

I AM CALM

Practicing the art of meditation is a technique that helps train your mind to be in a heightened state of awareness, a focused sense of attention as well as finding calmness and physical relaxation. Incorporating meditation into your life has been shown to help enhance your overall health and wellbeing, including improving psychological balance and coping with illnesses.

Contact your program for confidential consultation and guidance on how to incorporate meditation into your daily routine. Visit our Meditation Toolkit to find guided meditation audio clips, tip sheets and additional resources to help you get started today.



WWW.MEDITATE.TOOLS