



Mindfulness, Meditation and Stress

Our body's goal is to maintain a steady state of being. Yes, homeostasis, or equilibrium between many different internal and external demands. We have more control over some than of others! We are required to follow the guidelines right now to limit the spread of Coronavirus, and this alone can cause a threat to maintaining that steady state of being...STRESS. Along with that, is the fear of the unknown - how long will we be living like this? When can we resume our normal lives? Will our lives be "normal" again? Please consider looking at resources or the many other Mindfulness links that are available on-line. Here are 3 of my favorites:

The free online workout link we sent you from our partner Les Mills, has a Mindfulness class to offer. It is a really beautiful 15 minute guided class that meets the same high standards as all of the LM classes. You can't go wrong here. If you do not see it when you open the link, hit the "see more" at the bottom of the page - and enjoy.

<https://watch.lesmillsdemand.com/at-home-workouts>

Users will not need an LesMills On Demand account to access. FREE content available for at least two months.

Another excellent Meditation app is "Ten Percent Happier" made famous by Dan Harris. You have the ability to download some free guided meditation sessions. If you want more in depth info, you can subscribe. The free sessions are very good. www.tenpercent.com

Last, is "Binaural Beats". I listen to it on a daily basis either to complement meditation if I want sound or to go to sleep with. When I listen to music, whether to relax, meditate or move, I immediately pick up the beat or the melody and it dominates my brain counteracting what I want! Could have something to do with majoring in music!

Listening to Binaural beats is best with a pair of headphones, but not necessary. It is structured so that each ear is hearing a slightly different frequency. Your brain puts them together at a perceived new frequency. Research is divided as to whether it does influence cognitive processes....I only know it works for me. You can find this on YouTube, Spotify or Google.

ENJOY! This measure of fitness is as important as strength, cardio and flexibility...perhaps more. Please don't forget it.

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