

**EAS/Employee Assistance Services**  
**Employee Assistance-Psychotherapy**  
**Tom Lavin MFT, LADC**  
**557 California Avenue**  
**Reno, NV 89509**  
**775-323-3330    www.EASEAP.com**

**January 2005**

## ***Consider Meditating This Year***

Tom Lavin MFT, LADC

"At times of high stress, the mind will tend to obsess about our predicament, what we should do or should have done...our thoughts are charged with anxiety and worry..."    Dr. Jon Kabat-Zinn

"...at the Program of Integrative Medicine at the University of Arizona, we are using breathwork as a standard therapeutic intervention...I have seen breathwork alone achieve remarkable results; lowering blood pressure, ending heart arrhythmia, decreasing anxiety, and improving sleep..."  
Andrew Weil, MD

### **Don't Just Do Something, Sit There!**

"Meditation" comes from the same root word as "medication" - meaning "healing". Meditation can be good medicine.

- The idea of learning to meditate can be intimidating; we can imagine we'll have to go study in Tibet or Rome for at least a year!
- Meditation can be learned and practiced in the midst of our daily lives.

- Some people achieve the therapeutic affects of meditation ("be here now") by sitting and being quiet; some people prefer to read inspirational passages or listen to music; other people are more movement oriented, and experience meditation as most therapeutic when they are moving (biking, swimming, walking, yoga, tai chi).
- Whether someone is more of a "sit and be quiet meditator" or a "mover meditator", the key is the desire to connect with one's true self and life at a deeper level, and setting aside time to meditate.

### **Resources**

- Determine if you are more of a "be quiet and listen" meditator or more kinesthetic meditator (a "mover")
- Take a meditation, yoga, or tai chi class
- Psalm 23, Prayer of Saint Francis, Prayer of Loving Kindness
- "Meditation for Optimum Health", Andrew Weil and Jon Kabat-Zinn
- "Full Catastrophe Living", Jon Kabat-Zinn