Meditation for Stress Management

Benefits of Meditation

- x Less anxiety
- x Lower blood pressure
- x Less stress
- x Lower heartrate
- x Improved concentration
- x Increase in overall emotional well-being

Beginner Techniques

- x Focus on breathing: Focus on your inhale and exhale to avoid distracting thoughts.
- x Focus on a specific thought: Try focusing on a specific thought or concept. Use phrases
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- 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

References

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