

Meditation can help you to relax

If you are feeling overwhelmed, you are not alone. Many people feel stressed or need to relax more. For many people, meditation can be helpful. By using mindfulness meditation, you can calm both body and mind. It can help manage some physical and mental health issues as well. Learn more to see if meditation is right for you.



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Quick facts on meditation:

1 There is no wrong way to meditate. Some steps can help you do well. Find a quiet place to meditate. Get comfortable. You can sit, stand, lie down or even walk. Do not worry about distractions.



2 Focus on your breathing and your body. Clear your thoughts. Think deeply about where you stand at this very moment. You can use tools, such as meditation apps, or choose not to.

3 The more time you can dedicate to meditation, the better. But even short bursts can help. A few minutes each day can set up meditation habits for life.

4 Some studies show meditation can help cope with chronic illness. But experts say it works best to help cope with daily stress.

5 Even kids can benefit from a meditation practice. Teach kids to slow down and focus on their breathing for a few minutes each day. This can be helpful after school or before bedtime for kids of all ages.



>> For more information on meditation, visit www.nccih.nih.gov/meditation