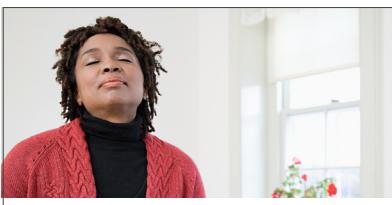


## MINDFULNESS MEDITATION

### FACTS



Focus on an object, like breath. Focus on what you sense, think and feel. Don't judge yourself.



May lower blood pressure, improve sleep and help manage pain. Helps control negative feelings.



May reduce stress, anxiety and depression symptoms, and help manage PTSD and weight.

### PROS



Can be done frequently throughout the day. Don't need a meditative posture.

### CONS



Does not replace traditional medical therapies for managing diseases and chronic conditions

## TRANSCENDENTAL MEDITATION

### FACTS



Focus on mentally repeating a word or phrase. Helps keep the mind calm and grounded.



May lower blood pressure, improve sleep and help manage chronic pain.



May reduce stress, anxiety and depression symptoms, and help manage PTSD and weight.

### PROS



May also provide increased compassion and enhanced problem-solving ability

### CONS



Does not replace traditional medical therapies for managing diseases and chronic conditions

# BE ZEN

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## TRANSCENDENTAL OR MINDFULNESS?

Meditation can calm the mind, improve balance, manage chronic diseases, and enhance well-being. Mindfulness and transcendental meditation are two popular options with similar benefits. Which one is a better fit for you?