



TOTAL BRAIN HEALTH FAIR STATION



MEDITATION STATION

TBH Focus:

Mind | *Sharpen Skills, Stretch Your Mind*

Spirit | *Keep Emotional Balance*

The TBH Science:

There's good reason to get it "ohm": Meditation (the practice of being still within one's self and focusing on what's going on in the moment), as well as mindfulness training, can have a positive impact on brain health in a variety of ways. Here are just a handful of studies proving the value of meditation:

- Researchers at the University of California Santa Barbara found that a two-week mindfulness-training course improved students' performance on tasks of working memory—and upped their reading comprehension scores on the GRE.
- At the University of Pennsylvania, people who complained of impaired memory took part in an eight-week meditation program and experienced significant improvement in verbal fluency and blood flow to their brains.
- Thomas Jefferson University Hospital scientists had 15 older adults with issues ranging from age-related memory loss to early Alzheimer's disease do 12 minutes of meditation per day. After eight weeks, the study subjects had increased cerebral blood flow, improved cognitive function, and were less tired, depressed, angry, and confused.

You Will Need:

- **An expert who is familiar with meditation techniques**
- **A space in a quiet area**
- **Chairs for 10 to 15 participants**
- **OPTIONAL: Hand-outs participants can take to help continue a meditation practice on their own**

How It Works:

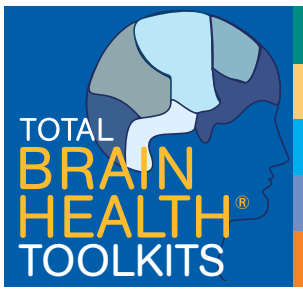
The expert will guide participants through a 10-minute meditation session.

Variations:

The expert can modulate the session based on the abilities and responses of the group.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



TOTAL BRAIN HEALTH[®] FAIR STATION

TBH Just Breathe Guide Sheet

DIRECTIONS: *When we are stressed out, we tend to hold our breath, or breathe in a shallow manner. Deep breathing counters the “stress response” by changing our experience at the moment, helping us to feel more calm and focused. Use the following exercises to teach your class how to “just breathe.” Be sure to allow time at the end of each exercise for the class to note how they feel after participating.*

1. FOCUSED BREATHING. This simple breathing exercise draws awareness to the breath.

1. Find a comfortable place to sit, with your arms supported and your legs resting on the floor. Close your eyes.
2. Focus your attention on your breathing. Become aware of the rate and rhythm of your breath.
3. Begin inhaling slowly and deeply through your nostrils.
4. Focus on breathing into your chest and belly as if you are trying to fill a balloon.
5. Purse your lips and exhale slowly through them, controlling the rate and rhythm of your breath.
6. Continue to focus and concentrate on your breath for several minutes.
7. As you begin to feel a sense of calm and focus, continue to breathe deeply for at least 10 more breaths.

2. LION’S BREATH. This yoga-based breathing exercise releases tension and promotes calm.

1. Find a comfortable place to sit, with your arms supported and your legs resting on the floor. Close your eyes.
 2. Inhale through your nose, and as you do so open your mouth wide and try to touch your chin with your tongue, open your eyes as big as you can.
 3. As you exhale through your mouth, make a distinct sound coming from the back of your throat like a cat hissing. Hold the sound it for as long as you can.
 4. Repeat the “Lion’s Breath” two or three times.
-