

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 on 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

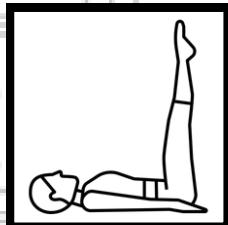
Breathe in deeply through your nose for 4 seconds. Hold your breath for 7 seconds. Exhale your breath out your mouth for 8 seconds. Repeat at least 2 times.

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!

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.



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.