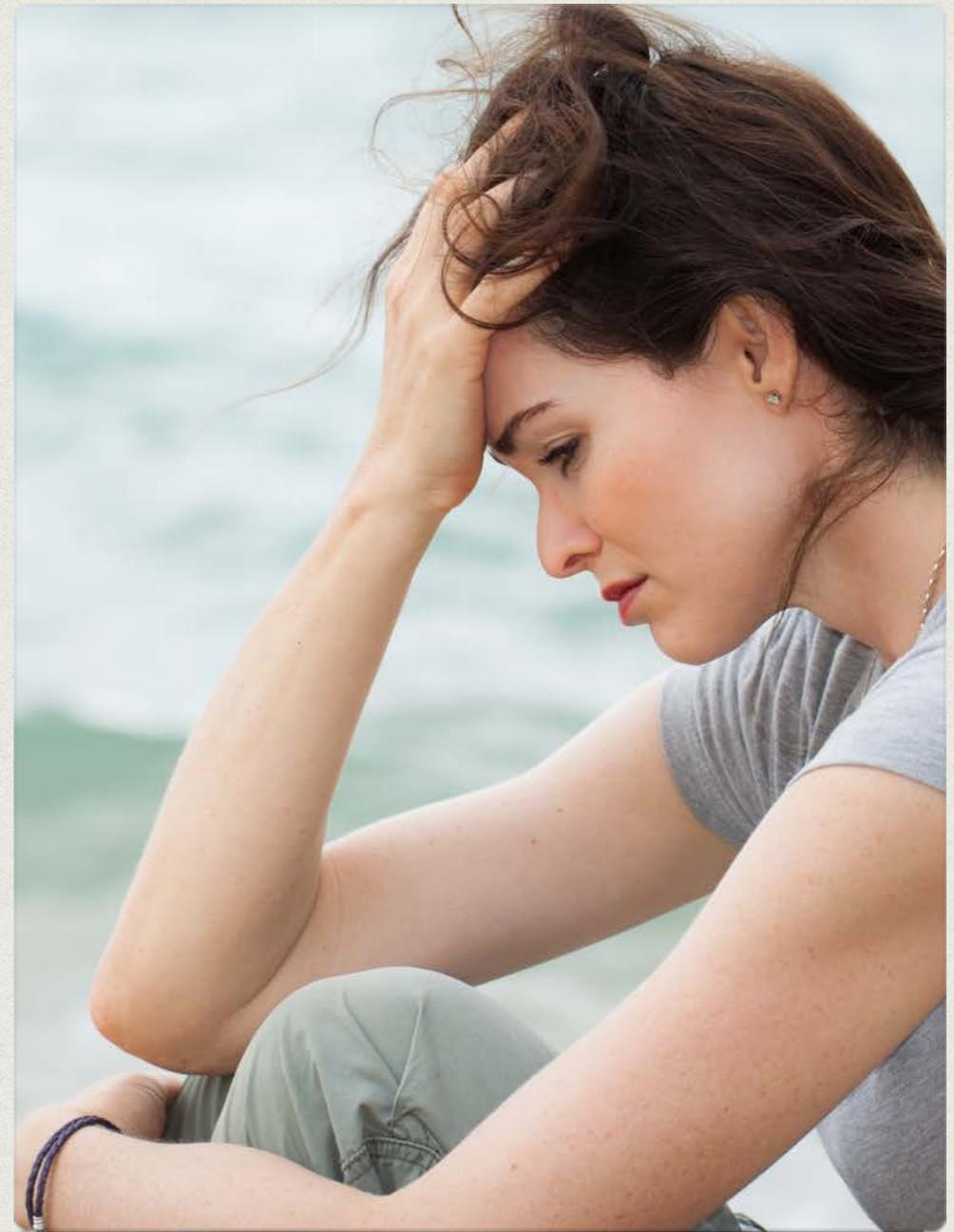
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- Created relaxation mode for falling asleep
- Ability to stay present and not ruminate (main reason people lay awake)



MORE TIPS FOR A GOOD NIGHT'S SLEEP



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- Make bedroom a sleep sanctuary
- Something warm before bed (bath, tea)



- Aromatherapy: lavender, frankincense, geranium, citrus (orange, lemon)

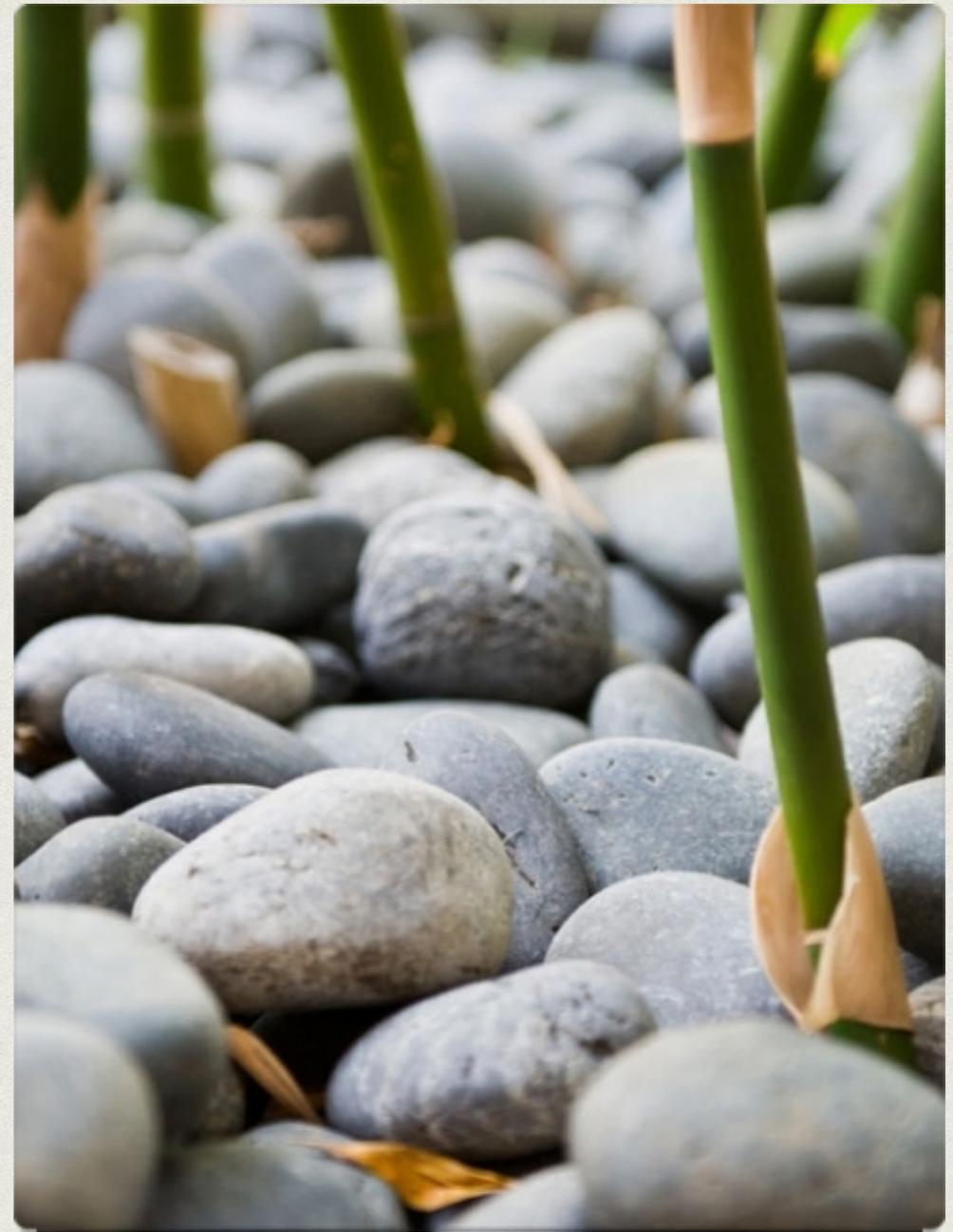
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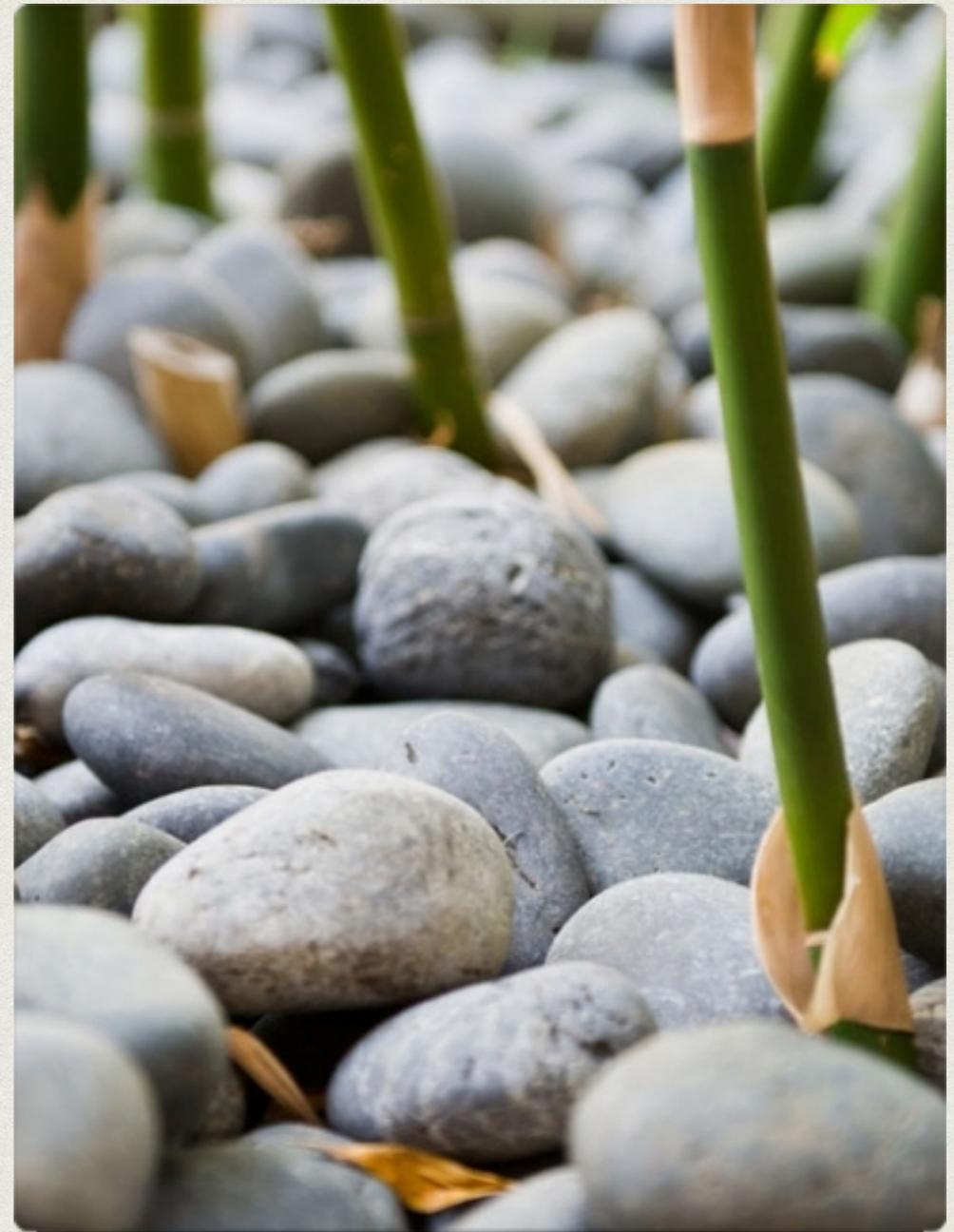
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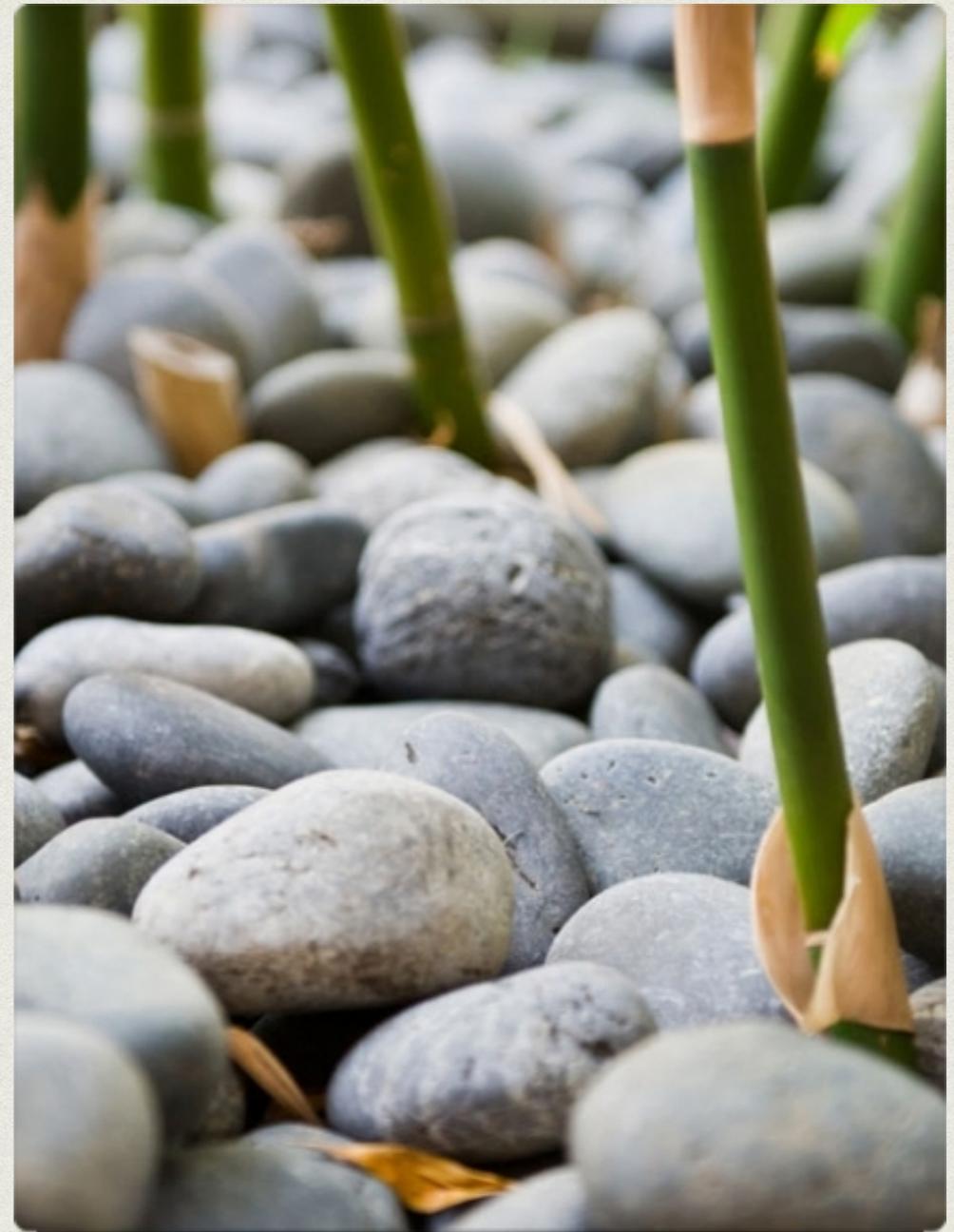
HOW TO MEDITATE

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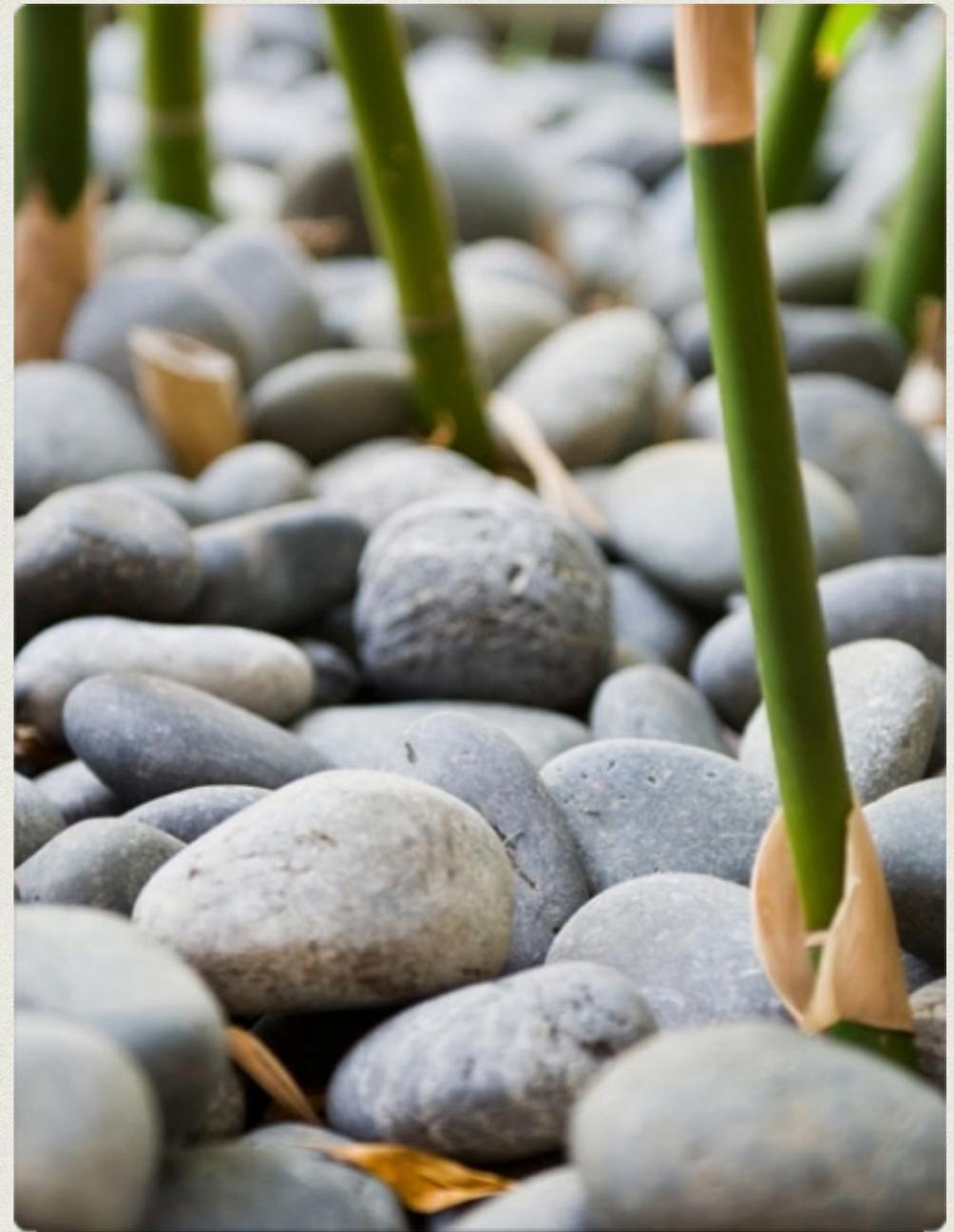
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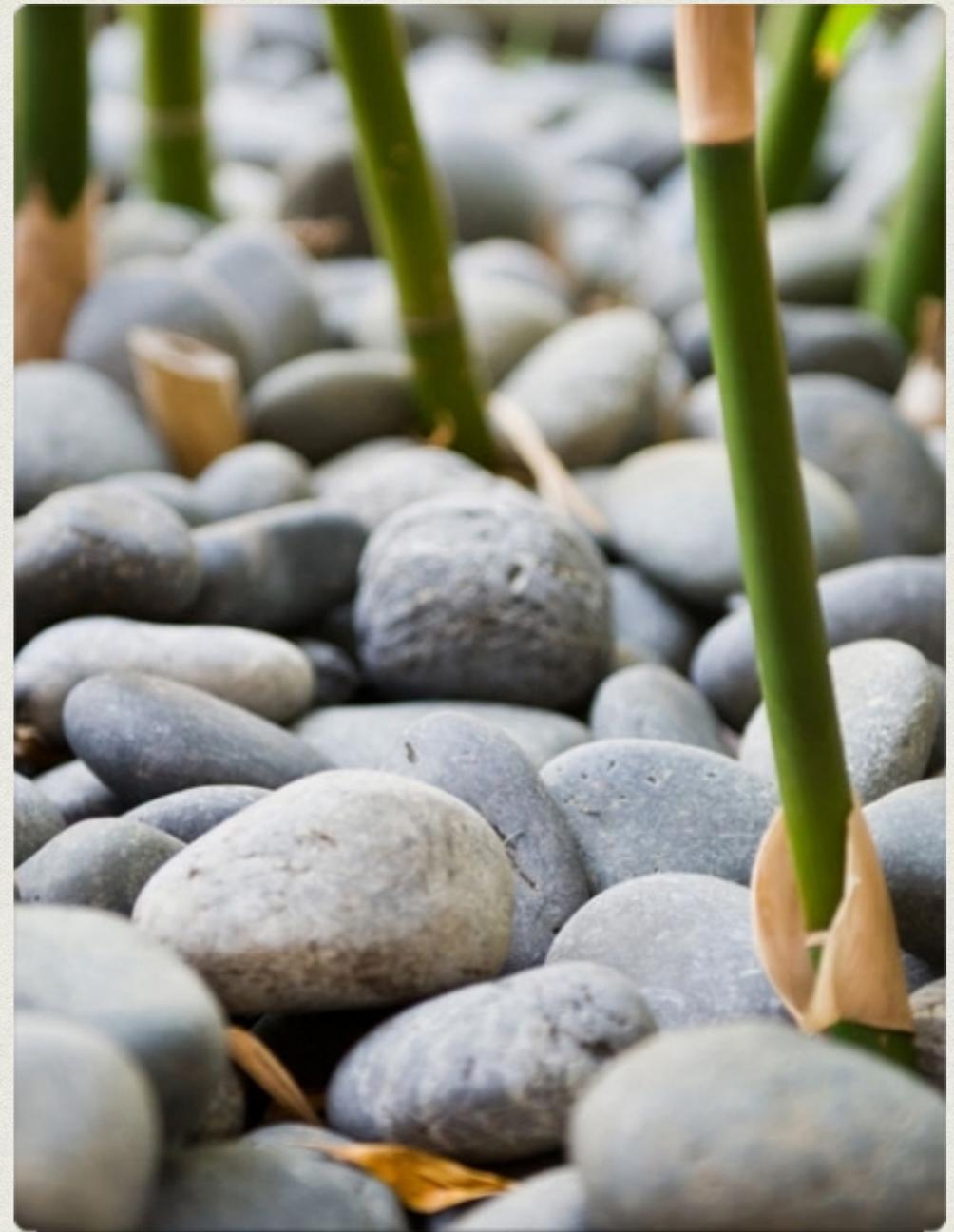
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- Even 5 minutes a day has a biological benefit
- Just 3 deep breaths can help reduce stress during the day





HOW TO START A NEW HABIT



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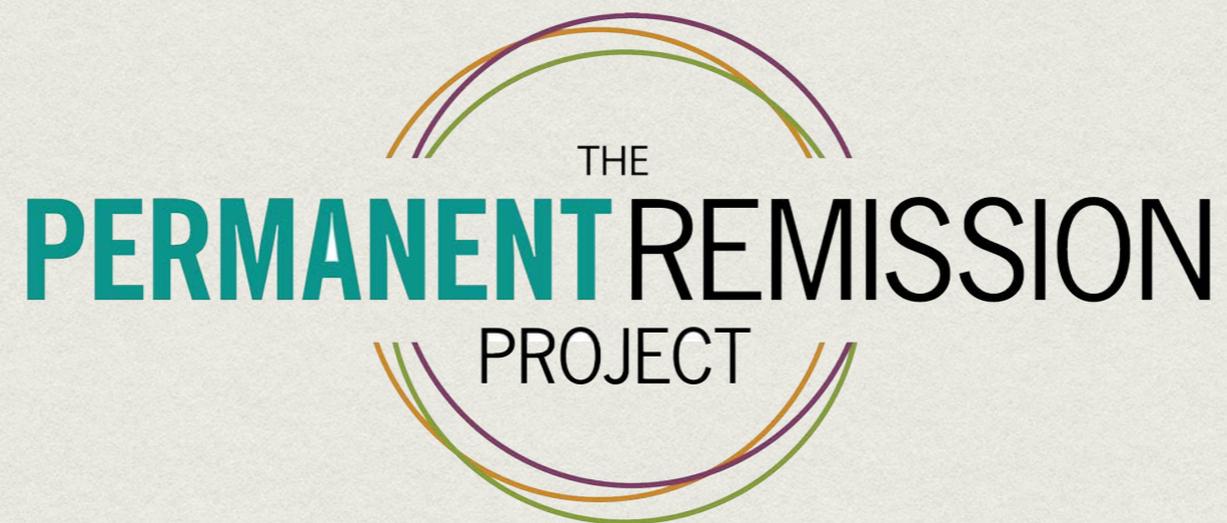
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- Focus on end result rather than beginning
- Keep practicing, notice benefits



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