



GOAL SESSION 7 MEDITATION

Join our [Facebook group](#)

Click [here](#) for more [videos](#) on [Annette's workshops](#)

[Some health conditions benefited by meditation](#)

- Anxiety
- Asthma
- Cancer
- Chronic pain
- Depression
- Heart disease
- High blood pressure
- Irritable bowel syndrome
- Sleep problems
- Tension headaches

Try and notice your thoughts come and go. You might count them to start with.

Do this as often as you can.

Find time to feel calm, looking at the blue sky or being gently alert.

Benefits it can bring

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Lowering resting blood pressure
- Improving sleep quality



I am calm
Try 5 minutes
twice a day