**Meditate your stress away**

**Did you know that regular meditation can train** your brain to stay calm when faced with stress or distraction? Research also shows that meditation can lower stress levels, reduce blood pressure, improve digestion and even help to reduce symptoms of depression and anxiety.

**So, what is meditation really?**

Meditation is a mind and body practice that has been used for thousands of years to achieve a clear and calm mental state through physical relaxation. Here, you pay close attention to the link between your brain, mind, body and behaviour.

**The good news?**

**Meditation is a skill that can be learned.**

Getting started is as simple as dedicating a quick 5 minutes of your time to sitting comfortably in a quiet spot. As you get more used to this, aim for 10+ minutes every day – this amount of time is recommended for health and wellness benefits. You can download one of our recommended apps to help you, like Headspace.

You may want to experiment with the time of day that works best to fit in your daily meditation. This will help it to become a healthy habit in your life. Some people find that first thing in the morning is best, and is a great way to kick-off the day, while others like to schedule a break during the workday and use the session to re-centre and focus themselves.

Whatever time you choose, enjoy this simple, fast way to reduce stress.