



MAY 2017 HEALTHY TIP KEEP CALM AND MEDITATE

It's a feeling too dangerous to ignore. Controlled breathing becomes uncontrollable, best-case scenarios turn to worst-case, even emotional trauma becomes visible, and not knowing how to live with it can have a profound impact on both your personal and professional life. There is no discrimination when it comes to stress; we are all affected by it.

Not all stress is bad. Good stress fuels motivation and innovation. When stress begins to affect our well-being and health we need to take a break and focus on stress relief.



What are some of the symptoms of stress?

- Anger
- Fearing the worst
- Loss of appetite
- Tension and Irritability
- Depression
- Discomfort in the head, back, or stomach

How can I reduce my stress levels today?

- **Meditation:** Meditation is a practice that involves your body and mind. It is best to meditate in a quiet and relaxed environment. Unwanted noise can cause a spike in both your heart rate and blood pressure. It can even cause headaches which can induce more stress. A survey released from the National Institute of Health highlighted that 8% of adults, 18 million, practiced meditation to reduce stress. Meditation can take on more than one form:
 - **Mental Imagery or Guided Meditation:** Meditation that focus on calming mental images.
 - **Mindfulness Meditation:** Meditation that focuses on the present. Special attention is directed towards all of your senses and if your mind starts to drift from the present, bring it back.
 - **Moving:** Body movements such as yoga and tai-chi. These movements aim to help restore and maintain balance.

A good workout, or even a brisk walk, can act as a sort of moving meditation. Think of the rhythmic, repetitive motion of running, walking, or swimming. Working out can release feel-good endorphins, which can boost your mood and help you sleep more soundly so you get better rest.

*Year-round education and diligence is critical, especially when it comes to reducing stress.
Arm yourself with as much knowledge as you can!*

Sources:

- <https://nccih.nih.gov/research/statistics/NHIS/2012/mind-body/meditation>
- <https://www.healthyroads.com/>

WORLD CLASS. LOCAL TOUCH.

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