



# U.S. Public Health Service Nursing - TIP OF THE MONTH

Protecting, promoting, and advancing the health and safety of the Nation

February 2015

5-Minute Meditation Exercises



**Learn 7 Stress-Relieving Meditations that don't require regular classes or tons of experience.**

**Take a hike or a walk** in a park, a place farther away from civilization or even outside your door. Without effort, you can focus on the present and take notice the color and shape of flowers, the scent of fresh air, plants and trees, sounds of leave rustle and bird singing as you feel your muscles pumping and breath in your lungs.

**Get lost in dance** as your attention is focused on motions and emotions, instead of thoughts using dynamic and rhythmic instrument music only. Any free-form dancing can have the embodiment of mediation. Fast, energetic movement loosens you up and engages both spirit and body of active meditation. Afterward, lie down, close your eyes, and stay very still for a few minutes to complete this stress-relieving exercise.

**Mindful eating** is a wonderful opportunity to meditate while you engage in an everyday activity. Focusing on a food's texture and enjoying the sensual pleasures of what you're eating will make you feel more satisfied with smaller portions. The slow speed gives your body a chance to get the message that it's full. It's also one of the great ways to weight loss.

**Draw your way to peacefulness** allows you to be in the present as you draw anything, a surprising meditation exercise. Art involves senses of a perceptual state from a verbal, analytical mode.

**Stretch toward enlightenment** is a basic form of relaxation and stress relief. Listen to soothing natural instrumental music like gently ocean waves as you stretch each muscle group. Pay attention to your breathing and how your muscles feel as you stretch them, starting with the upper muscle groups and working your way down the muscle groups to your feet, finally curling and flexing your toes. Lie still for a minute to experience how different your body feels.

**Relax your brain with breath** of the nasal cycle. The alternate breathing through each nostril both calms the mind and raises awareness. Closing one nostril as you inhale and closing the other nostril as you exhale, repeating 3-4 times to help you feel alert and relax.

**Make regular routines more meditative** like taking showers. Listen to the sound of water falling, feel the warm water as it cascading over your skin, feel the lather of your favorite soap and smell its fragrance as you're showering. You take part in daily meditation exercises and may not aware of it. Mopping the floor, washing the dishes, washing your hair in the shower. Once you've become more aware of this pattern, you can practice it consciously and bring new joy into even the most mundane chores.

Source: [http://www.lifescrpt.com/well-being/articles/d/de-stress\\_with\\_5-minute\\_meditations.aspx](http://www.lifescrpt.com/well-being/articles/d/de-stress_with_5-minute_meditations.aspx)

### Bonus Tip by Captain Belsito:

**Disconnect from all electronics** for a period of time each day. We do not realize how stressed we are, being connected all the time and expecting instant gratification. This can make us restless and unfocused, doing more harm than good.

The road to promotion is always under construction.

**PHS-NURSE LIST SERV**

**TO REQUEST A MENTOR**

**P**oint of contact: CAPT Deborah Schneider, CAPT Lori Luu, CDR Casey Hadsall, and LCDR Jonathan Paulsel for the Mentoring Workgroup, N-PAC Career Development Subcommittee.