

Meditation

Keiki Crew Wellness



Month: September 2022

What is it?	<p>Meditation is a mindfulness practice. Often you use breathing, quiet contemplation or sustained focus on something, such as an image, phrase of sound, to help you let go of stress and feel calmer and more peaceful.</p> <p>It's like a mini vacation from the stress in your life! Stress is your body's natural alarm system. It kicks us into action, which can be a good thing when we are faced with real danger. We call this the 'fight or flight' response, and it can take a real toll on your body when it goes on too long or is a regular occurrence. Mindfulness meditation provides a method for handling stress in a healthier way. There are many different types of meditation, such as focused breathing, transcendental meditation, walking meditation and mantra meditation.</p>
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Why and How	<p>Some of the benefits of meditation include:</p> <ul style="list-style-type: none">• Reduces stress• Improves productivity• Helps you appreciate life more• Helps you feel more connected• Makes you and those around you happier• Improves functioning of your brain• Helps you get a good night's sleep• Increases your attention span• Increases capacity for emotional regulation <p>How to start meditating:</p> <ul style="list-style-type: none">• Sit cross legged on a cushion or in a chair with your spine straight, ensuring your knees are below your hips. You can also meditate while lying on your back in a relaxed position.• Relax your shoulders and arms, letting your hands rest on your thighs• Close your eyes to help you connect with your body• Focus on your breath and appreciate the sensation of breathing in and out. If your mind wanders, recognise what you are thinking and take yourself back to your breath.• Meditation isn't about length, it's about frequency. 5 or 10 mins a day is a great start. <p>For more, watch this 5-minute meditation you can do anywhere: https://www.youtube.com/watch?v=ZToicYcHI0U https://www.youtube.com/watch?v=inpok4MKVLM</p> <p>Sleep meditation: https://www.youtube.com/watch?v=U6Ay9v7gK9w</p>
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Access EAP	<p>REMEMBER: Keiki Early Learning provides you access to AccessEAP which is an Employee Assistance Program. The EAP is voluntary, confidential and complimentary counselling service. It is a short-term, solution focused approach to help you enhance your overall wellbeing.</p> <p style="text-align: center;">AccessEAP</p> <ul style="list-style-type: none">• Download the AccessEAP app via the Apple App Store or Google Play• Sign up• Enter your first name, last name, email address and password• Enter the domain keikiearlylearning.com.au and select your role (Manager/Employee)• Start your wellbeing check to personalise the tools available to you.
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