



Meditation - A Key To Stress Management

We often see people break down in depression, or incapable of thinking properly in times of great need or problems. These are people who let stress rule their lives, and its never a pretty sight to begin with. The only way for you to be free from stress is to make sure that you don't let it rule you. Here are some stress management tips on how to relax and rule the problems out of your system.

It's all in the mind

Our mind is the first to be affected in throes of stress. The harmony of your thoughts can be disrupted if you let your worries and problems seep into your conscious mind and control how you think. Financial burdens, quarrels or petty fights can leave devastating effects on your mind – if this does happen then the first thing you should do is relax.

Relaxing your mind is a great way to control stress but not so easily done. It needs a lot of concentration and willpower to achieve. There are ways to induce your mind into a relaxed state; aromatherapy is a great way to induce a sense of relaxation and can help you think straight. The scent of lavender or jasmine can put you in a meditative state and help you relax almost immediately. You can choose scented candles, incense or oils that will suit your preference.

Meditation is the key to stress free life

Its almost impossible to find a solution to your problems when you are deep in stress, no matter how petty it is. Learning to focus all your energy in telling your mind to relax can be done through the ancient art of meditation.

Meditation allows you to focus your mind to a single idea and letting other sift away to nothing. Meditation classes will guide you through steps on how to initiate your mind into meditation and keeping it there during times of need. This will allow you to focus on a single thought, like finding a solution to your problem, while letting the worries and anxiety float away to nothing.

Steps to meditation

The first step of meditation is to look for a place of peace. Stress management always starts with serenity and solitude, so you better pick a location that will help you start with meditation. You can pick a room in your house with the least amount of noise or go camp out with nature.

Next, you need to relax by focusing your mind on specific parts of your body. Start with your toes, legs, torso, stomach, hands, and chest. Its best if you close your eyes and let your mind zero in on these areas. Tell each one to relax. Be extra careful not to fall asleep since this will immediately cease all meditative attempts.

Once you have relaxed each and every part of your body, you will feel a slight heaviness. This usually happens during your first try at meditation. After a while, you will no longer feel your body

- as if its a non-existent part of yourself.

Focus on a question, like a solution to your problem, with your mind. You might notice that some thoughts or scenes appear and disappear like a fleeting memory – keep note of these in passing and don't focus on them too much since this will defeat the practice of meditation. Imagine like your watching a movie.

When you encounter problems that will eventually lead to stress, you can invoke meditation almost instantly. If you practice enough, your mind will instantaneously clear itself of all cluttered nonsense and allow you to focus on how to deal with your stress.

See our “meditation and mindfulness” webpage for free guided meditations!