

Self-Regulation Meditation + Stretching

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Mental Resetting + Benefits

• -Mental Benefits-

- Reduce Stress
- Improve focus
- Enhance Emotional Health
- Increase Self Awareness
- Promotes Emotional Regulation

• Physical Benefits-

- Lower Blood Pressure
- Improve Sleep
- Boost Immunity
- Pain Management

Mental Reset Meditation

- Please do a meditation pose that works for you.
- My favorite meditation pose is sitting in a chair or on the ground with my legs crossed.

- Please follow along to a guided audio of Mental Reset Meditation



Stretching Stress Relief



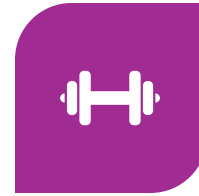
-PHYSICAL
BENEFITS-



INCREASES
FLEXIBILITY



IMPROVES
POSTURE



ENHANCES
MUSCLE
FUNCTION



PREVENTS INJURY



RELIEVES MUSCLE
SORENESS



BOOST
CIRCULATION