

Meditation for Stress Management

Meditation is an effective form of stress reduction and has the potential to improve quality of life and health. It can help you feel calm and give you a clear awareness about your life, body, and mind. Meditation has been part of cultures around the world and has successfully been incorporated for the treatment and prevention of health conditions like high blood pressure, heart disease, diabetes, depression, anxiety, etc. When practiced regularly, you become more focused, attentive, and adept at living in the present moment.

Count to Four

Count to Four is a meditation practice you can do anywhere. Set your alarm for every hour. When your alarm rings, stop what you're doing and start your count to four. Take a deep breath in counting to four in your head and breathing in from your nose. Then, exhale from your mouth counting to four. Repeat for a few minutes, taking time to relax, refocus and bring your blood pressure down.

Breathing should come from your diaphragm, not your chest. To practice breathing from your diaphragm, place your hand on your stomach and take a deep breath. Your stomach should move up and down and your chest should be still.

Meditation and Breathing Apps

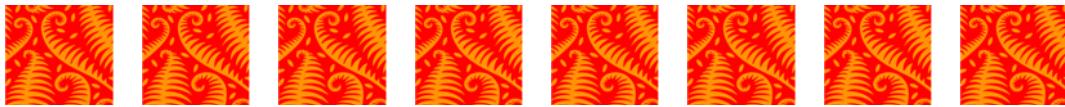
Omvana

Omvana is a free application for your iPhone or Android that helps with meditation, focus, relaxation, and sleep. It offers hundreds of personal growth audios to include categories such as sleep, productivity, inspirational speeches, and guided meditations. For stress management you might consider these tracks to start: *Beginners Meditation Day 1* by Vishen Lakhiani and *Day 1: Guided Gentle Breath Meditation* by Tom Cronin. When you download and sign into the application with your Facebook, you'll receive 25 free tracks. Simply download the application in the App Store (Apple) or in the Play Store (Android).

Instructions

To Download Free Tracks

- In the upper left hand corner, tap Store.
- On the bottom bar, tap Top Tracks



- Under Top Tracks, tap Free
- Download any of the free tracks by tapping Free on the right hand side

To Play Tracks

- In the Library, tap on a cover of the the track to play it
- Simply follow the instructions of the vocal recording to meditate, relax, and focus

To Mix Tracks

- In the Library, tap Mixer in the top right corner
- Align the ambient track with the vocal track so that they may play simultaneously (music or relaxing sound will play with vocal instructions to meditation)

Stop, Breathe, & Think

Stop, Breathe & Think is an application for your iPhone or Android that serves as a simple tool to guide you through meditation for mindfulness and compassion. The application allows you to check in with yourself and log your emotions before initiating meditation. It offers an easy to read introduction on how to meditate by explaining the basics, how it works, ways to practice, and an explanation of function for the free meditation tracks.

Instructions

To Check in with Yourself

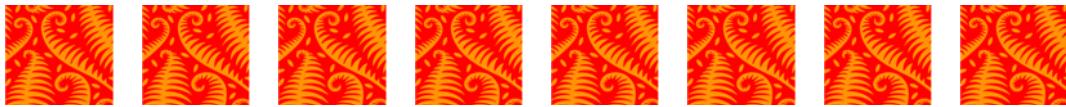
- Tap **Begin** under HOW ARE YOU?
- Follow the instructions on screen

To Meditate

- Tap LIST OF MEDITATIONS

To Check on Progress

- Tap my progress
- This section features how often you check in with yourself, how long you've meditated, and your emotions throughout the week



Other Options

CDs

Various CDs are on the market that guide you through meditation and can be ordered through Amazon.

- **Guided Meditation for Beginners** is recommended for those meditating for the first time

YouTube

Meditation audio can also be found on YouTube for free.

- The website, Mindful Muscle compiles various guided meditation videos from YouTube <http://www.mindfulmuscle.com/5-top-guided-meditations/>