

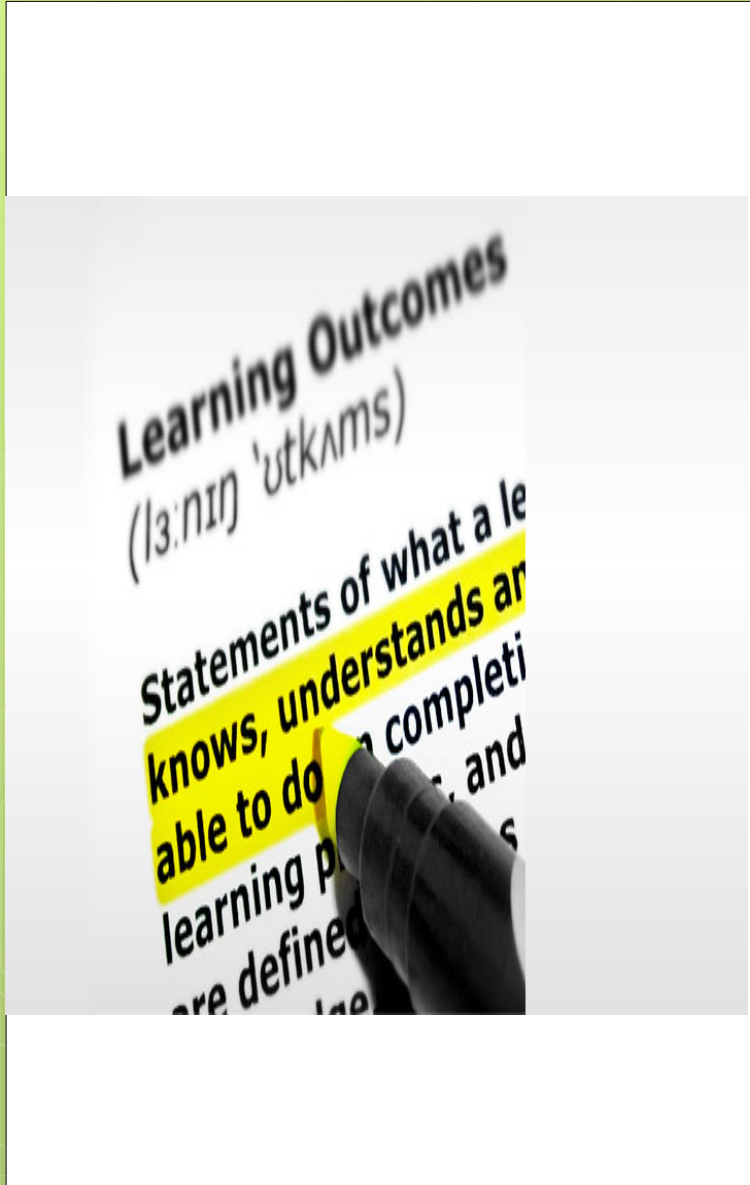


Meditation: “Om” Your Way To Academic Success

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(**Top Image:** <http://greatist.com/meditation>;
Bottom Image: [http://www.learningmeditation.com/
RotationImages/RESTORE_000014185704Resized.jpg](http://www.learningmeditation.com/RotationImages/RESTORE_000014185704Resized.jpg))



Learning Outcomes

1. Understanding of Benefits
2. Techniques and Tools

First, Ask Yourself...

- Does school ever stress you out?
- Do you experience other stressors?
- How do you cope with this stress?
 - Healthy habits
 - Unhealthy habits



(Image: <http://www.justintarte.com/2011/12/top-10-questions-to-ask-yourself-in.html>)

What Is It?

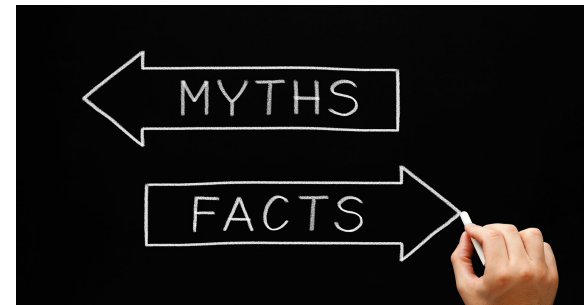
- **Meditation:** “the action or practice of meditating”
- **Meditate:** “to think deeply or focus one’s mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes, or as a method of relaxation”



([https://www.merriam-webster.com](https://www.merriam-webster.com;);
Image: <http://meditationiseasy.com/blog/meditation-techniques/chakra-meditation>)

Some Common Myths

- I can't meditate because...
 1. I can't sit still.
 2. ***I don't have time.***
 3. I don't know if I'm doing it right.
 4. ***I'm not supposed to have any thoughts while meditating.***
 5. It is only for stressed out people.
 6. ***It has to be religious or spiritual.***



(http://www.huffingtonpost.com/2015/03/08/meditation-myths_n_6804780.html;

Image: <http://www.brightfocus.org/glaucoma/article/five-common-myths-about-glaucoma>)

○ Meditation has been found to...

1. Reduce stress
2. Improve concentration
3. Encourage a healthy lifestyle
4. Increase self-awareness
5. Increase happiness
6. Increase acceptance
7. Slow Aging
8. Benefit cardiovascular and immune health

Tell me again why I should care.

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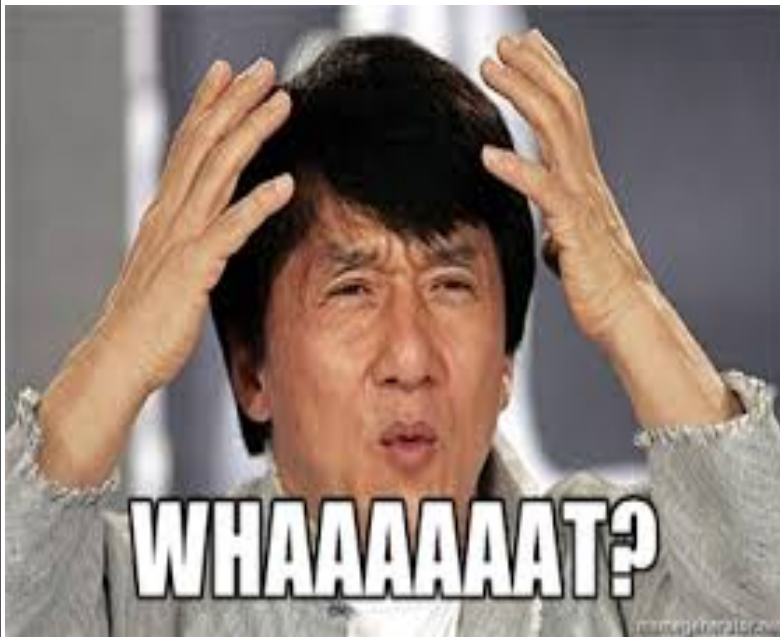


(http://www.huffingtonpost.com/2014/09/19/meditation-benefits_n_5842870.html; **Image:** <http://www.someecards.com/usercards/viewcard/MjAxMy00M2VkNmU0ZTYyMTUxOGYw>)

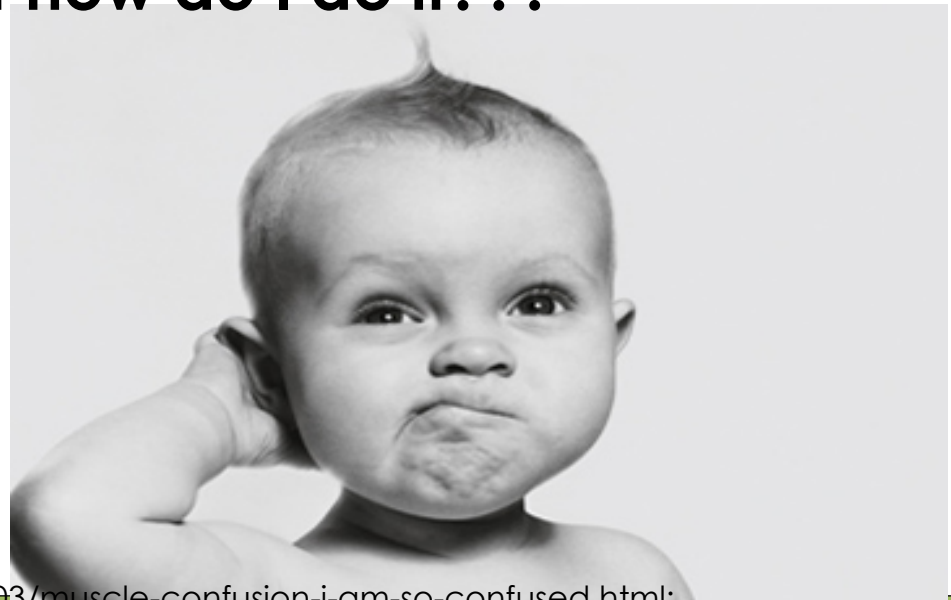
○ For STUDENTS, meditation may...

1. Increase IQ levels
2. Decrease academic stress
3. Improve academic achievement
4. Lead to better focus
5. Enhance brain integrity and efficiency
6. Reduce depression and anxiety
7. Reduce destructive addiction (drugs and alcohol)
8. Decrease absenteeism and leads to better behavior
9. Lower risk of cardiovascular diseases
10. Increase happiness and confidence!





That's great and all, but how do I do it???



(**Top Image:** <http://siegefitness.blogspot.com/2012/03/muscle-confusion-i-am-so-confused.html>;
Bottom Image: <http://soberingthoughts.info/pages/b/baby-confused/>)

1. Choose a conducive environment

- Nice quiet place where you won't be disturbed
- Find a position that is comfortable for you

2. Breathe slowly and deeply

- Close your eyes if comfortable or direct your soft, unfocused gaze downwards
- Inhale through your nose and out through your mouth

3. Be aware

- Focus attention on breathing, and be mindful of each breath going in through your nose and out through your mouth
- If your mind wanders, do not be disheartened! Notice it and bring your attention back to breathing

How to Meditate



What Kind Should I Do?

1. Transcendental Meditation
2. Heart Rhythm Meditation
3. Kundalini
4. ***Guided Visualization***
5. Qi Gong
6. Zazen
7. ***Mindfulness***



(<https://visualmeditation.co/7-types-of-meditation/>;

Image: <http://itsusync.com/best-meditation-music-with-binaural-beats>)



Some of the Best Apps for Meditation

iPhone

- Buddhify – \$4.99
- Calm – **Free**
- Headspace – **Free**
- MINDBODY Connect – **Free**
- Mindfulness App – \$1.99
- Omvana – **Free**
- Smiling Mind – **Free**
- Take A Break - **Free**

Android

- Buddhify – \$2.99
- Calm – **Free**
- Headspace – **Free**
- MINDBODY Connect – **Free**
- Mindfulness App – \$1.99
- Omvana – **Free**
- Smiling Mind – **Free**
- Take A Break - **Free**

