

## PPGH's Stress Management Program

### Week 3



### Mediation

This week our coping technique for managing stress is **Meditation**. Meditation can be thought of as similar to relaxing; however one difference between the two is the purposeful effort to calm one's mind/body/soul. Take a few minutes to practice meditation a few times a week. Find a comfortable position, either sitting on the floor, a comfy chair, or lie on your back. Focus on exhaling slowly, and take a slight pause at the end of your exhale. Allow the body to naturally inhale, and, again, take a slight pause before exhaling again. As you breathe, release tension all throughout your body, all the way from your head, down your fingers and toes. Continue the breathing cycle and release of tension for several minutes to calm your mind and body.

For more information about meditation, visit this website:

<http://foh.hhs.gov/calendar/april.html>

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