

# TIP OF THE WEEK



## Daily Meditation

*Take some time each day and find a quiet space. Relax and breathe. Here are some great reasons to meditate daily:*

Meditation is linked with feeling less stressed and anxious.

It can result in brain changes that protect against mental health conditions.

Meditation can help us process our emotions, even when not meditating.

Meditation is linked to more creativity and new ideas.

Rapid memory recall improves with daily meditation.

Meditation is linked with decreased cigarette, alcohol, and drug abuse.

Want to learn more about meditation and how to reduce stress and anxiety? Your institution's EAP can help. Visit [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu) for details and contact information.