MEDITATION: It's not what you think.

3 Meditation Styles

- Mindfulness
  Goal: become alert of the mind's continuous stream of thoughts, all without judgement

- Concentration-centered
  Goal: sustain attention on a single point

- Transcendental
  Goal: repeat a motivational phrase to achieve a settled mind

Why Meditate?
- Lowers Blood Pressure
- Increases Cortical Thickness
- Mediates anxiety, depression, psychological distress

Meditate Anytime, Anywhere
- At your desk
- In your bedroom
- On your walk to class
- At the dining hall

Ready to get started?
- Start with 1-5 minutes each day
- Focus on natural flow of your breath. Is it fast or slow?
- Add 1 minute to each session as a progression

For more information about health & wellness at MIT, visit:
http://mitpe.mit.edu/Health-and-Wellness-Information