

Meditation to Manage Stress



Everyone has a degree of stress! But knowing how to manage it and then making life changes is the key to healthy living. At Caraday, we encourage team members and residents to find healthy ways to manage stress - it's the Caraday Way!

"Yoga, Yin, massages and eating as healthy as I can."

Dasha Grot
Stonebridge Health Rehab

All stress begins with our thoughts. Our perception of a situation largely influences how we feel about different circumstances: the good and the bad. There are many ways to manage stress. One less talked about, and highly successful method, is meditation.

Meditation is about more than just saying "ohm." It is a fast, simple, and inexpensive way to restore your inner peace and settle your mind. You can practice meditation wherever you are, and for however long you please.

Meditation is a type of mind-body medicine. During meditation, you focus your attention and work to eliminate the stream of jumbled thoughts that may be troubling your mind or causing you undue stress.

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

Guided meditation

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

Mantra meditation

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

Tai Chi

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

Mindfulness meditation

This simple form of meditation 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 taking a simple walk outside, watching a mindless television show, or creating a To-Do list, it is important to remember that there are many healthy and impactful ways to reduce stress.



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