

# Meditation

## How to De-Stress Your Body

Meditation helps to train the mind to be in a state of awareness which helps encourage concentration, calmness, positivity, and mindfulness. It is effective in reducing stress, and it has the potential to improve quality of life. Meditation helps you to condition your mind to be more present and to be more aware of your emotions.

### Benefits of Meditation:




- Lower blood pressure
- Lower heart rate
- Less anxious
- Less stressed
- Lower blood cortisol levels
- Improved blood circulation
- Encourages a healthy lifestyle



### Steps in how to meditate:

- 1) Sit or lie comfortably
- 2) Close your eyes
- 3) Breathe naturally
- 4) Focus on your breath and how your body moves with each inhalation and exhalation
- 5) If your mind wanders, return your focus on your breath
- 6) Maintain this meditation for 2-3 minutes, and gradually try it for longer.

It can be frustrating when you first try to meditate, but practice makes perfect! The more you meditate, the easier it will be for you to be in a state of calmness.

Applications available for Apple and Android Devices	Description	Price
<b>Calm</b> 	This app starts you off the 7 days of calmness, and has relaxing sounds to help you meditate. There are also bedtime stories to help you go to sleep.	Free
<b>Headspace</b> 	Headspace teaches you the basics on meditation in 10 minute sessions. You can add friends so you can encourage each other.	Free
<b>Omvana</b> 	Omvana has a huge selection of calming music and relaxing sounds to help clear your mind. It also has many guided sessions with meditation experts.	Free

Source: [www.gaiam.com](http://www.gaiam.com)