



HÄLSA
wellbeing

Meditation made simple



Welcome



I can't switch off!
My mind is too busy
I don't have time

A poster for World Meditation Day. At the top right is the HÄLSA wellbeing logo. The main title "World Meditation Day" is in large, bold, teal letters. Below it, in smaller white text, is "Meditation Matters with Hälsa". The central graphic is a circular emblem with a pink background and a white outline of a person in a meditative pose. Above the person are several short lines radiating upwards. The text "30 Day Challenge!" is written in a curved path above the circle, and "Meditate every day for 30 days!" is written in a curved path below the circle. At the bottom of the poster, there are four small circular icons: a fork and knife, a bed with "Zzz", a lightbulb, and a heart with a pulse line. Below these icons are the labels "Eat Well", "Sleep Well", "Think Well", and "Feel Well" respectively.

HÄLSA wellbeing

World Meditation Day

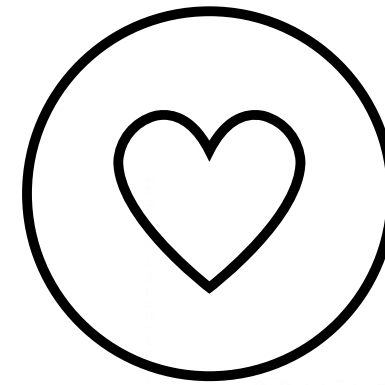
Meditation Matters with Hälsa

30 Day Challenge!

Meditate every day for 30 days!

Eat Well | Sleep Well | Think Well | Feel Well

- ✓ Try to rest and sleep as much as possible – especially if anything emotional surfaces
- ✓ Drink lots of water to cleanse
- ✓ Reduce caffeine and alcohol intake
- ✓ Exercise regularly
- ✓ Take time to spend in nature
- ✓ Keep working on your breathing
- ✓ Laugh every day!!
- ✓ Surround yourself with positive, uplifting people
- ✓ Be kind to yourself
- ✓ Make sure you play and your life is not all work
- ✓ Stop once a day and notice the beauty in your immediate surroundings



What is Meditation?

- ✓ Awareness
- ✓ Finding time to still the mind
- ✓ Not about stopping thoughts
- ✓ It is about your relationship with them



Why Meditate?

- Reduces stress, anxiety, and depression (up to 20% improvement in symptoms)
- Improves focus, memory, and productivity
- Helps build resilience and manage daily stress more effectively
- Supports physical health (better sleep, lower blood pressure, reduced inflammation)
- Improves immune function and supports healthy ageing



Practical 1

Simple Meditation

Sit comfortably

Pay attention to your breath

When your thoughts drift, notice it

Bring your attention back



How often should I do this?

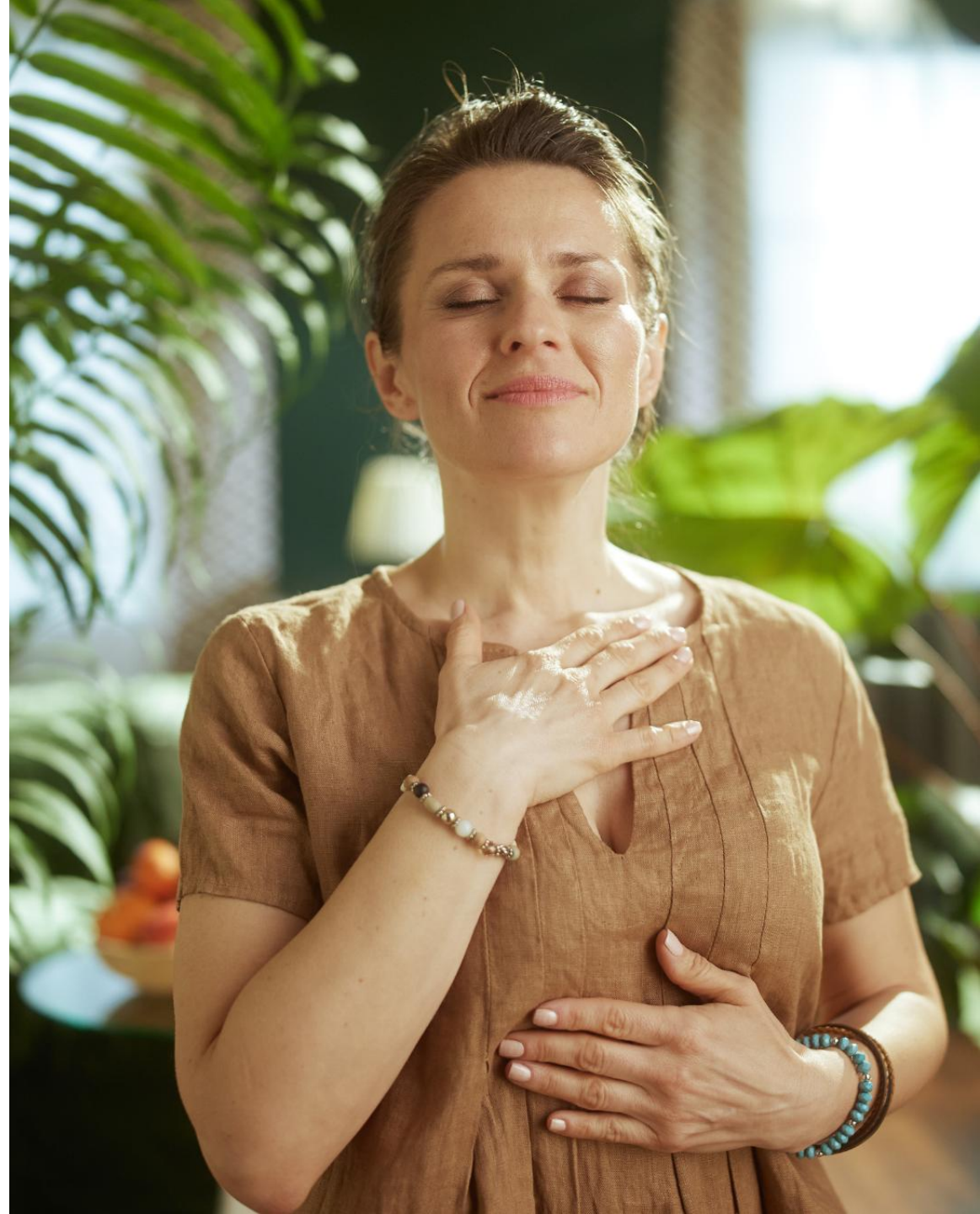
1 week: calmer, focused and less stressed

2-8 weeks: improved emotional control, less reactivity to stress, better concentration, improved sleep

2-6 months: deeper mental clarity, more stable mood, improved thought management



Practical 2



Other ways to meditate

Mindful Meditation

Concentration Meditation

Body Scan Meditation

Loving Kindness Meditation

Breath based Meditation

Movement Meditation



Practical 3



1

When

1-2 minutes in the morning

Before you go to sleep

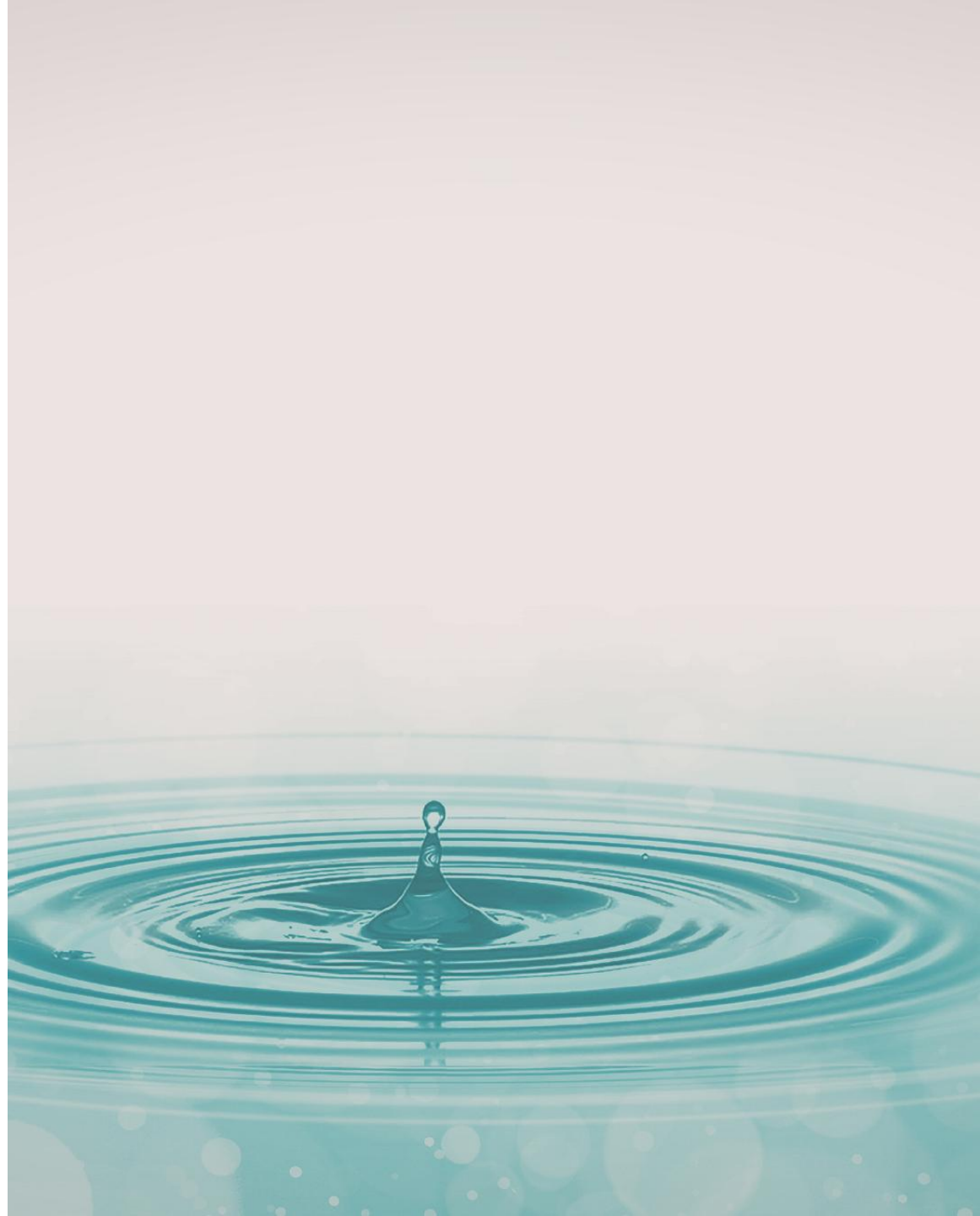
During stressful moments in the day

2

Make it a habit

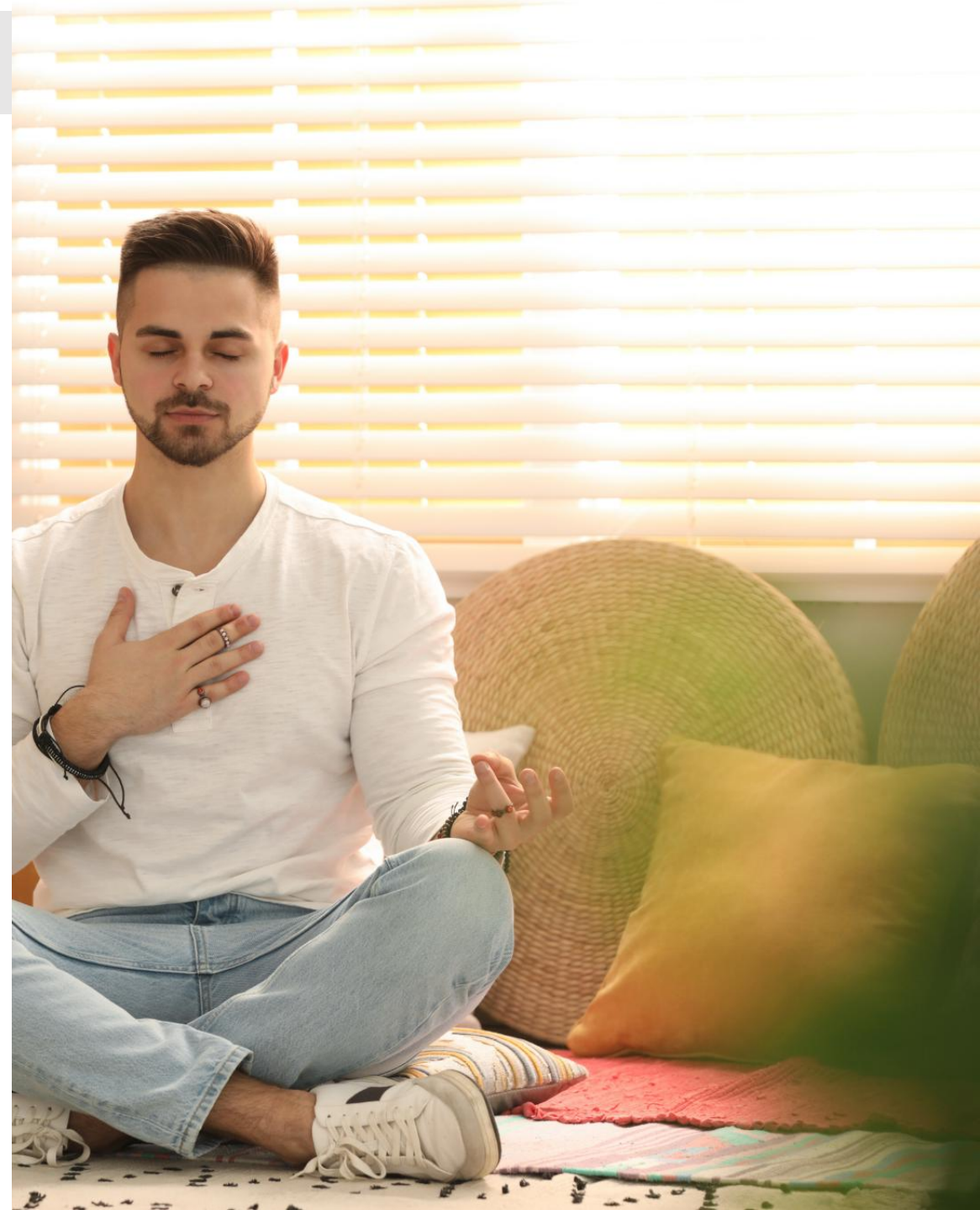
- ✓ Start small – 2 to 5 minutes
- ✓ Same time every day
- ✓ Link to something you do – i.e.:
brushing your teeth, making a cuppa!

Practical 4



Final Thoughts

- ✓ You have everything you need to meditate
- ✓ Be kind to yourself
- ✓ Follow the campaign and listen to the audios



Practice makes Perfect!



A short mindful moment

- ✓ <https://on.soundcloud.com/O0LZIH4D8x5tuTOzBi>

Bubble of light

- ✓ <https://on.soundcloud.com/9zJCeurGFd3tAv9doY>

Meditation to support Menopause

- ✓ <https://on.soundcloud.com/hg6xpBiORDUIsMxiY5>

Loving kindness meditation

<https://on.soundcloud.com/3lapwK8SAgK22OgdKn>

Practice makes Perfect!



Sleep

- ✓ <https://on.soundcloud.com/CSttSYPMhLvFXQVMOS>

Guided Meditation

- ✓ <https://on.soundcloud.com/ynodTbJle6di0nC oML>

Meditation for Anxiety

- ✓ <https://on.soundcloud.com/gJhVGRTuIQ4zoqi dDH>

Move the dial on your Wellbeing

