

Meditation and Relaxation

Meditation. Contrary to popular belief, meditation is not only used in yoga! You can practice meditation anytime in your daily life.

1. **Set a timer for 10 minutes.**
2. **Sit in a comfortable position.** Some prefer to sit cross legged while others prefer to lie down. Try both to see which works best for you!
3. **Close your eyes or focus your gaze to the ground in front of you.** If you're feeling tired while meditating, try keeping a soft gaze and gaze at the ground directly in front of you.
4. **Breathe in through your nose, and out through your mouth.**
5. **Try to focus only on the breathing.** If you feel your mind start to wander, simply acknowledge the thought and return back to your breathing.



Relaxation Techniques. If you're ever overwhelmed or feel extremely stressed out, try any of these relaxation techniques to calm down.

1. **Breathing Techniques.** Sit in a comfortable position with your eyes closed. Breathe in deeply through your nose for 4 seconds. Hold your breath for 7 seconds. Exhale your breath out your mouth for 8 seconds. Repeat at least 2 times.
2. **Legs up the Wall.** Lie on your back with your torso against the floor and legs on the wall, so your body is in an inverted L shape. Breathe normally and maintain this position for 3-5 minutes.
3. **Listening to soft, non-lyrical music.** Studies have shown that classical or instrumental music tend to relax the mind. Check out different relaxation playlists on Spotify or Pandora.
4. **Siesta.** A siesta is a short nap taken in the early afternoon, often after lunch. It is very common in the Mediterranean and other parts of Europe. If you are feeling drained or exhausted, take a 15-minute siesta to recharge for the rest of your day!
5. **Spend 15 minutes doing your favorite relaxing activity.** This could be anything such as coloring, taking a quick walk, painting your nails, sitting outside, or practicing a quick yoga sequence! Whatever is most relaxing for you!



Activity: In the space below, reflect on your experience implementing these techniques- components you liked/didn't like and how it affected your stress levels and general well-being.