Relaxation and Deep Breathing
- Count to four each time you inhale and each time you exhale
- Frequent use will decrease breathing rate from 18 breaths per minute to 4 breaths per minute.
- Improves blood flow, slows heart rate, lowers blood pressure and body temperature

Progressive Muscle Relaxation
- Tense and release muscle groups, one at a time, from head to toe
- Practicing 15 minutes a day, twice a day, will improve sense of control over the body

Guided Imagery and Visualization
- Form an image of a peaceful place, focus on taking deep breaths, and relax your muscles
- Practicing daily for 15-20 minutes has optimal benefits

Transcendental Meditation
- Focus on and repeat a mantra or personal word
- Alternative focal points can be physical objects, music, relaxing sounds, or breathing
- Breathe deeply and relax muscles
- Meditating twice per day lowers blood pressure and stress levels

Additional meditation resources:
Relaxation links at www.bsu.edu/counselingcenter/stress