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<sup>1</sup> "Physical Health and Mental Health," Mental Health Foundation, Feb. 18, 2022.  
<sup>2</sup> "Five-Minute Meditation," Headspace.  
<sup>3</sup> Adkern Ganey, et al., "Effects of Buddhist Walking Meditation on Glycemic Control and Vascular Function in Patients with Type 2 Diabetes," Complementary Therapies in Medicine, June 2016, 92-97.  
<sup>4</sup> Julie C. Basso, et al., "Brief, Daily Meditation Enhances Attention, Memory, Mood, and Emotional Regulation in Non-experienced Mediators," Behavioral Brain Research, Jan. 1, 2019, 208-220.

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Eight weeks of daily meditation has been shown to decrease anxiety and fatigue, improve memory and enhance attention.<sup>4</sup>



BE CONSISTENT

Don't be discouraged if it feels too tough to sit still. Walking meditation reduces blood pressure and cortisol levels associated with type 2 diabetes.<sup>3</sup>



STAY STRONG

Just five minutes of meditation per day has been proven to improve sleep quality and immune function.<sup>2</sup>



START SMALL

Know what healthy looks like to you, and find little ways to get ahead of it.

PREVENTIVE CARE IS MORE

# CALM

LESS STORM



## 1 IN 3

people who have a long-term physical health condition also have a mental health concern—most often depression or anxiety.<sup>1</sup> A little care for your mind and body now can mean better health overall.

STARTING SMALL IS

STARTING STRONG.

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