



Stress Therapies: Meditation

What is meditation?

A mental discipline by which one attempts to get beyond the reflexive, "thinking" mind and into a deeper state of relaxation or awareness.

What do I need to meditate?

1. A relatively quiet environment
2. A mental device that provides a constant stimulus
3. A comfortable position
4. A passive attitude (a lack of concern about whether you're doing things correctly)

What are the benefits of meditation?

- Eases the mind, calm and peaceful
- Improves memory
- Diminishes anger
- Allows for explore your own faith and spirituality
- Teaches balance between external demands and personal needs

How do I get started?

1. Choose a position that allows your spine to maintain its natural curve. (If you choose to lie down, modify your position so you will be aware if you start to fall asleep.)
2. Select a mental device on which you can easily focus: your breathing, mantra, candle flame, or visualized place.
3. Relax and breathe. Count one as you inhale. Two as you exhale. Maintain your relaxed state for as long as you wish to meditate.
4. Commit at least 10 minutes each day to your meditative activity.





Stress Therapies: Massage

What are the benefits of massage?

- Lowers blood pressure and heart rate
- Relaxes muscle stiffness and tension
- Promotes faster healing time from pulled muscles and sprained ligaments
- Reduces pain and swelling and reduces the formation of scar tissue
- Increases circulation
- Relieves tension from headaches and eye strain
- Increases capacity for clearer thinking
- Enhances feeling of well-being

What are massage techniques?

1. Effleurage: Both hands glide over back in a heart shaped pattern. This will stimulate various blood and lymph vessels.
2. Petrissage: Place hands on top of shoulders, lift muscles from bone and slowly release. This will help release toxins that initiate cramps and pain.
3. Friction: Locate the receiver's spine and perform circular movements with your thumb along both sides of the spine. Remember not to touch directly on the spine. This stroke will break up toxins in the tissues and is used for swelling, painful or aching joints, and muscles.
4. Tapotement: Use your fingertips, straight sides of hands, and cupped palms to rapidly strike the back in a T-shaped pattern. Go above the shoulder blades and on each side of the spine. This improves circulation, relieves fatigue, and revitalizes the receiver.

