

Meditation

Relaxation and Deep Breathing

- * Count to four each time you inhale and each time you exhale
- * Frequent use will decrease breathing rate from 18 breaths per minute to 4 breaths per minute.
- * Improves blood flow, slows heart rate, lowers blood pressure and body temperature

Guided Imagery and Visualization

- * Form an image of a peaceful place, focus on taking deep breaths, and relax your muscles
- * Practicing daily for 15-20 minutes has optimal benefits

Progressive Muscle Relaxation

- * Tense and release muscle groups, one at a time, from head to toe
- * Practicing 15 minutes a day, twice a day, will improve sense of control over the body

Transcendental Meditation

- * Focus on and repeat a mantra or personal word
- * Alternative focal points can be physical objects, music, relaxing sounds, or breathing
- * Breathe deeply and relax muscles
- * Meditating twice per day lowers blood pressure and stress levels

Additional meditation resources:

Relaxation links at

www.bsu.edu/counselingcenter/stress

