



Today marks World Meditation Day. As restrictions continue to be lifted, many of us may feel anxious as we adapt to the changes and gradually return to what was normal before the pandemic.

A beneficial way of relieving anxiety is by meditating. Meditating is an effective holistic method that can help treat anxiety as it slows our heart rate and helps us to manage negative thoughts. Spending even just a few minutes a day meditating can help us feel calmer, and can be done anywhere – in the comfort of your own home, on your commute to work, or even in the middle of a meeting (there are many forms of mediation such as focusing on your breathing which doesn't involve sitting cross-legged chanting a mantra!).

Meditating allows us to train our brains to get a healthy sense of perspective and become more aware of our thoughts and feelings. Allowing us to gain a new perspective on a situation that we may find overwhelming or stressful, increase self-awareness and reduce negative emotions. Practicing meditation encourages us to think about the present and set aside any distractions which help us to remain focused. There are several apps available that can provide guided meditation such as Headspace, Calm and Breathe.

Please remember that our Employee Assistance Programme which is provided by Health Assured remains available to all our employees for any support that you may require. Health Assured can be contacted 24/7 where professionally trained counsellors are available to take your call and provide confidential advice and support on any issue that may be concerning you. There is no cost to you for accessing the service. Alternatively, the My Healthy Advantage App is available which includes a number of wellbeing resources to help support you.