



Health & Wellness

by award-winning author / stress-relief expert Susie Mantell

Q: Can I prevent the harmful effects of my stress by practicing meditation?

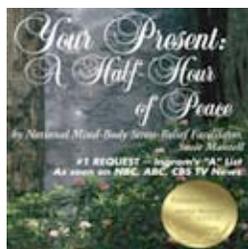
A: Meditation is a wonderful stress-reduction tool. Of course, we also need to assume responsibility for lifestyle choices that can impact stress levels including mindful nutrition, use of caffeine, alcohol and tobacco, as well as creating deep restful sleep, healthy, meaningful relationships and regular, pleasurable recreation and exercise. In addition, meditation has been used for centuries to enhance health and peace of mind, as well as quality of life.

The Practice of Mindfulness:

Refocusing in the present moment allows us to quiet the inner critic and for a little while, just let go. We release the past and the future, freeing the body-mind to focus completely in this moment. One form of meditation known as Guided Imagery Meditation offers powerful, affordable, drug-free relief through deep relaxation, visualization, multi-sensory imagery, mental rehearsal, and ongoing support. You just listen and relax. Guided imagery audios such as my own, "*Your Present: A Half-Hour of Peace*," offer on-the-spot stress-relief anytime, anywhere, in a recorded meditation that is clinically approved for beginners and seasoned meditators alike.

Many also reach a mindful, meditative state in the rhythm of the ocean, focusing on the in-breath and out-breath, a "mantra" (soothing word/phrase), walking, practicing yoga, tai chi, even rocking a child. Virtually everyone will benefit from the regular, mindful meditative release of stress, and from pleasurable activities that replenish a weary spirit.

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END OF THIS TIP##