

Mayo Clinic Minute: Benefits of meditation

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| <p>Images of stressed out people.</p>   | <p>Stress, anxiety and a lack of sleep are problems that many people deal with every day. But there is one simple practice that can help: meditation.</p>                               |
| <p>Maria Caselli<br/>GROUP FITNESS INSTRUCTOR<br/>Mayo Clinic<br/>0:20 seconds</p>                          | <p>"Physically, people find they have improved mood, they sleep better and better memory and concentration."</p>  |
| <p>Show footage of class</p>  | <p>Maria Caselli, a group fitness instructor at Mayo Clinic, says the benefits of just a few minutes of meditation a day can help, especially with stress.</p>                          |
| <p>Maria Caselli<br/>1:13</p>   | <p>"Meditation, which is the practice of focused concentration, bringing yourself back to the moment over and over again, actually addresses stress, whether positive or negative."</p> |
| <p>Class with graphics over.<br/>Anxiety, Chronic pain, Depression, Heart disease, High blood pressure.</p> | <p>Meditation can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure.</p>  |
| <p>Maria Caselli<br/>4:07</p>   | <p>"The heart rate drops, your respiratory rate drops. There is decreased oxygen consumption, decreased carbon dioxide expired. The body is healing itself and starting repair."</p>    |
| <p>More images of class.</p>  | <p>Meditation can help us be less reactive and more responsive to events in our life.</p>   |
|   | <p>For the Mayo Clinic News Network, I'm Vivien Williams.</p>   |