



# 5 No-Frill Ways to Manage Stress & Decrease Fat

**BONUS:** Meditation for Beginners Guide

## 1. Meditate

Take 10 minutes out of your day to unplug from your electronics and the world around you. Slow down. Be mindful. Try to clear the clutter in your brain, and focus on breathing deep – pushing out negative energy with every exhale, and absorbing positive energy with every inhale.

## 2. Move

You should be moving daily! Whether through taking a walk, dancing, or enjoying your favorite sport, movement is vital. Get up, and get going for 20–30 minutes each day. Your mood will improve, your stress levels will decrease, and you'll be an all-around happier person.

## 3. Rest

Sleeping a minimum of 8 hours is a must. Getting enough shut-eye allows your body to recover from the day's stresses. If you can't get a full 8 hours, try taking a nap. A midday snooze can relieve stress and reenergize you to conquer the rest of your day!

## 4. Listen

When you're feeling overwhelmed, crank up your favorite tunes. Listening to music that you find calming is found to decrease anxiety, help manage emotions, and reduce overall stress. An added bonus - listening to calming music before bedtime can also improve your sleep!

## 5. Chew

Chewing a piece of gum when you're frazzled can help relieve tension. Pop in a piece of sugar-free bubble gum and you'll immediately feel more alert. The resulting increase in blood flow and activity in your brain will improve your performance and decrease stress.



# Meditation for Beginners

## Long Deep Breathing

Create inner peace through connecting to your breath. These are simple meditation tips for those who don't know where to start.

## Seated Position

It's best to be in a seated position when meditating. Be sure to elongate your spine and sit tall. You can sit in a chair with legs uncrossed, or sit on the floor cross-legged.

## Hands

You can either place your hands on your knees palms down, or have your thumb tip touch your index finger tip while your other fingers are straight. If you chose the second, make sure palms are facing up.

## Eyes

Keep your eyes closed and focus on your breath. Connecting to your breathing brings you closer to connecting to your self.

## Breathing Pattern

The key is focusing on your breath. Teach your breath to be very still as you follow the pattern of inhaling through your nose for four counts and exhaling through your nose for four counts. This may be difficult for some as you are learning to slow down your breath.

## Timing

10 minutes daily.

## To End

Inhale and hold your breath for 15-20 seconds. Repeat this 3 times and relax. Sit silently for 2 minutes and experience your break from stress.