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November Newsletter

Welcome to the monthly newsletter of **A/Z Health & Elder Law** where we share tips and information on relevant topics focused on estate planning, elder law services, and life care planning.

We invite you to [contact](#) our office at (630) 510-3213 for additional information or to schedule a consultation for assistance with your planning needs.

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**Presenting Guest Speaker, MAGGIE JENNINGS
BEACH, CPA/PFS, CFP®
Presented by Aging Care Solutions**

**November 17th, 2021
12 PM - 1 PM**

Financial Considerations for the Caregiver

Caregiving may be one of the most important, and challenging, roles you'll ever take on. No matter where you are in your caregiving journey having a plan can help. Join us for a presentation, designed to help you plan by answering the questions you may have not of thought to ask.

[Register Now](#)

Meditative benefits of a COVID world



For people across the globe, COVID-19 continues to be a harrowing experience. Previously unthinkable challenges, unwanted changes, and devastating losses of loved ones became all too common. Whether you call it meditation, yoga, prayer, spirituality, contemplative or philosophical thought, meditative practices can support patients, healthcare professionals, caregivers, and the public. While the healthful benefits of meditative practices are not new, it has never been more important to adopt as a lifestyle choice.

Mindfulness-Based Stress Reduction Techniques for COVID-19

These many forms of mindfulness-based stress reduction techniques improve

your outlook on life after the devastating crisis of the COVID-19 pandemic and hopefully a soon post-crisis COVID-19 America.

Long-term and consistent meditation practices bring about positive structural and functional brain changes, and these practices translate well across the lifespan and range of abilities of different populations. Meditation techniques are simple and low-cost, providing benefits for whoever opts to become a practitioner.

As the terms meditation and mindfulness prominently reassert themselves into mainstream culture during this stressful time, it is important to identify the differences in the terms. Meditation refers to a formal practice calming the mind and enhancing our self-awareness. The benefits of meditation are increasingly useful as a therapeutic modality. Therapeutic modalities represent administering thermal, mechanical, electromagnetic, and light energies to produce a specific therapeutic effect, including decreasing pain, increasing range of motion, and improving muscle activation or tissue healing.

What is Mindfulness?

Mindfulness is more of an umbrella term under which meditation falls.

Mindfulness is simply being aware of the present moment and as much as that may encompass. Meditation practices may include mindfulness of breathing and compassion-focus via phrases or mantras, among other techniques. By using mindfulness within meditation, present moments permit individuals to observe what is arising and what is falling away as time passes. It can teach us the value of letting go, which is key to reducing anxiety and stress.

Negative patterns of repetitive thoughts, mind flurry or chatter, and list, craving, or fear spirals can gently fall away without judgment when using the anchor of mindful breathing and body scan to release areas that hold tension and stress. Some meditation practitioners may find phrases and mantras help guide and focus their attention on the present moment. The practice of walking meditation creates an entire focus of awareness on the feet being in contact with the earth for grounding properties. Trying new meditation techniques enhances the breadth of mindfulness in life and promotes general wellness.

Research shows that long-term, consistent meditative practices modify our brain plasticity for the better, changing the brain areas concerned with stress

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regulation. The prefrontal cortex, cingulate cortex, and hippocampus, all show an increase in activity.

Autonomous sensory meridian response (ASMR) is a form of meditation that can lower a viewer's heart rate and has become exceedingly popular among younger internet users. The average age of ASMR consumers ranges from eighteen to twenty-five years old. This demographic is unsurprising as the COVID-19 pandemic negatively affects the brain development of young Americans (the brain will fully develop at about the age of thirty). ASMR provides a familiar experience (the internet) with non-self-directed relaxation techniques. Older Americans who may struggle to succeed using more traditional meditative practices might begin with ASMR videos to help facilitate their progress.

For most people, the challenges of COVID-19 are lasting and profound. Incorporating meditative practices into your life can help you overcome confusion, fear, and anxiety while promoting better physical health. No matter your age, structuring a worldview with a perception of calm and stability are good for your health and interactions with those around you. If you would like to discuss ways we can help, please contact our office at (630) 510-3213.



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A/Z Health & Elder Law, LLC

3030 Warrenville Road

Suite 411

Lisle, IL 60532

(630) 510-3213

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