

Meditation Opportunities

These are just a few ideas:

- **Peoria Insight Meditation Group**
 - <https://www.facebook.com/Peoria-Insight-Meditation-287271211478339/>
 - **Wednesdays at 6:30 p.m.** -At Thien Tam Temple 839 W Moss Ave, Peoria, IL 61606
 - Beginning with a short reading
 - 30 minutes of meditation practice
 - Then discussion
- [Click here for a 5-minute mindful breathing track](#)
- [Click here for a 6-minute grounding track, focused on touch, sound, breath](#)
- **Apps:** Insight Timer; Headspace; Calm
- Google keywords: Mindfulness Meditation; Jon Kabat-Zinn

More Resources

- If you are ready for an **8-week, free, online course**, try <https://palousemindfulness.com/index.html>. This course was created by a fully certified MBSR (Mindfulness Based Stress Reduction) instructor and is based on the program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School.
- If you need a quick 2-minute, mindful break during the day, try this animated video:
 - https://vimeo.com/260284269?utm_source=Mindful+Leader+Newsletter&utm_campaign=23951038c0-EMAIL_CAMPAIGN_2018_03_20&utm_medium=email&utm_term=0_fc20865065-23951038c0-181929969&mc_cid=23951038c0&mc_eid=49590bd700
- If you are new to meditation and would like a funny, short, very readable **book**, try the one written by *Nightline* anchor Dan Harris, called 10% Happier.



The Benefits of Meditation



Objectives: The aims of this systematic review were to assess the effectiveness of mindfulness training in medical and other health professional student population groups and to compare the effectiveness of the different mindfulness-based programs.

Conclusion: Mindfulness-based interventions **decrease stress, anxiety, and depression** and improve mindfulness, mood, self-efficacy, and empathy in health profession students.

McConville, J., McAleer, R., & Hahne, A. (2017). Mindfulness training for health profession students – the effect of mindfulness training on psychological well-being, learning, and clinical performance of health professional students: A systematic review of randomized and non-randomized controlled trials. *Explore*, 13(1), 26-45. Retrieved from <https://www.sciencedirect.com/science/article/pii/S1550830716301616>