



The Benefits of Mindfulness & Meditation



2021 EMH General Grand Rounds

Friday, May 21, 2021

8:15 to 9:00 AM

EMH Oak Conference Room

Speaker: Julia Afridi, DO

Mindfulness is a type of meditation achieved by focusing awareness on the present moment. It directs attention away from negative thinking to engaging with the world around you. Practicing mindfulness may include breathing, guided imagery and intentional relaxation. These techniques help to relieve physical and/or emotional stress and its consequences. Mindfulness and meditation may also improve mood, brain function and pain management. The roots of mindfulness go back nearly 2,500 years, yet has become a popular exercise today. This activity is designed to demonstrate the value meditation and mindfulness for stress and anxiety management and overall well-being. Healthcare providers can help their patients improve general health by encouraging mindfulness. As an example, participants will engage in a brief meditation demonstration.

At the conclusion of this live activity, participants will be able to:

- Identify the value meditation and mindfulness have on stress and anxiety management.
- Establish how meditation and mindfulness generally support health.
- Integrate a meditation and mindfulness practice into daily life.

Registration Required - Live or Video Conference Options



Edward-Elmhurst Health designates this live activity for a maximum of 0.75 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Edward-Elmhurst Health is accredited by the Illinois State Medical Society to provide continuing medical education for physicians.