

FIND YOUR CENTER

Psst – it should be your health.

Sometimes, deadlines pile upon responsibilities pile upon promises pile upon roadblocks. All this stress can make it hard to remember the most important thing you're looking out for: **Your health.**

Whether you read a book, go for a walk or even try some meditation, it's important to give your body some time to rest. So you can slow your breathing, lower your blood pressure, and – best of all – feel better.*

Relaxation through meditation**

When you meditate, you use your:



in order to:

- › Feel physically and emotionally calmer
- › Feel more balanced
- › Cope with illness
- › Improve your health

Try these four basic steps to get started.

1. **Find a quiet place** where you won't be distracted.
2. **Find a comfortable position.** You can sit, stand, walk, lie down, whatever!
3. **Focus your attention.** Try thinking about a word, object or even just your breathing.
4. **Forgive any distractions.** Let them go without a second thought.

You can also look into local meditation, yoga and tai chi classes to learn more about your practice.

Before you get started

While meditation and relaxation techniques are safe, you should always talk with your doctor before starting a new program – and always tell your instructor about any physical conditions.

If you've been feeling anxious, sad or hopeless for a while, it may be time to have a conversation with your doctor.

Meditation not your style? No worries – you have lots of other options.

- › Progressive muscle relaxation (if you have heart disease, check with a doctor first)
- › Guided imagery
- › Biofeedback
- › Self-hypnosis
- › Deep breathing exercises
- › Stress management programs

Together, all the way.®



* National Institutes of Health. "Relaxation Techniques for Health."
<https://nccih.nih.gov/health/stress/relaxation.htm> (last updated May 2016)
** National Institutes of Health. "Meditation: In Depth."
<https://nccih.nih.gov/health/meditation/overview.htm> (last updated April 2016)



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