



## Health & Wellness

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

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

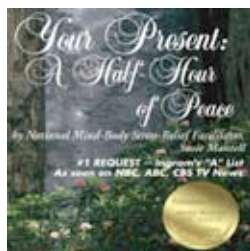
A: Meditation is a wonderful stress-reduction tool. Of course, we also need to assume responsibility for lifestyle choices that can impact stress levels including mindful nutrition, use of caffeine, alcohol and tobacco, as well as creating deep restful sleep, healthy, meaningful relationships and regular, 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.

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to [info@relaxintuit.com](mailto:info@relaxintuit.com). *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)*



## END OF THIS TIP##