## Meditation for Stress Management

## Benefits of Meditation

Less anxiety

Lower blood pressure

Less stress

Lower heartrate

Improved concentration

Increase in overall emotional well-being

## Beginner Techniques

<u>Focus on breathing</u>: Focus on your inhale and exhale to avoid distracting thoughts. <u>Focus on a specific thought</u>: Try focusing on a specific thought or concept. Use phrases I am whole.

M E S

- 1. Take a seat
  - a. Find a place to sit that feels calm and quiet to you
- 2. Set a time limit
  - a. 5-10 mins for beginners
- 3. Notice your body
  - a. Ex. St, kneel, cross-legged
- 4. Feel your breath
  - a. Follow your breath as you breath in and out
- 5. Notice when your mind has wandered
  - a. When you noticed your thoughts are somewhere else, bring them back to just focusing on your breath
- 6. Notice the environment
  - a. Open your eyes and notice the environment around you and how your body feels