myMood MATTERS

MIND OVER MOOD SWING

10 WAYS TO HELP MANAGE YOUR MOODS THROUGH MEDITATION

Meditation for Relaxation

You never know when a mood swing can come on. It can happen at work, when you're out with family and friends, or by yourself. And no matter how hard you try, you can't snap out of it.

Suddenly you can feel tense, overwhelmed, and find it difficult to concentrate.

That's why we created this mobile meditation guide.

By using your mind to focus on your breath, these 10 techniques may help you manage stress, balance your moods, and relax when you need to.

10 Types of Meditation:

- **Mantra Meditation** Repeating uplifting messages may help manage stress.
- **Mindfulness** Breathing in and out may ease pressure.
- **Focus** Focusing on an object may calm racing thoughts.
- **Visualization** Imagining a calming environment may be a key to help relieve stress.
- **Transcendental** Being in the present may help improve your state of mind.
- **Zazen** Focusing on your breath may help balance your mood.
- **Body Scan** Bringing awareness to your body parts may help reduce tension.
- **Box Breathing** Centering yourself may be achieved in 4 steps.
- **Movement** Focusing on your body movements can be calming.
- **Nature** Taking in your natural surroundings may help you relax.

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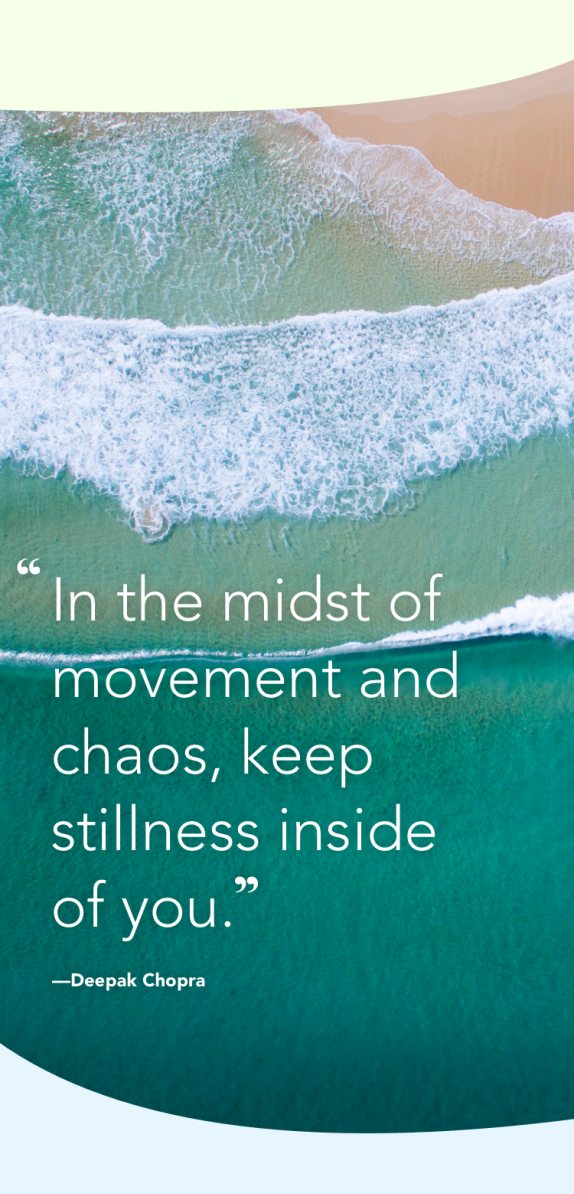
1 Mantra Meditation

Mood Swing Mantras

When feeling overwhelmed, repeating uplifting messages like "I got this," to the rhythm of your breath may help calm you.

Ready, set, repeat:

1. In a comfortable chair, close your eyes, take a few slow, deep breaths, and then relax your breath.
2. Repeat your mantra slowly. Say the first half upon inhaling, the second half upon exhaling.
3. Repeat it silently, moving only your lips. Then, say it internally without moving your lips.
4. As thoughts arise, return your attention to the mantra. When you're ready, open your eyes. How do you feel?



"In the midst of movement and chaos, keep stillness inside of you."

—Deepak Chopra

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2 Mindfulness Meditation

Peace of Mindfulness

To stop your heart from beating fast, focusing on "the now" could help you catch your breath, restore balance, and be in the present.

Inner peace may be 4 steps away:

1. Sit on the floor, cross your legs, then straighten your upper body, and stack your vertebrae.
2. Rest your hands on your thighs. Drop your chin and close your eyes.
3. Focus on your breath as it goes into your nose, filling your chest, then out of your mouth, emptying your belly.
4. When unwanted thoughts enter, don't fight them, just return to your breath. When you feel ready, open your eyes slowly. Smile.

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3 Focused Meditation

Flower Focus

When you can't stop your thoughts from racing, focusing on the colors and details of a flower may help calm your mind and take the edge off.

Steps for seeking happiness:

1. Sitting cross-legged on the floor, place a flower in a vase on a table 2 feet from you.
2. Take a few slow deep breaths, and then focus your attention on the details of the flower.
3. Pay close attention to the vibrant colors of the petals, the beautiful patterns, and its texture. Tattoo the image in your mind.
4. If a thought tries to disrupt your moment of solitude, let it go, and return your focus to the flower.

"You don't have to control your thoughts; you just have to stop letting them control you."

—Dan Millman

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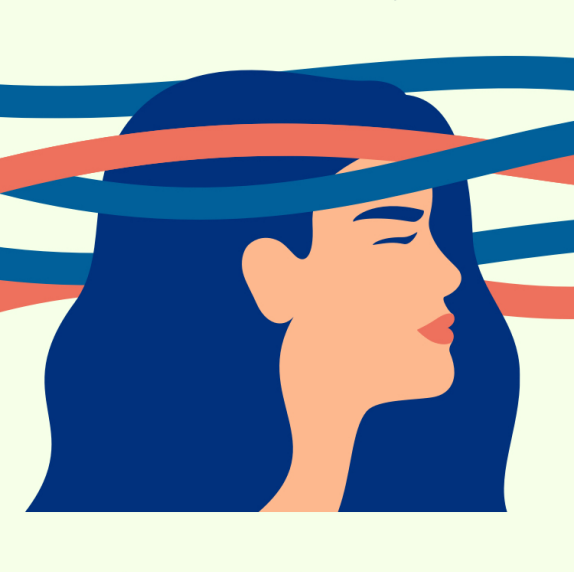
4 Visualization Meditation

Visualizing is Believing

If you feel lost and can't see a way out, visualizing positive scenes might help you relax and find some inner peace.



Steps to a calmer place:

1. Lay down, close your eyes, and begin slowing your breath to a calming, relaxing rhythm.
2. Visualize a place where you feel content and calm. Are there trees? Birds singing? Do you smell flowers? Continue breathing slowly as you look around the scene you created.
3. With each inhale, imagine love and peace entering your body. When you exhale, imagine tension and distress exiting. This may help you feel reinvigorated.

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5 Transcendental Meditation

A Breath of Relaxation

If you're feeling overwhelmed, focusing on your breath may help you relax and achieve a state of mental stillness and consciousness.

4 steps to help you relax:

1. Sit in a comfortable chair with your feet on the ground and your hands in your lap.
2. Close your eyes, take a few deep breaths to relax the body, then open your eyes.
3. Close your eyes again and repeat a mantra, such as "Everything will be okay," in your mind for 15 minutes.
4. When you're ready, open your eyes slowly. These steps can help you feel more relaxed.

"Calm mind brings inner strength and self-confidence."

—Dalai Lama

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6 Zazen Meditation

Quiet Your Unquiet Mind

Focusing on your breath, letting go of judgments, and seeing things as they really are may help manage stress, reduce tension, and help balance your moods.

The path to Zen:

1. In a lotus position, keep your back straight and your head in a comfortable position. Imagine a straight line running up your spine. Tuck your chin in.
2. Close your eyes, and direct your attention to your breathing. Inhale counting 1, then exhale counting 2, inhale counting 3, and so on.
3. Thoughts will come and go. Don't resist them. Watch them, and reconnect with your true nature. When you're ready, open your eyes and smile.

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7 Body Scan

Listen to Your Body

If you're feeling overwhelmed, bringing awareness to each of your body parts may help reduce tension, and help balance your mood.

Help reduce tension from head to heart:

1. Lay down in a comfortable position, and close your eyes.
2. Take a few deep breaths from your belly, letting your abdomen expand and contract with each breath. Think of your belly inflating and deflating like a balloon.
3. Begin scanning each body part, starting with your feet. If you notice any uncomfortable sensations, breathe into them, and visualize the tension leaving through your breath.
4. Continue scanning from your calves to the top of your head. When you feel ready, slowly open your eyes. Embrace the present.

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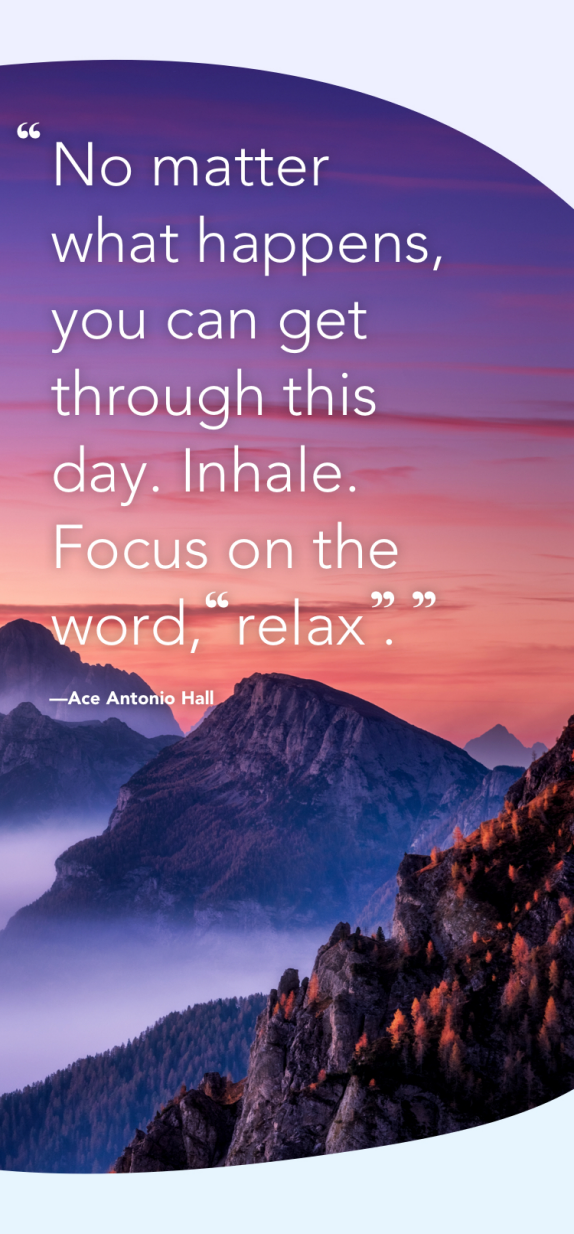
8 Box Breathing

Breathe Your Worries Out

If you're having a stressful day, focusing on your breath may help you recenter yourself and keep your moods in check.

4 steps to help focus:

1. Sit in a comfortable chair and close your eyes. Next, breathe in through your nose while counting to 4 slowly. Feel the air enter your lungs.
2. Hold your breath while counting slowly to 4. Avoid inhaling or exhaling for those 4 seconds.
3. Exhale for 4 seconds.
4. Repeat steps 1 to 3 at least 3 times. Ideally, repeat the steps for 4 minutes. Notice how your heartbeat has calmed down.



"No matter what happens, you can get through this day. Inhale. Focus on the word, "relax"."

—Ace Antonio Hall

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9 Movement Meditation

Get Your Moves On

If you're feeling antsy and can't sit still, the lotus position isn't the answer. Moving is. Whether you bike, run, or do Tai Chi, focusing on each body movement and sensation may help calm your state of mind.

Get moving:

Bike riding:
Feel your feet pedaling, the wind on your face, and each bump on the street. Don't think about where you're going. Be in the present.

Running:
Be aware of your leg muscles working in harmony. Feel your sneakers smack the pavement. Listen to your heart. There is no destination, just your moment.

Tai Chi:
Focusing on the organic movements may help you develop a deep sense of relaxation. Tai Chi may help calm the mind, reduce tension, and strengthen the body.

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10 Nature Meditation

Calm in the Forest

When you're feeling stressed out, and can't get out of your head, nature is always there. Focusing on natural surroundings may help you manage stress and put you in the present.

Embrace Mother Nature:

Forest:
Take a deep breath. Stare at a tree. Smell the earth. Listen to a bird chirp. If your mind wanders, bring yourself back to the woods.

Garden:
Sit down, relax, and smell the flowers. Admire every detail of their colorful petals. Watch a bee pollinate.

Beach:
Watch a wave break, listen to it, feel the mist on your skin. Become one with the ocean.

After trying some of these meditations, we hope you've been able to find new ways to help relax your mind.

If you haven't, have patience. Reaching a state of relaxation through meditation takes practice.

Keep this guide by your side and try different types over time. Find the ones that work best for you—and remember to focus on your breath.

Use your mind over mood swing.

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