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Meditation: The New Superpower Show Notes

In this episode...

Part 1:

- What is mindfulness and what is the difference between mindfulness and meditation?
- The benefits of practicing mindfulness.
- The relationship between stress and mindfulness.
- How meditation can help you work through hard emotions.
- Small, easy and quick ways to practice mindfulness throughout your day.
- Mindfulness practices can be used with kids.
- How to meditate through the distracting thoughts and come back to the breath.

Part 2:

- What happens to your brain when you practice mindfulness.
- How mindfulness can help with pain management.
- Tips on how to fit mindfulness into your busy life.
- How mindfulness works by bringing you into the present moment and grounding you.
- A sample three-minute meditation.

Dr. Shefferman's five tips for meditation and mindfulness:

1. Mindfulness is the practice of bringing your full attention into the present moment, very intentionally and without judgment.
2. There are many ways to practice mindfulness, including meditation where you intentionally tune inwards and focus on your breathing, thoughts and what you're feeling in your body.
3. Mindfulness can be used to manage stress and anxiety, as well as acute and chronic pain.
4. Calming the mind allows us to see life from a point of clarity. We observe ourselves going through life and can respond to things with intention rather than react from fear.
5. Practicing meditation can help us be happier and reduce negativity, as it increases serotonin levels and acts as a natural antidepressant.

Links:

- Freeing the Mind Helping the Body: uchealth.org/today/freeing-the-mind-helping-the-body/
- Mindful Eating: Am I hungry? uchealth.org/today/mindful-eating-am-i-hungry/
- A Life Approach to a Birthing Class: uchealth.org/today/a-life-approach-to-a-birthing-class/
- These Apps May Help Soothe Your Teenager: uchealth.org/today/these-apps-may-help-soothe-your-teenager/
- Dealing with Chronic Pain: uchealth.org/today/dealing-with-chronic-pain/