



Meditation 101: Creating Space for Peace



Poorvi Shah, DO
www.drpoorvishah.com



Stress upon Stress

Busy Lives

Pandemic

World Events



What does Stress Do?

Parasympathetic="Petting the Kitty"

Rest, Digest, Feel, Heal

Sympathetic="Running from the Tiger"

Fight, Flight, Growl, Scowl

Modern Life: Sympathetic Overload



Stress Related Medical Conditions

High Blood Pressure

Type 2 Diabetes

Anxiety/Depression

Weight Gain

Insomnia

Heart Disease

Asthma

Headaches

Irritable Bowel

Dementia

Accelerated Aging



What Is Meditation?

“The awareness that arises from paying attention, on purpose, in the present moment and non-judgementally” JKZ

“A mental exercise that trains awareness and attention”
Psychology Today



Research on Meditation

Research:

Improves Resilience

Sharpens Attention

Improves Mental Health

Increases Compassion

Enhances Creativity



Meditation Basics

Create a Habit:

- Sitting/Lying Down
- Regular Time
- Comfortable Space
- Decide How Long



Meditation Basics

- Pick a type

- Choose an App: Insight Timer,
Headspace, Calm, Buddhify

- Keep a Journal



Meditation Types

Mantra

Guided

Progressive Relaxation

Breathing Practices

Mindfulness



Breathing Practices

4-7-8 Breath

- no more than 4 cycles
- once or twice a day

Diaphragmatic Breathing

- 5 minutes at a time
- several times a day



Mindfulness

Being in the Present Moment

- Practice at Dinner Table
- Practice on walks
- Practice with chores

MBSR 8 week program



What Will I Feel?

Calm, relaxed, sleepy

More mentally clear

Day goes by smoothly

Don't sweat the small stuff

Feel more creative, productive

Experiences will vary each time!



Meditation Pitfalls

Takes practice

-No wrong way

-Subtle benefits

-Talk to your doctor if you had/have psychiatric illness or psychosis



Still Not Convinced? My Perspective

As a practitioner for 30+ years:
I feel more balanced, clear, happy!

As a physician for 18+ years:
75% of doctor's visits due to stress
related conditions
My patients benefit greatly!



Skills That Last A Lifetime!

- It's Free and Simple!
- Your best tool in toolkit
- Exercise for your mind
- Practice with family, friends
- Part of your Journey
- Return to Self

