

# VitaMin

Vital health information in a minute



## The power of taking a deep breath

Deep breathing and meditation can benefit emotional well-being and overall health. Some research also suggests that meditation may help with certain health conditions that are worsened by stress. For example: Allergies, cancer, depression, fatigue, high blood pressure, pain and sleep problems.<sup>1</sup>

Here are ways to promote mindfulness and reduce stress in your work environment:



### Newsletter

Print and distribute this [newsletter](#) that walks through the basics of using meditation to calm the mind. It includes tips for deep breathing and relaxation. [Spanish version](#)



### Email

Send employees this [email](#) that empowers them to stop mindless eating and start mindful eating. [Spanish version](#)



### Email

Send employees this [email](#) on health and fitness tracking tools, with a link to a great tracking tool. [Spanish version](#)

Source:

<sup>1</sup> <http://www.mayoclinic.com/health/meditation/HQ01070>

**GO YOU.**



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