

ARE YOU CHECKING IN?

RESEARCH SHOWS, MEDITATION CAN...

- 
- boost immune function
 - decrease pain
 - decrease stress
 - decrease anxiety
 - increase memory
 - decrease inflammation
 - increase resiliency
 - improve attention
 - decrease depression
 - generate helpfulness
 - improve empathy & compassion
 - boosts social connection

Increases Cortical Thickness (outer layer of cerebrum), especially in areas related to introspection and attention

Increases Grey Matter in areas related to memory (hippocampus) and thought (frontal areas)

Increases Brain Volume specifically in areas for emotional regulation, positive emotions and self-control

What are you waiting for?

View for more background on meditation:



View to try out meditation:





**IF YOU NEED ADDITIONAL SUPPORT AT THIS TIME,
REMEMBER THAT OUR TEAM IS HERE FOR YOU.**

**REACH OUT TO CENTENNIAL MENTAL HEALTH CENTER TO SPEAK TO
SOMEONE TODAY. USE OUR COMMUNITY SERVICE LINE**

Cheyenne County
Cheyenne Wells - 719.346.8183

Morgan County
Fort Morgan - 970.867.4924

Elbert County
Elizabeth - 303.646.4519

Phillips County
Holyoke - 970.854.2114

Kit Carson County
Burlington - 719.346.8183

Sedgwick County
Julesburg - 970.474.3769

Lincoln County
Limon - 719.775.2313

Washington County
Akron - 970.345.2254

Logan County
Sterling - 970.522.4392

Yuma County
Wray - 970.332.3133
Yuma - 970.848.5412

**YOU CAN ALSO FIND MORE RESOURCES AT
THE FOLLOWING LINK:**

<https://www.centennialmhc.org/covid-19-communications/>



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