



# Monthly Newsletter

NWR FASD Society-Mackenzie Network  
#210 9808, 9814-100 Ave  
Box 3668, High Level, AB T0H 1Z0  
P. 780-926-3375 F. 780-926-3376  
Www.nwr-fasd.ab.ca

## Meditation

Meditation is a practice where an individual uses a technique such as focusing their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state. Meditation may be used with the aim of reducing stress, anxiety, depression and pain. It can also be used in increasing peace, perception, self-concept and well being. We often feel that there is no time to meditate but meditation actually gives you more time by making your mind calmer & more focused.

10-15 minutes is all it takes:

1. Sit or lie comfortably
2. Close your eyes
3. Make no effort to control the breath; simply breathe naturally
4. Focus your attention on the breath & how the body moves with each inhalation & exhalation. Observe your chest, shoulders, rib cage & belly as you breathe without controlling its pace or intensity. If your mind wanders, return your focus back to your breath.

Maintain this meditation practice for 2-3 minutes to start & then extend it for longer periods.

## Relaxation

Relaxation means to calm down mentally & physically. It is the state of being free of tension & anxiety.

It is important to relax in order to rejuvenate yourself.

5 reasons to relax:

1. Your body will thank you. Stress causes a numerous amount of issues in your body from high blood pressure, headaches, muscle tension, ulcers to a weakened immune system just to name a few.
2. You will think more quickly & clearly. By adding some time & allowing yourself to relax, you can put your troubles on hold & let your mind recover.
3. Your emotions will be more leveled out. We are all guilty of having at least one crazy outburst of emotions but, when stress has you completely overwhelmed & tired we tend to operate with less conscious control over our emotional responses.
4. You will be more efficient at work. Depending on your workplace (deadlines, frivolous meetings, annoying co-workers & difficult customers), it is best to stay relaxed. A relaxed demeanor can encourage your fellow co-workers to follow suit.
5. You will boost those around you. Emotions, good or bad, are contagious and have energy in them. Adding relaxation to our routine seems like a luxury but would help reduce stress and better your overall health.