

Olson Center for Women's Health

(<https://www.nebraskamed.com/olson-center>)

**is sharing these mindfulness resources
with you to experience and enjoy.
Be your best and healthiest self!**

Contact noelle.blood@unmc.edu for more info



Practicing Yoga for the Body and Mind

(<https://www.youtube.com/watch?v=HtSSMx-LbQ4>)

We've all heard of yoga. It conjures up images of people with their legs bent in impossible positions, feet behind their head. That myth is busted – yoga is for everyone! Try following along with the gentle yoga video above. It's only 15 minutes long and suitable for both people who've never tried yoga, and those who *can* get their feet behind their heads! The goal is to focus on "slowing your roll," that is, easing anxieties and allowing your mind and body to relax.

The practice of yoga, no matter how simple or complex, can benefit your physical and mental health in many ways, such as:

- Increased flexibility, muscle tone and strength
- Improved cardio, circulatory and respiratory functioning
- Improved posture, joint function and balance
- Clearer thinking, a calmer mind and decreased general anxiety and depression
- Greater self-esteem, peace of mind and bodily awareness

There are many easy-to-follow yoga videos out on the web, as well as studios where you can take an in-person class. Local museums, botanical gardens, and parks often have public yoga sessions for members of the community.



Meditation to Soothe and Relax

<https://www.youtube.com/watch?v=bc1VLgNBYyM>

Meditation goes hand-in-hand with yoga and other Eastern wellness practices. Meditation is a skill that nearly everyone can learn. The primary goal of meditation is mindfulness – learning to be totally present in the moment. Many forms of meditation focus on becoming aware of your breathing or observing things around you that you ordinarily don't notice consciously. Essentially, meditation can be seen as a way of deliberately focusing your attention on something. This focused attention can reduce the brain's normal tendency to jump from thought to thought.

Meditation can, when practiced regularly, have many positive health benefits. It seems to work its healing powers through activation of the *parasympathetic nervous system*, or PNS. Scientific studies have demonstrated that regular meditation can lead to these positive health benefits:

- Better sleep
- Less anxiety
- Improvement in mood
- Better focus and attention
- Potentially better brain health in later life

Meditation can be guided or unguided. Above, we've linked to the guided Morning MeditOcean, published by the Monterey Bay Aquarium. Enjoy focusing on the peaceful scene of jellyfish as you manage your breathing and concentration.

Click here to download a PDF of free relaxation and mindfulness apps.

<https://www.unmc.edu/wellness/documents/FreeRelaxApps.pdf>