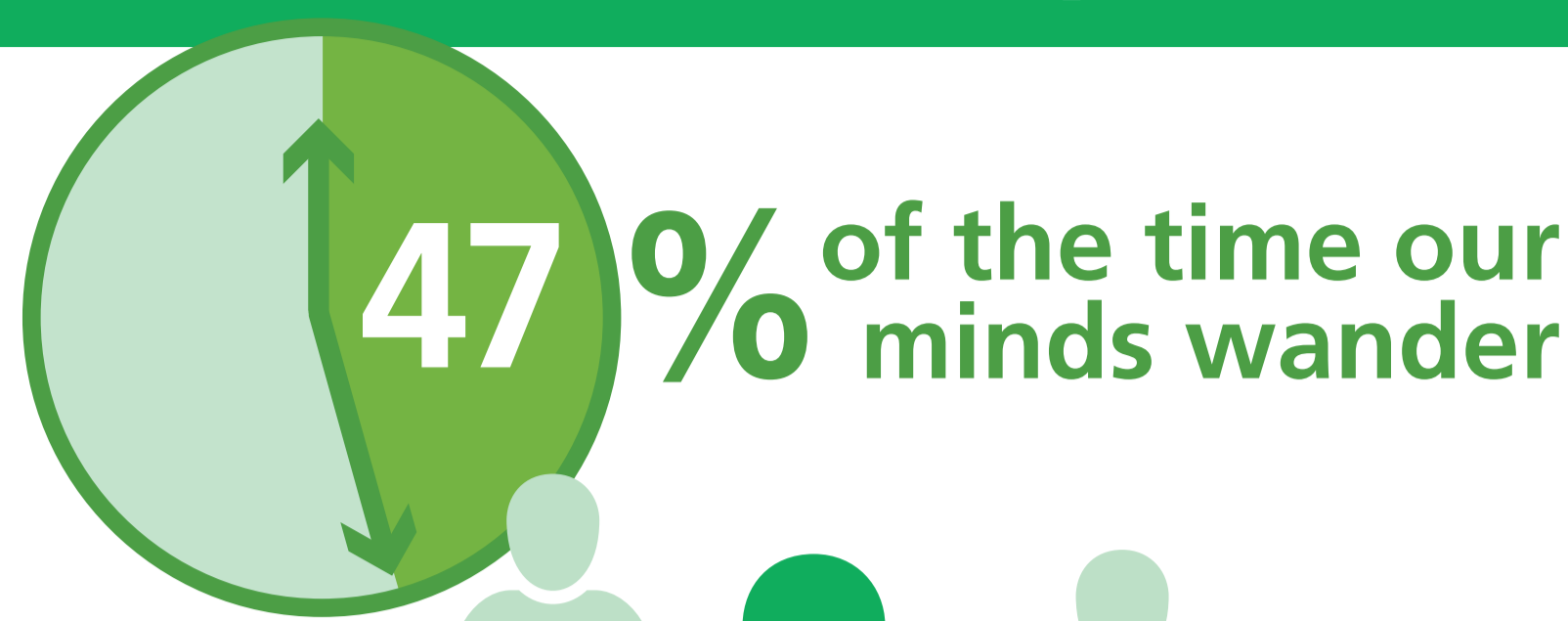


Meditation in the Workplace

Reduce the stress of work and everyday life with meditation.

Workplace Stress



40% of all workers today feel...



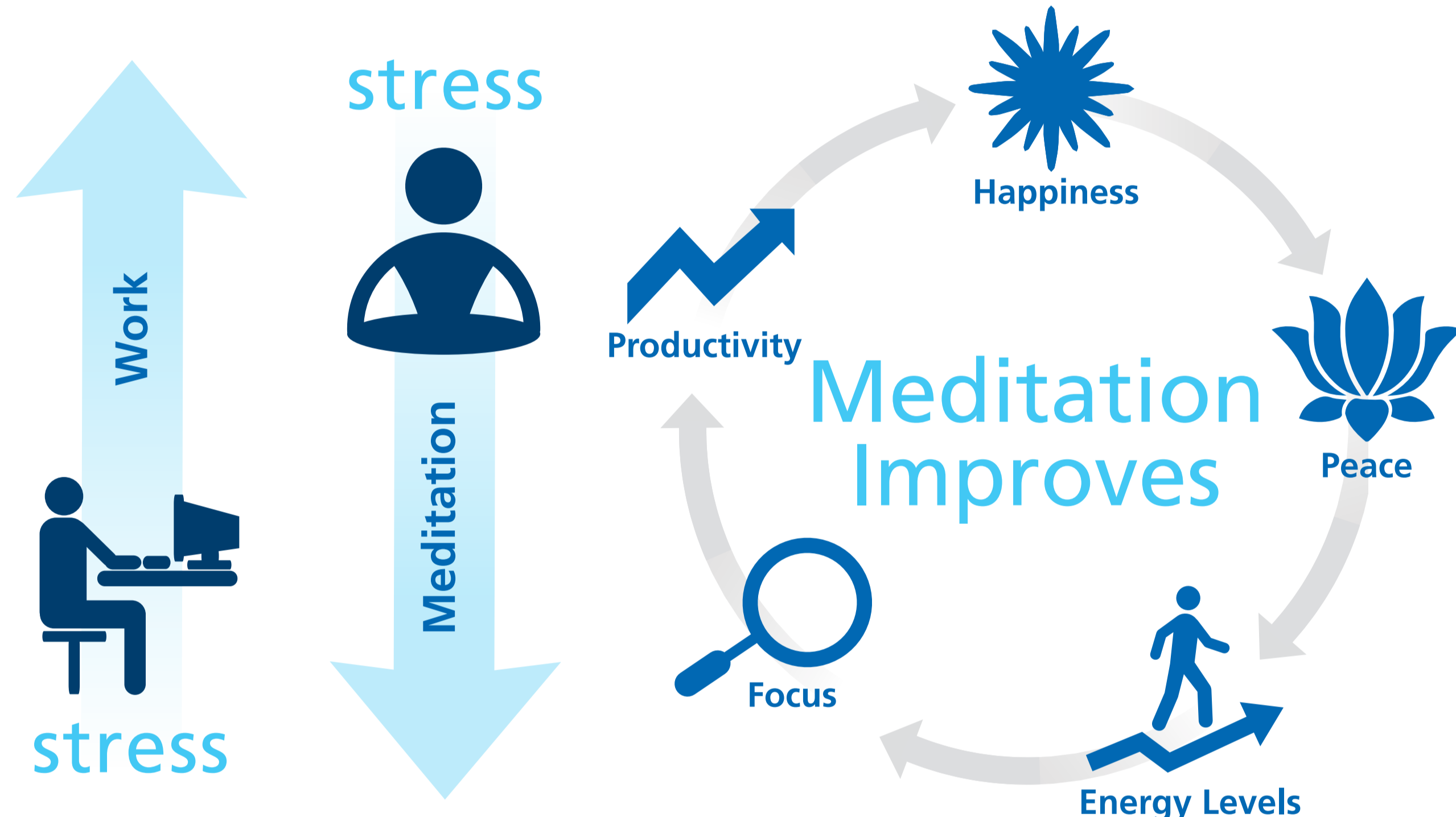
\$900B
\$800B
\$700B
\$600B
\$500B
\$400B
\$300B
\$200B
\$100B

Low productivity costs the US economy \$900 billion + each year

Benefits of Meditation

80% of workplace success is directly related to emotional intelligence and the ability to:

- Manage oneself
- Relate to others
- Deal with life's pressures



How to Meditate

Choose the way that works best for you.



Hold-your-breath meditation

1. Find a quiet place
2. Sit with your back straight
3. Close your eyes
4. Breathe in deeply
5. Hold the breath
6. Exhale slowly
7. Repeat



One-word-mantra meditation

1. Find a quiet place
2. Pick a positive word
3. Repeat it to yourself
4. Take breaks between word repetitions to let your mind wander



Walking meditation

Ideal for bright and sunny afternoons

1. Calm your breathing
2. Go for a walk
3. Focus on your feet and how they connect to the ground as you walk



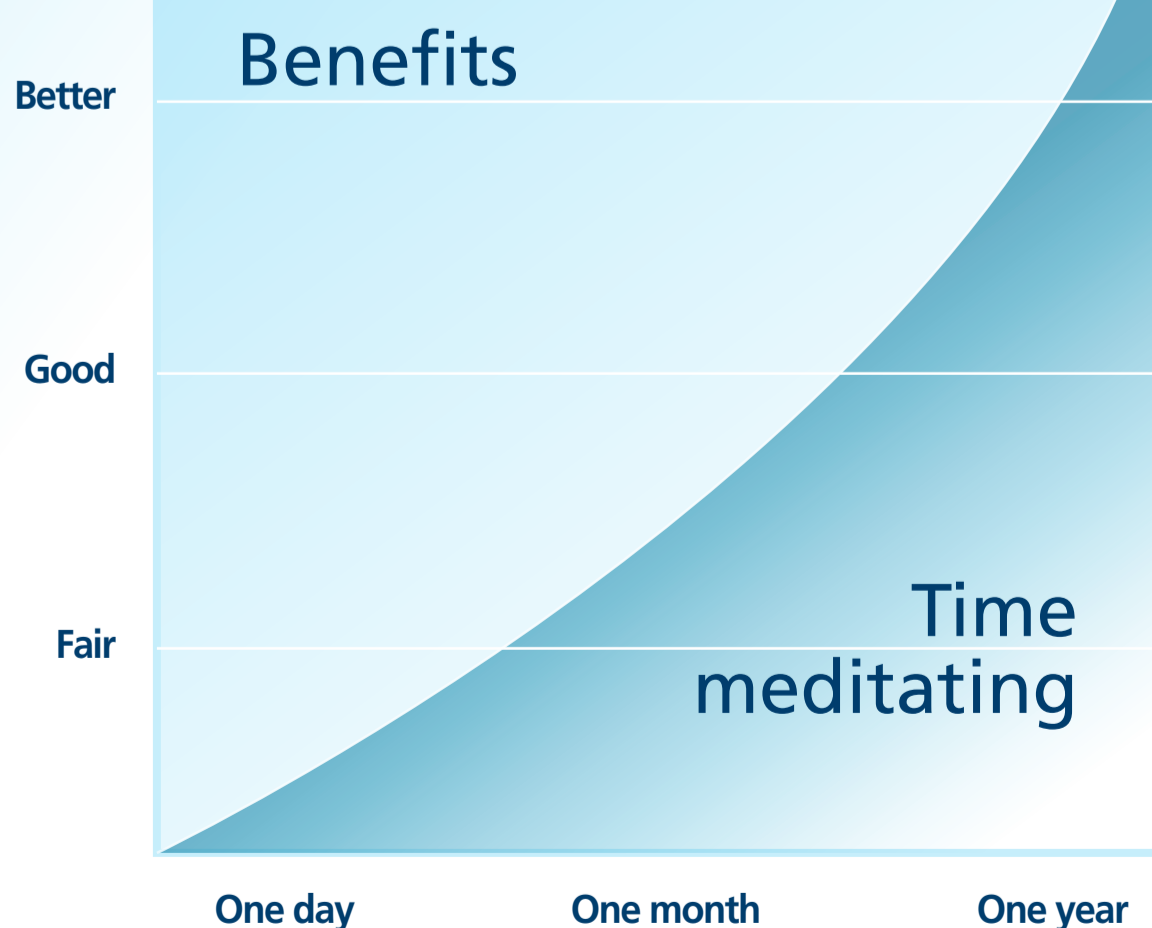
Musical meditation

1. Listen to a good song
2. Zero in on the music and lyrics
3. Sync yourself with the music
4. Take deep, slow breaths while listening

Meditation Works Better Over Time



Meditation can alter the structure of the brain—meaning that the effects of meditation are lasting!



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