

Meditation to Manage Stress



All stress begins with our thoughts. Our perception of a situation largely influences how we feel about different circumstances: the good and the bad. We have all heard the stereotypical ways to reduce stress, like going on a walk, exercising, or writing 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 settle your mind. You can practice mediation wherever you are, and for however long you please.

Mediation is a type of mind-body medicine. During mediation, 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 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 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.



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