ARE YOU CHECKING IN?

Research shows, meditation can...

- Increases Cortical Thickness (outer layer of cerebrum), especially in areas related to introspection and attention
- Increases Brain Volume specifically in areas for emotional regulation, positive emotions and self-control
- Increases Grey Matter in areas related to memory (hippocampus) and thought (frontal areas)
- Improve empathy & compassion
- Generate helpfulness
- Improve attention & concentration
- Decrease pain
- Boost immune function
- Decrease inflammation
- Decrease stress
- Decrease anxiety
- Improve memory & resiliency
- Decrease depression
- Boosts social connection
- Decrease inflammation
- Decrease stress
- Decrease anxiety
- Increase memory
- Prevents burnout
- Decrease pain
- Boost immune function
- Decrease inflammation
- Decrease stress
- Decrease anxiety
- Increase memory
- Improve attention
- Decrease depression
- Boosts social connection

What are you waiting for?

View for more background on meditation:

View to try out meditation:
COMMUNITY NEWSLETTER
from Centennial Mental Health Center’s Prevention Team

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

Elbert County
Elizabeth - 303.646.4519

Kit Carson County
Burlington - 719.346.8183

Lincoln County
Limon - 719.775.2313

Logan County
Sterling - 970.522.4392

Morgan County
Fort Morgan - 970.867.4924

Phillips County
Holyoke - 970.854.2114

Sedgwick County
Julesburg - 970.474.3769

Washington County
Akron - 970.345.2254

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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