

Meditation to Manage Stress



All stress begins with our thoughts. Our perception of a situation largely influences how we feel about a situation: the good and the bad. We have all heard the stereotypical ways to reduce stress: go on a walk, exercise, or write out a schedule. However, one less talked about and highly successful method is meditation.

Mediation is about more than just saying “ohm.” It is a fast, simple, and inexpensive way to restore your inner peace and get your mind back on its tracks. You can practice mediation wherever you are and for however long you please.

Mediation is a type of mind-body complementary medicine. During mediation you working on focusing your attention and eliminated the stream of jumbled thoughts that may be troubling your mind or causing you undue stress.

There are even different types of mediation so that you can find what is most comfortable and what works best for you.

Guided mediation

With this type of meditation you form mental images of places or situations you find relaxing.

Mantra mediation

You silently repeat a calming word, thought, or phrase to prevent distracting thoughts.

Tai Chi

Yes, this is a form of mediation! In Tai Chi, you perform a self-paced series of postures or movements in a slow manner while focusing on practicing deep breathing.

Mindfulness mediation

This simple form of mediation is purely focused on being mindful, or having an increased awareness and acceptance of living in the present moment. For mindfulness, you should attempt to broaden your awareness, focus on the flow of your breath, and let your thoughts and emotions pass without judgement.

Whether it be taking a simple walk outside, watching a mindless television show, or creating a To Do list, it is important to remember that there is largely right or wrong way to reduce stress.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com