

Barton Lab

Contact: Bartonlabvu@gmail.com



Self-Care Week

Meditation Monday

The benefits of meditation and
how to start your own practice



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Benefits of Meditation

GOAL OF MEDITATION: TO BE PRESENT

Consistent Mindfulness Meditations
have been shown to:

- Decrease stress
- Reduce mind-wandering
- Ease symptoms of depression, anxiety, and pain related to stress
- Improve focus
- Improve sleep quality
- Increase pain tolerance in those with chronic pain
- Improve relationships



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How to Meditate

MEDITATION FOR BEGINNERS

Set a time- Even a few minutes a day
can make a difference!



Focus on your breath

Acknowledge thoughts as they come
into your mind and release them



Try guided meditations
to walk you through 1, 3,
or 5 minute practices

Search "guided
meditations" on
YouTube, Google, or
in the App Store

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The Importance of Self-Care

The Barton Lab emphasizes the importance of self-care. Our lab is committed to engaging in self-care because of its impact on our individual and collective well-being.

We also know that self-care looks different for every individual. Your self-care needs might change depending on what else is happening in your life. We encourage you to find the ways to take care of yourself that work for you.

Please share with us the ways you engage in self-care!

Resources

More information with free guided meditations:

<https://www.nytimes.com/guides/well/how-to-meditate>

<https://www.mindful.org/how-to-meditate/>

<https://www.headspace.com/meditation/daily-meditation>

