



Health Benefits of Meditation

THREE WAYS ADDING MEDITATION TO YOUR DAILY LIFE CAN IMPROVE OVERALL WELLBEING

#1



Meditation can help reduce stress and stress-related conditions

Regular meditation practices have been shown to reduce stress response within the human body as well as a reduction of symptoms of stress-related conditions like irritable bowel syndrome, PTSD, and fibromyalgia.

#2

Meditation improves sleep and helps fight insomnia

Studies show that when adding mindfulness-based meditation programs, individuals stayed asleep longer and had improved insomnia severity compared to the untreated control group.



#3



Meditation can help reduce blood pressure

Based on a Journal of Human Hypertension study, transcendental meditation has been shown to reduce both systolic and diastolic blood pressure.

Try it for yourself!

Leigh Leibel of CUIMC's iMay Thrive program generously recorded a guided meditation designed to help you relax. This 10-minute meditation is perfect to listen to as you wind down for the day before bed or whenever you may need to just to relax a little bit.

[Click the play button on right to start!](#)



All data is courtesy of <https://www.healthline.com/nutrition/12-benefits-of-meditation#11.-Can-decrease-blood-pressure>