

# 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.