



Relax

Try this relaxation technique

Aetna Resources For LivingSM

Take 10 to 15 minutes in the morning or any time throughout the day and incorporate the following simple meditation into your life:

Sit or lay back and close your eyes. Uncross your arms and legs. Focus your thoughts on your breathing. Notice each inhale and exhale. Feel the air enter through your nose and exit through your mouth. Feel the rise and fall of your chest and abdomen. Notice any sensations and then bring your awareness back to your breathing. Let any other thoughts come and go.

If you find your attention wandering and notice you are thinking of something other than your breathing, just gently let the thought go and return to your focus.

Continue to focus on your breathing. After 10 or 15 minutes have passed, start wiggling your toes and fingers. Open your eyes. Gently move and stretch your body. Continue on with your day, bringing with you this sense of calm.

Note your progress over time

It may take some time and repetition before you feel the full effects of a meditative practice. Be patient. Let go of expectations and just allow yourself to relax through meditation for a short period each day. You may be surprised to find yourself feeling calmer even when new stresses come your way.

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