

# **Transcendental Meditation**

**Meditation is an exercise designed to help you relax! It is a technique that involves sitting and allowing the body to relax and calm the mind. Practicing and using this relaxation response is recommended once or twice a day for 20 minutes. The positive effects of meditation include improved physical and psychological health!**

- Sit comfortably and close your eyes.**
- Select a word to focus upon. This may be a word, phrase or a prayer. Frequently selected words are calm, ocean, relax or peace. Choose one that best fits you!**
- Breathe slowly and naturally. Silently repeat your phrase or focus word each time that you exhale.**
- If you become distracted or your mind wanders, redirect your thoughts back to your focus word.**
- Relax for about twenty minutes.**