

## Session 18 – Manage Stress

### Activity:

1. Choose a quiet place to sit and sit in a comfortable position. It is important to sit with your back straight to avoid feeling sluggish or sleepy.
2. Stop distractions and make your mind clearer and lucid.
3. Sit with your eyes partially open and pay attention to your breathing.
4. Practice breathing slowly. You may initially feel like you're thinking more thoughts, but this is natural and the more you meditate the more in tuned to your breathing you will be.
5. Start at 5 – 10 minutes per day, gradually increasing your time.

What will I do to live a stress free life?

Meditate!

Log the number of minutes you meditated every day this week.



Monday: \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_

Sunday: \_\_\_\_\_

