

*Techniques to Restore Well-Being  
and Improve Health*



# *Objectives*

## **Today, you will learn**

- Techniques to improve your well-being and health, including
  - Lovingkindness meditation
  - Gratitude exercises
  - Forgiveness
- How to integrate these techniques with your personal life and goals

# Meditation

## What is meditation

- A mind and body practice used to promote calmness and relaxation

## Four common elements

- Quiet location
- Comfortable posture
- Focused attention
- Open attitude

# Meditation

## Misperceptions

- It has to be related to religion

## Many benefits including:

- Gaining a new perspective on stressful situations
- Increasing self-awareness
- Reducing negative emotions
- Improve physical health



# *Meditation*



## **Many different types of meditation:**

- Guided meditation
- Mindfulness
- Qigong
- Tai Chi
- Yoga
- Transcendental meditation
- Walking meditation
- Lovingkindness meditation





# Meditation

## Lovingkindness Meditation

*“May I be filled with lovingkindness.  
May I be safe from inner and outer dangers.  
May I be well in body and mind.  
May I be at ease and happy.”* Jack Kornfield





# Meditation

## Lovingkindness Meditation

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# Gratitude

## Components of gratitude

- Joy—look for good
- Grace—receive good
- Love—give back the good



# Gratitude

Being grateful has proven benefits:

- Emotionally
- Physically
- Socially

# Gratitude

## Ways to increase your gratitude

- Express appreciation
- Write letters of thanks
- Avoid judging/criticizing for a day
- Take time for gratitude moments



# Forgiveness



Letting go of the past and obtaining acceptance leading to more freedom and peace resulting in the ability to have new meaningful experiences.





# *Forgiveness*



## **Ho'oponopono**



# *Your Employee Assistance Program*

**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

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