



Why Practice Mindfulness and Meditation?

Science:

- Mindfulness is good for our bodies: A seminal study found that, after just eight weeks of training, practicing mindfulness meditation boosts our immune system's ability to fight off illness. Practicing mindfulness may also improve sleep quality.
- Mindfulness is good for our minds: Several studies have found that mindfulness increases positive emotions while reducing negative emotions and stress. Indeed, at least one study suggests it may be as good as antidepressants in fighting depression and preventing relapse.
- Mindfulness changes our brains: Research has found that it increases density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy.
- Mindfulness helps us focus: Studies suggest that mindfulness helps us tune out distractions and improves our memory, attention skills, and decision-making.
- Mindfulness fosters compassion and altruism: Research suggests mindfulness training makes us more likely to help someone in need and increases activity in neural networks involved in understanding the suffering of others and regulating emotions. Evidence suggests it might boost self-compassion as well.

<https://greatergood.berkeley.edu/topic/mindfulness/definition#why-practice-mindfulness>

Types of Meditation:

- Loving Kindness Meditations
- Body Scan
- Mindfulness Meditation
- Breath Awareness Meditation
- Zen Buddhist Meditation
- Transcendental Meditation
- Vedic Meditation

Apps:

- Calm
- Insight Timer
- Headspace
- Stop, Breathe and Think
- Ten Percent Happier
- Buddhify
- Unplug

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Why Practice Gratitude?

Science:

Over the past two decades, studies have consistently found that people who practice gratitude report fewer symptoms of illness, including depression, more optimism and happiness, stronger relationships, more generous behavior, and many other benefits.

Participants who kept a gratitude journal weekly for 10 weeks or daily for two weeks experienced more gratitude, positive moods, optimism about the future, and better sleep.

Gratitude Practices:

Gratitude Journal:

15 minutes per day, at least once per week for at least two weeks. Studies suggest that writing in a gratitude journal three times per week might actually have a greater impact on our happiness than journaling every day.

Gratitude Letter to a Friend

Gratitude Meditation:

https://ggia.berkeley.edu/practice/gratitude_meditation

The Five Minute Gratitude Journal:

<https://www.intelligentchange.com/pages/our-story>

Three Good Things

Gratitude Apps:

Thinkup

Happier

GratitudeGrateful:A Gratitude Journal

Day One Journal

Live Happy

365 Gratitude

Reflectly

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