



Greenest

Kaleb cuda

cudabear1998@gmail.com

University of Wisconsin Stevens Point

babycuda98



Mindful Breathing

- So i chose to do mindful breathing for one of the practices. Mindful breathing is supposed to reduce stress, increased relaxation, and reduced blood pressure.
- 1) Choose a downtime for yourself in your day
 - 2) Shift your focus to your breathing, and pick a single aspect to focus on
 - 3) Spend at least 5 minutes in this state of awareness



What did I feel?

Emotions Before

- Before i did this I was stressed out and only thinking about my schedule. I woke up at 8am and worked and had meetings and class until 9pm.

Emotions After

- I felt more calm and relaxed.
- More focused and concentrated
- More aware of what's going on

Difference

- There was a huge difference before and after with my stress levels and concentration between my schedule
- I also felt a lot more rested and clear headed with everything

Before



After



Body Scan Meditation

- For my second one I did a Body Scan Meditation. A body Scan Meditation is supposed to reduce stress, decrease muscle tension, and increase pain tolerance
- 1) Set a time in your day where you won't be distracted or disturbed
 - 2) Find a comfortable seated position, close eyes, bring attention to your toes
 - 3) Working up from your toes, bring awareness to each body part in turn: feet, ankles, calves, knees, etc. to your head



What did I feel?

Emotions Before

- Before this I was feeling very relaxed from the previous activity. I was tense though in some of my muscles on my shoulders

Emotions After

- More relaxed
- Calm
- Less tense in muscles
- More at ease with my body

Difference

- Before I did this my muscles were tense in my shoulders a lot and after they were more relaxed and had a lot of less tension
- I also felt more at ease in the sense of my body felt lighter and like it had less on it metaphorically

Before



After



Preference

- I preferred the Body Scan Meditation the most. I liked this the most because I felt more relaxed within my muscle tension and I always feel as if my muscles are tense and there are knots in them. Pain tolerance is something that I could also really use I believe because I take a lot of pain in the sports I do and this meditation can help with that. It also really brought a lot of relaxation to my body and really put my body at ease the most. The Body Scan Meditation was a great practice for me and is something I plan to use in the future especially after a long hard day.

Body Scan Meditation

- 1 Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.
- 2 Find a comfortable but attentive seated position, close your eyes, and bring your attention to your toes.
- 3 Working up from your toes, bring awareness to each body part in turn: your feet, ankles, calves, knees, etc. up to your head.



Health Benefits:

- Reduced stress
- Decreased muscle tension
- Increased pain tolerance

Why it works to reduce stress:

Body scan meditations encourage self-awareness of sensations we might otherwise be ignoring.

Barriers



External

- There was a fly actually that I felt like I could hear in the light from my kitchen. There was also my neighbor upstairs walking around for a small bit that became distracting

Internal

- There were a few moments that I started to think about my schedule and schooling and it became a little hard to focus on my breathing. My conflicts and homework and upcoming tests started to come up for a few moments which became distracting

Solution

- A solution to this would be to have my lights off for the fly that kept buzzing around, and then for the neighbor ummm i guess I could find another location to do it where there is no surround/external sounds

Solution

- A solution to this would be to focus more on my breathing and creating a more open mind and blocking out these things from coming into my head. Maybe take some time from looking at my schedule before I do this as well

Extra Thoughts

I did not know about this site before and I actually used to meditate before for sports but I didn't know how or what I should expect from it. After doing this though I feel I have really seen what I should have been feeling and the correct way to do this. Very beneficial and I know i will be doing this a lot more from now on in my daily life.