Tips For Using Meditation to Relieve Stress

Meditation is a way to completely clear your mind and spend those few moments with no worries or concerns. If you can practice this on a daily basis, you will soon be able to put all your stress aside, which ultimately leads to relieving the stress routinely. The following information provides some helpful tips for meditating in order to relieve your stress.

**Types of Meditation For Stress**

There is not just one type of meditation, but several forms that can help you with stress. Always remember that meditation is not something that is easy to do or that you will get perfect from the beginning. No matter what type you choose to try out, it is going to take some time before you do it correctly. Here are some different types of meditation to consider:

**Mantra** – Mantra meditation has you choose a word or phrase that becomes your mantra. You then relax your mind and simply repeat this mantra repeatedly until you start clearing your mind of what is causing you stress.

**Guided** – This is one of the more classic forms of meditation. You are guided through different images in your mind, whether walking through a forest and listening to birds in the trees or feeling your feet in the warm sand of a beach and hearing waves crash next to you. This can be something you do on your own, with a therapist, or with a recording.

**Mindfulness** – Mindfulness is a state of being where you have full awareness of your mental and physical state. In mindfulness, you look to your thoughts and feelings and let them be experienced without having judgment on what they are.

**Tips For Meditating**

When you start meditating to relieve your stress, you first need to choose the right time to do it. You should be practicing it every day in order to become accustomed to it. Choose a time of the day when you can be alone in a quiet space without distractions. You may find your office with the closed door works better or you might meditate while in the bath in the evening after the kids have gone to sleep. However, you should not be too tired when you start meditating, otherwise it can be hard to focus properly.

**Try These Techniques**

There are also some meditation techniques that can help you become accustomed to the practice and get better at it. Here are a couple common techniques to try.

**Deep breathing –** With deep breathing, you are focusing on your breathing and using techniques like breathing in and out and only focusing on that. It is similar to the breathing exercises you do in yoga.

**Muscle relaxation –** You can also try muscle relaxation techniques, where you envision each part of your body, one part at a time, then gradually relax your muscles from head to toe.