

Article courtesy of Southern Health News

Meditating on good health



Cynthia Elliott (third from left) holds a meditation class at Southern Primary Health Seaford.

A nurse, a social worker, a psychologist, a speech therapist, a cancer project officer and a handful of volunteers are helping people with chronic illness meditate their way to a greater sense of wellbeing.

The meditation 'guides' have completed a course in meditation and are now running meditation sessions at Southern Primary Health Noarlunga, Southern Primary Health Inner Southern and Southern Primary Health Seaford.

Research suggests that meditation can be a valuable tool in managing stress and depression and encouraging a greater sense of wellbeing.

For the past three years, regular meditation sessions have been held at Southern Primary Health Seaford for people with chronic conditions including diabetes, high blood pressure, cardiac conditions, arthritis, cancer, insomnia, asthma and stress and depression associated with managing a chronic illness. Participants have consistently reported feeling more relaxed, more confident and more motivated, along with enjoying a greater sense of wellbeing.

The meditation program was expanded across Southern Primary Health sites as a result of the success of the Seaford program.

Meditation guides underwent a seven-week meditation course at Lifeflow Meditation Centre, funded by Southern Health.

Lifeflow has also conducted research with Flinders Medical Centre into brain activity and meditation.

For more information about the meditation sessions contact **Cynthia (Thia) Elliott** at Southern Primary Health Seaford on **(08) 8392 4500**.