Five Minutes of Meditation Can Help Stress Levels All Day

Hello [[firstname]],

The holiday season is the perfect time to meditate, as you learned from today’s blog post. Now is a good time to go read it if you haven’t yet.

[Insert Link]

Maintaining your stress isn’t easy to do, but with just a few minutes a day, you can start reducing it. Here are some tips that show you how you can meditate and reduce your daily stress with very simple methods.

**Choose the Right Time of Day**

The first thing to consider is that you don’t need to be sitting in a silent room for a short meditation. All you really need is a time of the day when you can find some peace, whether it is during your morning shower when you can focus on the water, or the walk you take during your lunch break at work. These are perfect opportunities for taking advantage of.

**Focus on Your Breathing**

Breathing is a vital part of meditation, so if you forget to do that, you might find this very difficult to do. Relaxing starts with your breathing, not to mention when you are only thinking about your breathing, you are not thinking about other things. Take a few minutes to truly focus on your inhaling and exhaling, noticing how your body changes when you take in deep breaths. Once you are only thinking about your breathing, you shouldn’t be thinking about much else.

**Try to Clear Your Mind**

Now that you are already in the mode for clearing your mind, the rest shouldn’t be as difficult. One important thing to remember is that meditation can take practice. It is good to start with these short 5-minute meditation sessions. They still relax you and help to reduce your stress, but you don’t feel overwhelmed by how difficult it is to do. Short bursts of meditation is much easier than if you were trying to do it for an hour each night. Before too long, it will be easy for you to focus only on meditation and not on what is causing you stress.

Check out the blog and check your inbox tomorrow for more on meditation and stress relief.

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