<table>
<thead>
<tr>
<th>Type</th>
<th>Steps for Meditation or Relaxation</th>
</tr>
</thead>
</table>
| Guided meditation             | - With the help of a teacher or guide, or even a pre-made recording, take yourself on a journey through a place you find calming or relaxing.  
- Visualize your surroundings, and try to incorporate as many senses as possible. Soak in the sounds, smells, and textures. |
| Mantra, or transcendental    | - Choose a calming word or phrase. Repeat it over and over to yourself silently to prevent distracting thoughts from entering.                                                                                                           |
| meditation                    |                                                                                                                                                                                                                                    |
| Mindful meditation            | - Take a break and make yourself acutely aware of your surroundings.  
- Take deep breaths and feel your lungs swell.  
- Allow yourself to think about your feelings, but do so without judgment.                                                                                                                                                        |
| Yoga or tai chi               | - Perform a slow series of varying postures while breathing deeply.  
- As you balance and move, focus on the movements and not on the stress in your life.  
- Attend a class to learn the basics, and then you can practice in your own home.                                                                                                                                             |
| Prayer                        | - Pray using your own words, or read prayers written by others.  
- Reflect on the meaning of the words or write in a journal.                                                                                                                                                                        |
| Deep breathing                | - Take deep breaths from your diaphragm, rather than short, shallow breaths from your chest.  
- Continue until you feel calm.                                                                                                                                                                                                 |
| Biofeedback                   | - A doctor attaches electrodes to your body to monitor blood pressure, breathing, heart rate, and muscle tension.  
- A therapist will study your reactions and teach you how to reduce the types of stress you experience.                                                                                                                          |
| Exercise                      | - Try going for a walk or run to clear your mind and reduce stress.                                                                                                                                                                 |