

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****3.****Close your eyes or focus your gaze to the ground in front of you****4.****Breathe in through your nose, and out through your mouth****5.****Try to focus only on the breathing**

Relaxation Techniques

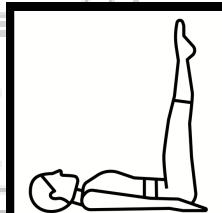
If you're ever overwhelmed or feeling extremely stressed out, try one of these techniques to calm down

Breathing Techniques

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.

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.



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!

Listening to soft, non-lyrical music

Spend 15 minutes doing your favorite relaxing activity

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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.