

Meditation: Why Should I Try That?

Presented by: Sarah Hollis

1



Oprah Winfrey



Hugh Jackman



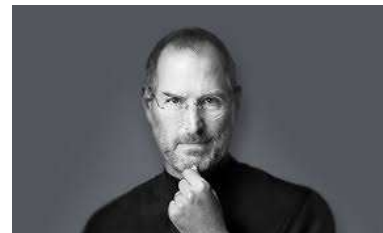
Arianna Huffington



Sir Paul McCartney

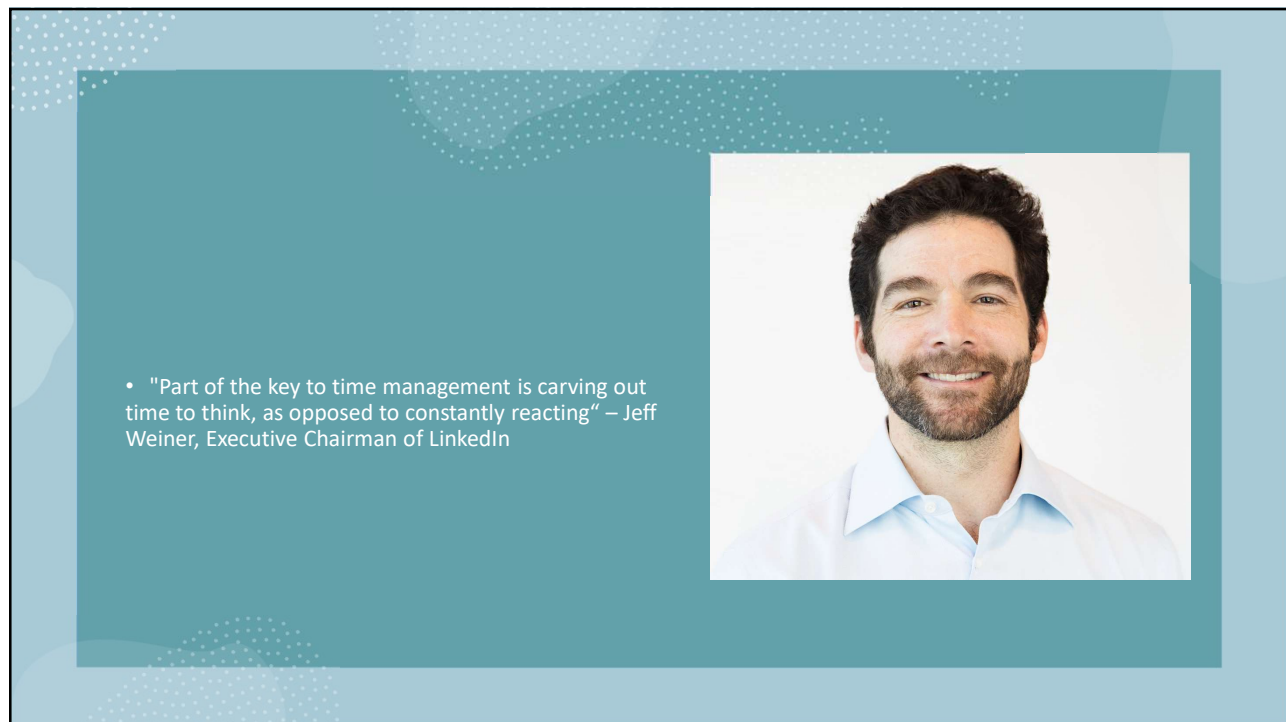


Lady Gaga



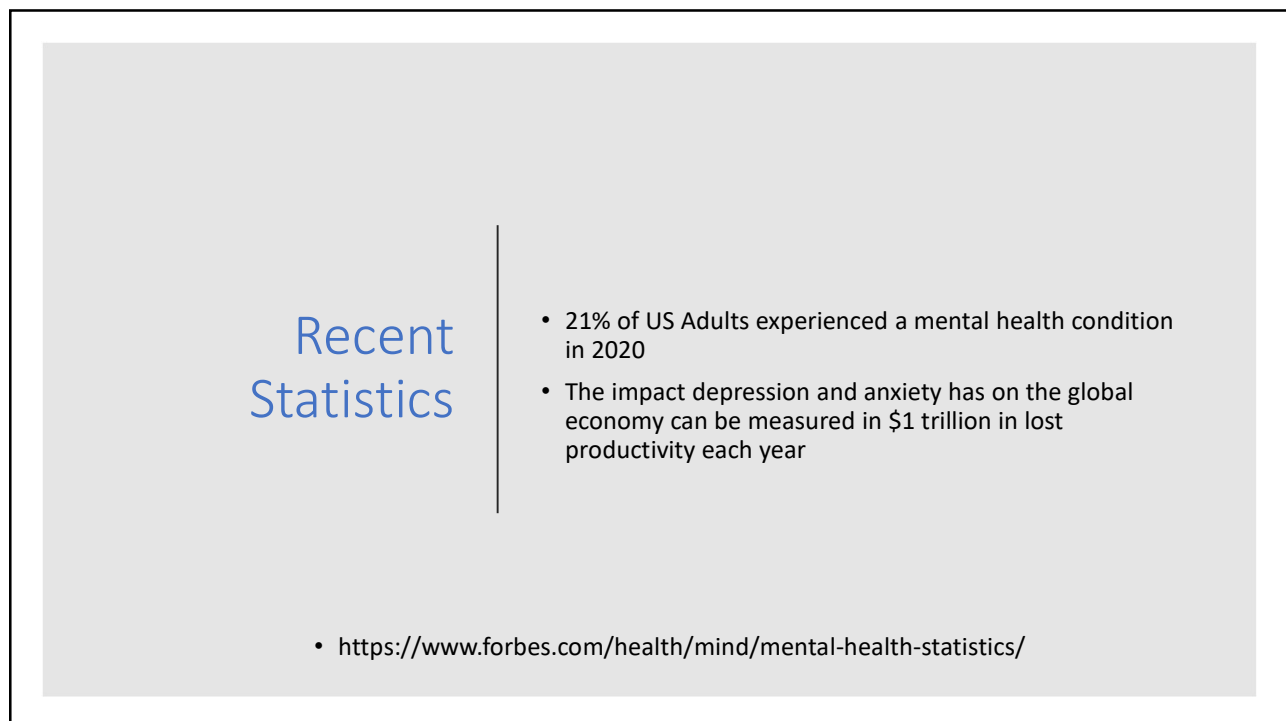
Steve Jobs

2



- "Part of the key to time management is carving out time to think, as opposed to constantly reacting" – Jeff Weiner, Executive Chairman of LinkedIn

3

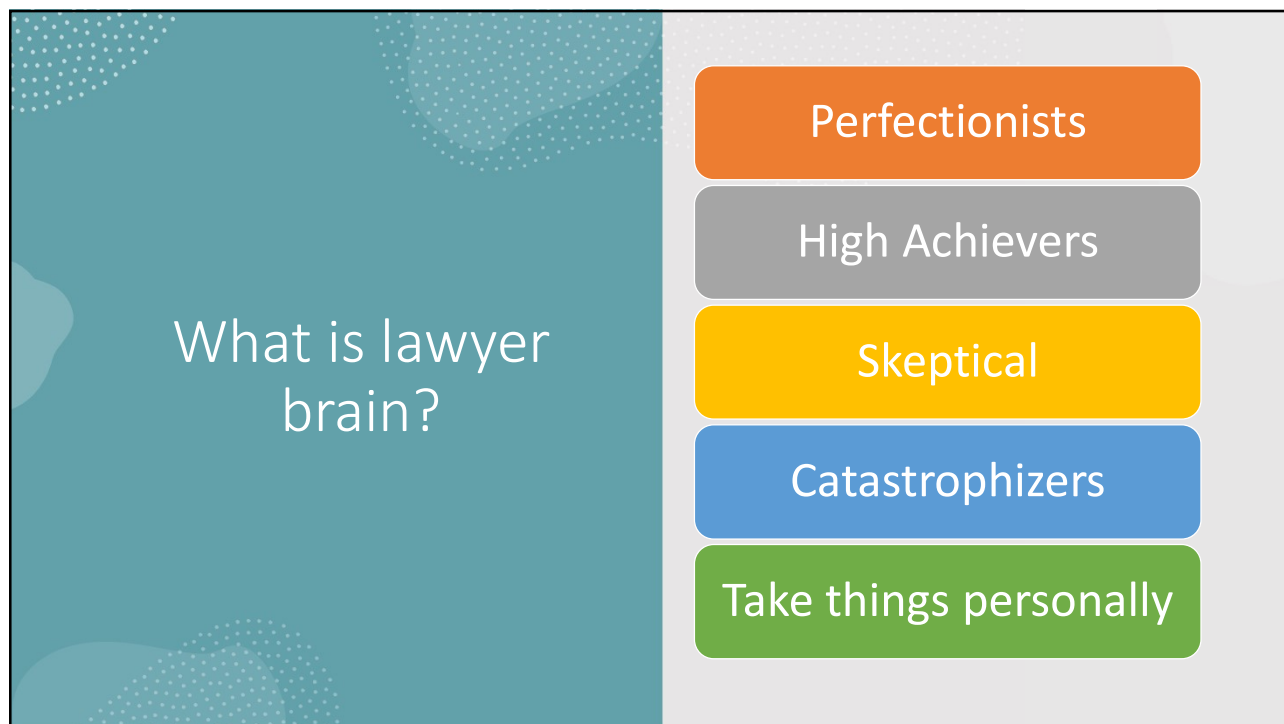


Recent Statistics

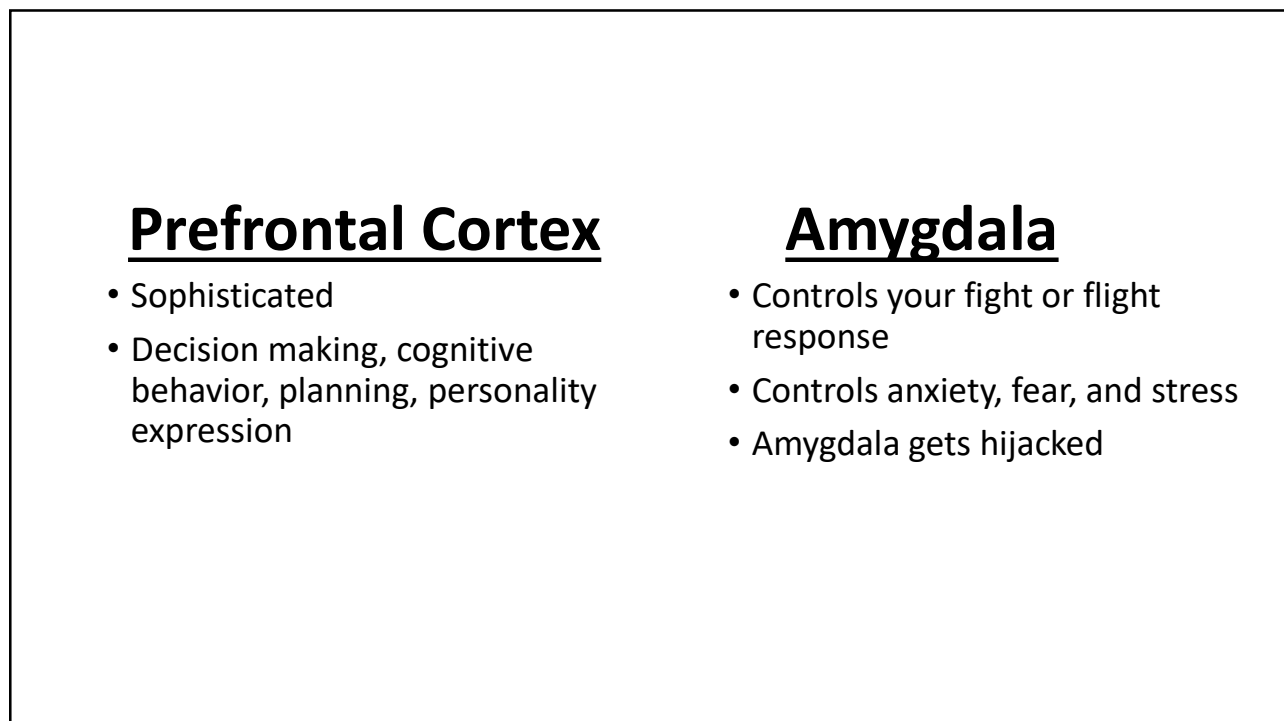
- 21% of US Adults experienced a mental health condition in 2020
- The impact depression and anxiety has on the global economy can be measured in \$1 trillion in lost productivity each year

• <https://www.forbes.com/health/mind/mental-health-statistics/>

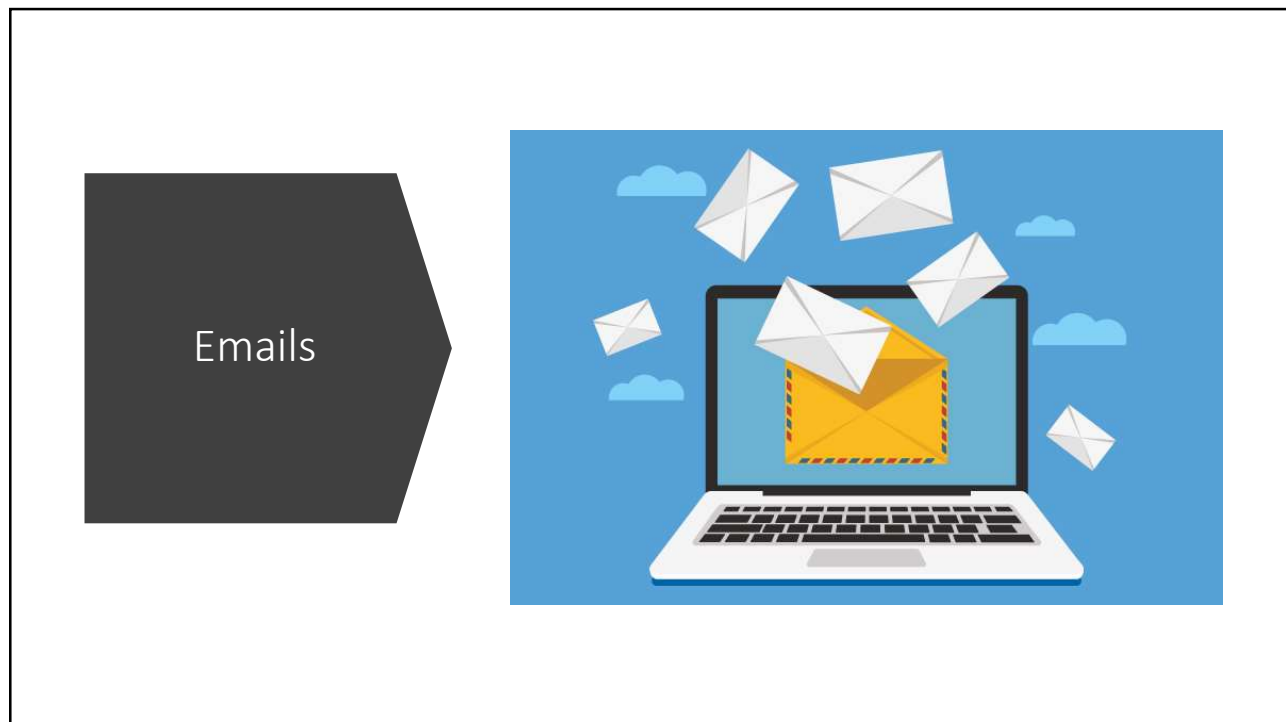
4



5



6



7

Why Meditate?

Over 14% of the US adult population has meditated at least once.

The emotional and physical benefits of meditation can include:

Gaining a new
perspective on
stressful situations

Building skills to
manage your stress

Increasing self-
awareness

Focusing on the
present

Reducing negative
emotions

Increasing
imagination and
creativity

Increasing patience
and tolerance

Lowering resting
heart rate

Lowering resting
blood pressure

Improving sleep
quality

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

8

Guided Meditation



- <https://www.youtube.com/watch?v=ZToicYcHI0U>

9



10