

## **Meditation Methods**

- [Dr. Andrew Weil's 4-7-8 Breathing Technique](#) (Fletcher, 2019).
  - Begin by emptying your lungs.
  - Breathe in through your nose for 4 seconds.
  - Hold your breath for 7 seconds.
  - Exhale firmly through your mouth, pursing the lips, for 8 seconds
  - You may repeat this breathing cycle up to 4 times.
  - This type of simple technique is rejuvenating for the nervous system. If it makes you feel a little dizzy, don't do any more than 3-4 breaths at first. This kind of breathing acts as a natural tranquilizer.
  - Practicing this kind of simple breathing practice can completely shift your focus and your state of mind.
- Visualization technique
  - Walking along the beach (Rosie's Dog Beach has a lot of paths along the water).
  - Wooded trail
  - The clean room
- Breathing mediation
  - Sit quietly in a space free from distractions. Set a timer; 5 minutes is a good place to start. Gently close your eyes. Breathe comfortably and naturally, bringing your awareness to the breath. Keep it there.
- Mantra Meditation
  - mantra meditation includes the repetition of a chosen sound or phrase. This can be done chanting aloud, within your mind, or a bit of both. Take care and be intentional when selecting a mantra or sound to use. Can be affirmation
  - Example:
    - I am okay, right now
    - I know I am breathing in; I know I am breathing out
    - I am content with where I am for now
- Rainbow Walk: Go on a walk and find something red, orange, yellow, green, blue, indigo, and violet as a quick way to practice mindfulness.

## **On Campus Resources** (in the office of Wellness and Health Promotion, SHS)

- Body Positive
- Koru Mindfulness
- Yoga for Healing
- Stress Less Workshops

## **Off Campus Resources**

- Yoga on the bluff (free)
- Long Beach Meditation
  - Has all different kinds of events

**Meditation apps**



**Mindvalley**



**Insight Timer**



**Smiling Mind**



**Calm**



**Mindfulness Coach  
Meditation Studio**



**Meditation podcasts:**

**Spotify:**

Daily Meditation

The Positive Mindset

Mindful in minutes

Healing sounds

**Apple Music:**

Meditation podcast: Stress Relief

Manifestation

**QR Codes:**

Wheel of Prompts



Wheel of Poses

