



Background

- Suffering from various mental conditions for ~10 years
- Trying to get used to meditation for ~3-4 years
- Managed to meditate on 115 days so far this year
- Breathing technique since beginning of year

But why?

Meditation has proven to be helpful for

- Reduce stress and anxiety
- Support therapy for depression
- Increase focus and brain adaptability
- Improve stress hormones & blood pressure
- Reduced inflammation markers (early studies)
- ...

What I do

Trying to establish daily routine

- 10 minutes breathing (to get settled)
- 20 minutes meditation (previously 15)

You need to find what works for you.

This session should give you some inspiration.

4-7-8 Breathing

4-7-8 breathing

- Simple, procedural breathing exercise
- Helpful to
 - Reduce cortisol (stress)
 - Stimulates parasympathetic
 - Calm down central nervous system
 - Improve sleep
- Especially helpful for people who can hardly cope with meditation

4-7-8 breathing practical

- Inhale 4 seconds
- Hold breath 7 seconds
- Exhale 8 seconds
- During exhalation:
 - Close lips to create soft hissing
 - Push tongue to gum behind upper teeth

Meditation

Meditation

- Many different meditation techniques exist
- I use the classical "mindfulness of breathing"
 - And some variations
- How it works:
 - Focus on your breath
 - Try to experience breathing in its full quality
 - If you get distracted
 - Notice the thought/feeling
 - Let it go
 - Return to your breath

Meditation (important!)

- Meditation is not about "success"
- It is about performing the practice
- Even if you cannot focus on a single breath before being distracted, it's fine
- Try to not judge yourself about how you are doing
- Try to not get frustrated if it "does not go well"
- There is no goal, just the way
- If you don't manage to keep your streak, just pick it up again another day

Apps

There are some apps to help you with breathing & meditation

I use:

- ~~Breath ball (iOS)~~
- Healthy Habits (iOS)
- Headspace (iOS/Android)

There is also

- 7 minds
- Downdog (also has Yoga, ...)
- ...

Practice

- 5 minutes breathing
- 10 minutes meditation
- Find a comfortable place to sit
 - Chair
 - Floor
 - ...?
- Sit upright, but comfortable
- You can close your eyes, but don't need to
 - Highly recommended for meditation

Exchange

- How was it?
- How do you feel now?
- Did you have experience before?
- ...

Questions?



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