



Discover Your Mantra: Benefits of Meditation

Have you ever tried to sit quietly and manage your racing mind? If you are like many other people, this small task can sometimes seem impossible. However, there are plenty of benefits to taking time to practice the art of meditation, especially if you are an older adult or in a position where you formally (or informally) care for seniors.



What is Meditation?

Before you write off meditation as an alternative lifestyle choice, consider that meditation can look different to everyone. In essence, meditation is the practice of being mindful and present in the current moment. For some people, meditation can be prayer or intentional gratitude. For others, meditation can be practiced physically in yoga, a walk, or tai chi. In even other cases, meditation can be structured breathing exercises or repeating a phrase

aloud or quietly. Each of these situations constitutes meditation, as the individual is working to pay attention to the moment instead of giving in to a mind that is thinking to the next task or moment of the day.

Benefits of Meditation

Meditation, or practicing mindfulness, has a list of benefits for seniors and caregivers of seniors. In addition to decreased stress and decreased symptoms of depression, those that practice mindfulness can also decrease feelings of loneliness by offering a sense of connectedness in a busy world. Even more interesting, there have been recent studies showing that mindful breathing techniques can even lead to slowed symptoms of Alzheimer's Disease.

How to Get Started

Mindfulness is always available, and you don't need any extra equipment to get started. In fact, many senior living communities are now offering mindfulness workshops for seniors and staff members proving that anyone of any age can learn how to slow down and be more mindful. If you are interested in starting to get the benefits of mindfulness, it just requires a bit of practice and grace.

First, try to carve out a few minutes each day to simply sit quietly. During this time, focus first on your breathing without changing the natural rhythm of your inhaled and exhaled. If you find your mind wandering, which you will, just notice that wandering tendency and then return to focus on your breathing. After a few moments of sitting quietly and simply breathing, take time to note how you feel. After a few weeks of short daily practice, you will find that you can sit quietly for even longer periods of time.

You can incorporate mindfulness into your regular daily tasks as well. Take a more mindful walk around your neighborhood by paying attention to the smells and sounds you encounter during your time outside. Pay close attention to your body and how it feels when you wake up and go to bed each day, being grateful for a healthy body. Keep a gratitude journal or find a phrase that inspires you to repeat throughout the day. This mantra can be a verse from the Bible or a line from a favorite poem, or it can be something as simple as "let go" or "thank you".

Living in the moment can provide a sense of connectedness, control, and gratitude that benefits seniors and caregivers of older adults. If you are feeling a bit lonely or are looking for a way to connect with someone consistently, consider inviting one of our caring Visiting Angels into your home for specialized visits. Our team works with each of our clients to provide services that encourage healthy and independent living at home, no matter where that home may be. [Give us a call](#) to set up a consultation.

Visiting Angels of Denver and Boulder, CO

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