

# Features



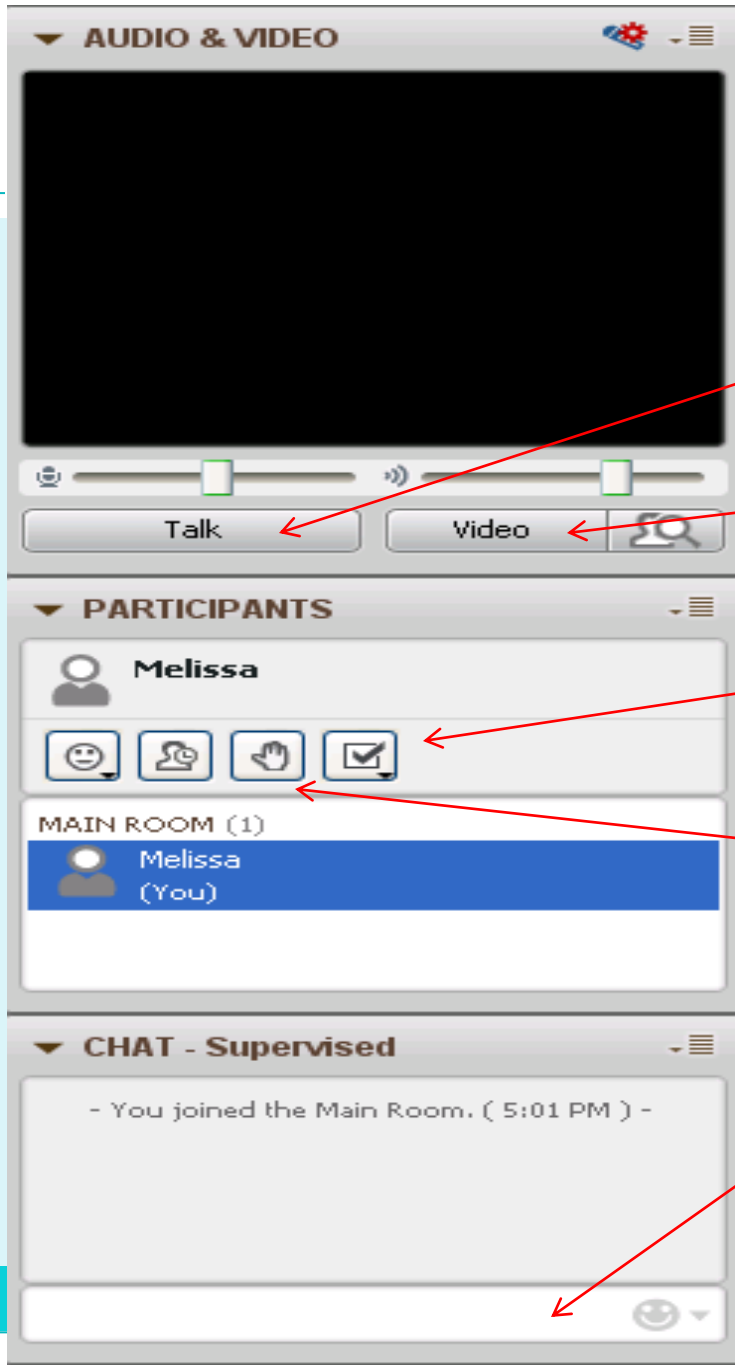
**Talk**

**Video**

**Polling**

**Hand raising**

**Chat**



# SURVEY and CONSENT



## Meditation Survey

Exit this survey

\*1. On a scale of 1-10, how much stress do you feel on a daily ba

1  2  3  4  5 (

\*2. What symptoms of stress do you experience?

\*3. What do you currently do to manage or reduce stress in your

\*4. How much time do you spend daily using this method of stre

\*5. On a scale of 1-10, how effective is your current method of st  
(lasting stress reduction every time).

1  2  3  4  5 (

\*6. What is meditation?

University of Hawai'i

Consent to Participate in Research

## Meditation for Stress Reduction Webinar

My name is Melissa Bachmann, and I am a graduate student at the University of Hawaii (UH). A requirement of my Master's degree program is to conduct a research project. The purpose of my instructional design project is to develop a web page on Facebook and teach a webinar on the topic of meditation to change the way adults feel about stress reduction. Participation in this study will involve the completion of an anonymous on-line (Internet) survey. I am asking you to participate in this project because you are at least 18 years old and have experience using Facebook.

**Project Description – Activities and Time Commitment:** Participants will fill out an anonymous internet survey before and after they attend an online webinar. Survey questions are either multiple choice or short response. Completion of the survey will take approximately 10 minutes. It should be completed about a week before and then a week after attending the webinar. The webinar will last around 45 minutes. About 15 people will take part in this project.

**Recording of Webinar:** The Webinar will be recorded for data collecting purposes and will only be reviewed by the researcher. You may choose whether or not to participate in the



*Meditation for Stress Reduction  
Webinar*

*Hosted By  
Melissa Bachmann*



# Welcome



**Thanks for attending my Webinar!**





# **My Introduction**

**Discovered meditation at age 12**

**Dabbled**

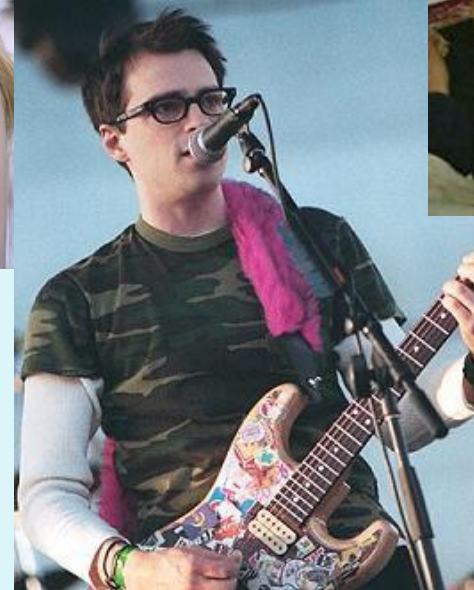
**Topic**

# Share something about yourself

**Text, Audio, Video**



# Pop Quiz: What do these Celebrities have in common?





# And don't forget OPRAH!



“We believe in meditating...  
You can do it however you choose to do it.  
You can sit in the chair,  
you can sit on the floor,  
you can sit in the window,  
you can sit in the tub.



I give myself at least ten minutes every day in some form of meditation.”



# Conscious Breathing



breathing slow,



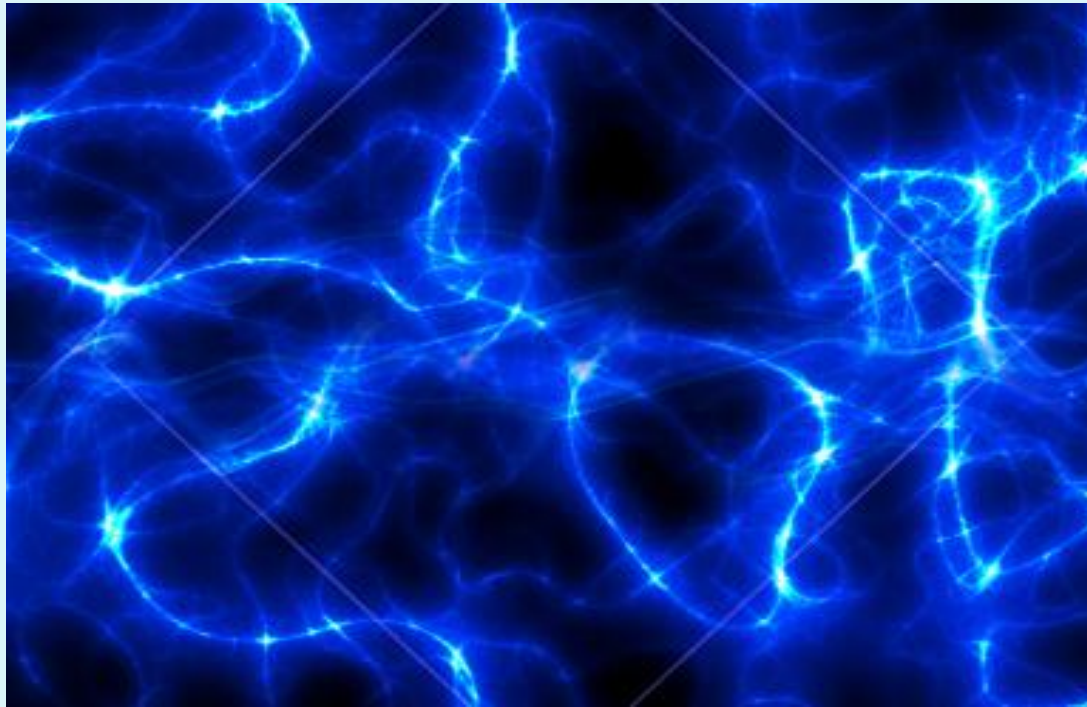
deep,

quiet



and regular

# One Minute Practice



- Hand position
- Count
- Breath only through nose

# Check in



- Relaxed?
- Hand position?



# Today



- benefits
- explain how
- practice
- write
- visualize
- make time
- focus





# “Count to 10”



## “Take a Deep Breath”



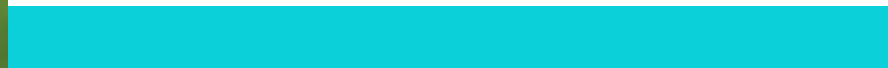
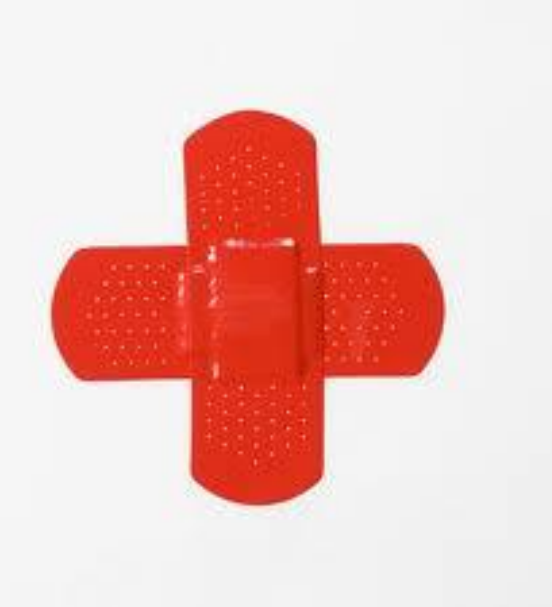
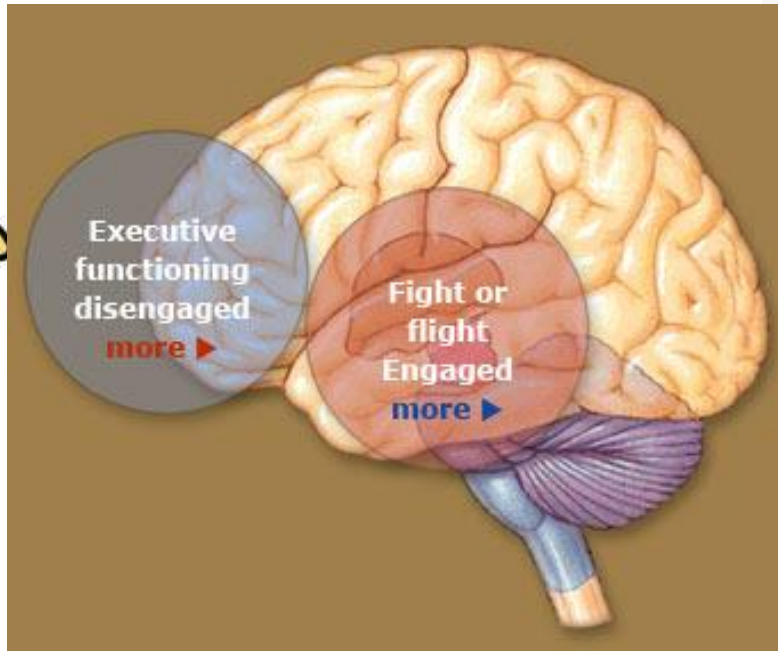
“In through your nose, out through your mouth.”



# Healthy Heart

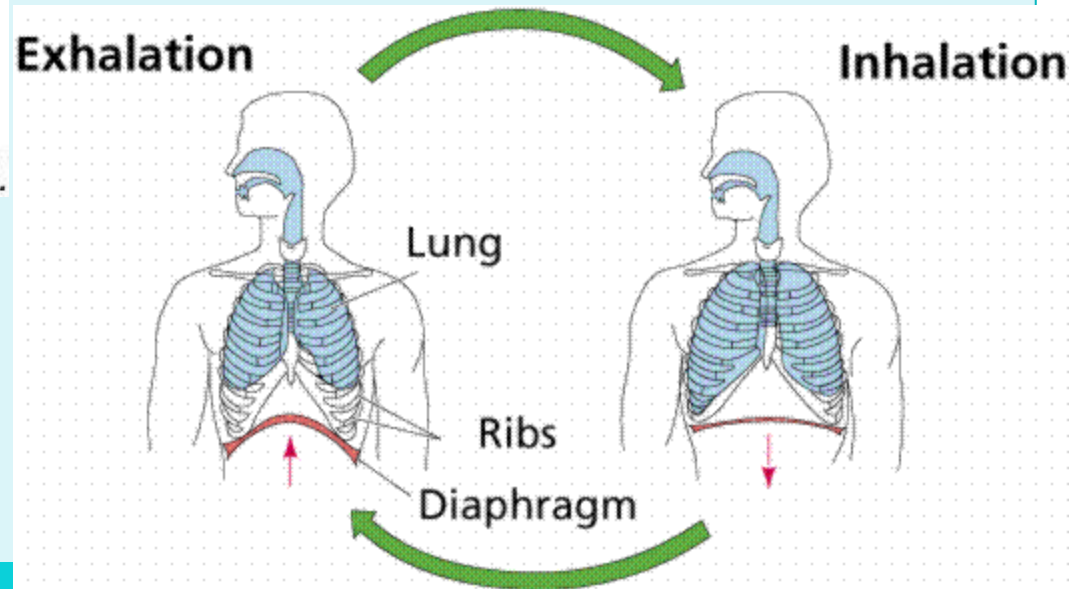
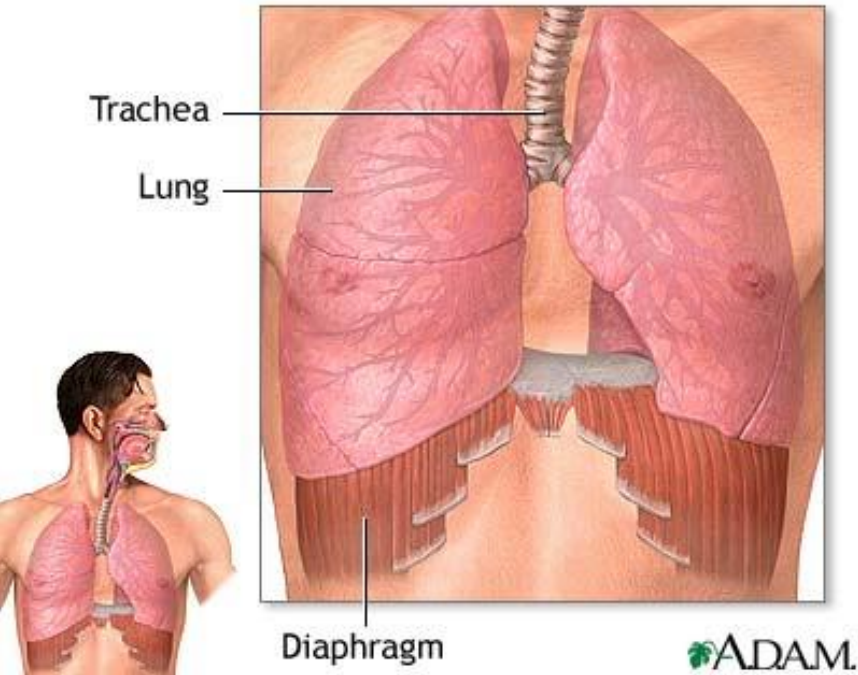


**Healthy You**





# Diaphragm Release





# Can you name 3 benefits of Stress Reduction?



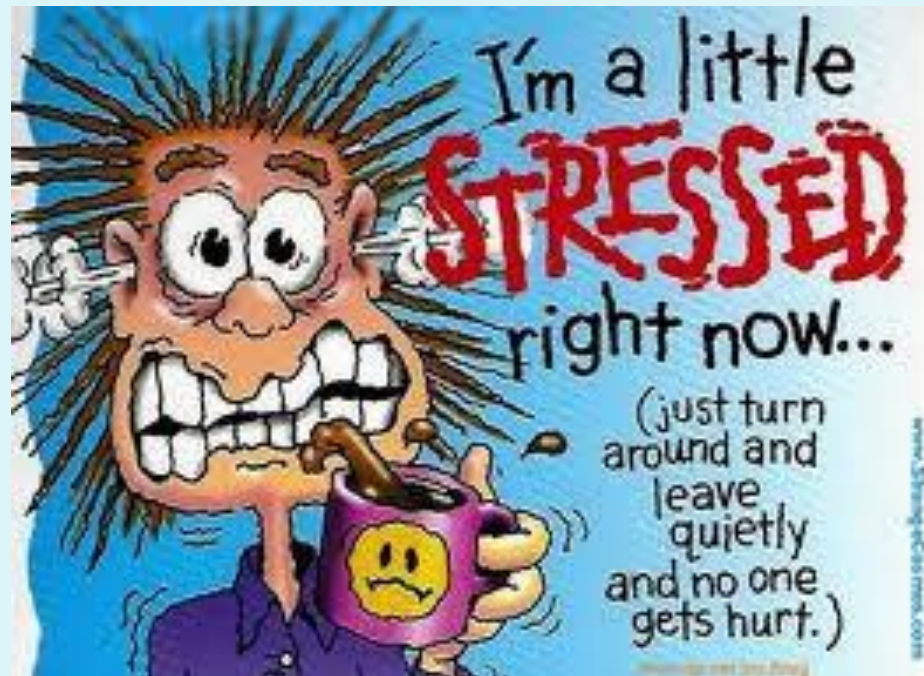
(Text/Chat Box)

# Understand Stress



natural –

- inside or outside forces affecting the individual.



# External factors



- Environment
  - job
  - relationships
  - home
- Situations
  - challenges
  - difficulties
  - expectations



# Internal factors



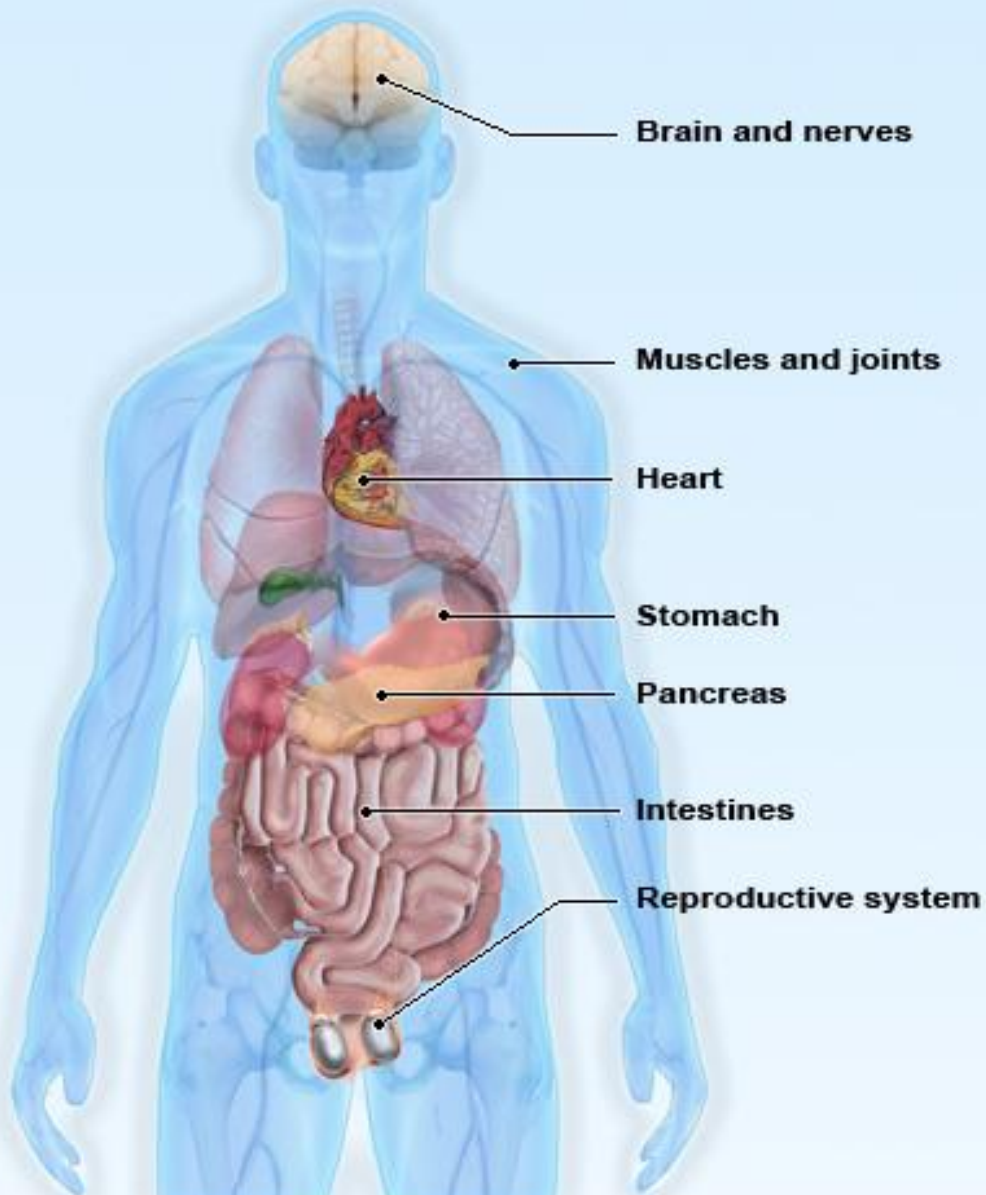
- overall health
- fitness
- emotional well-being
- sleep
- nutritional status



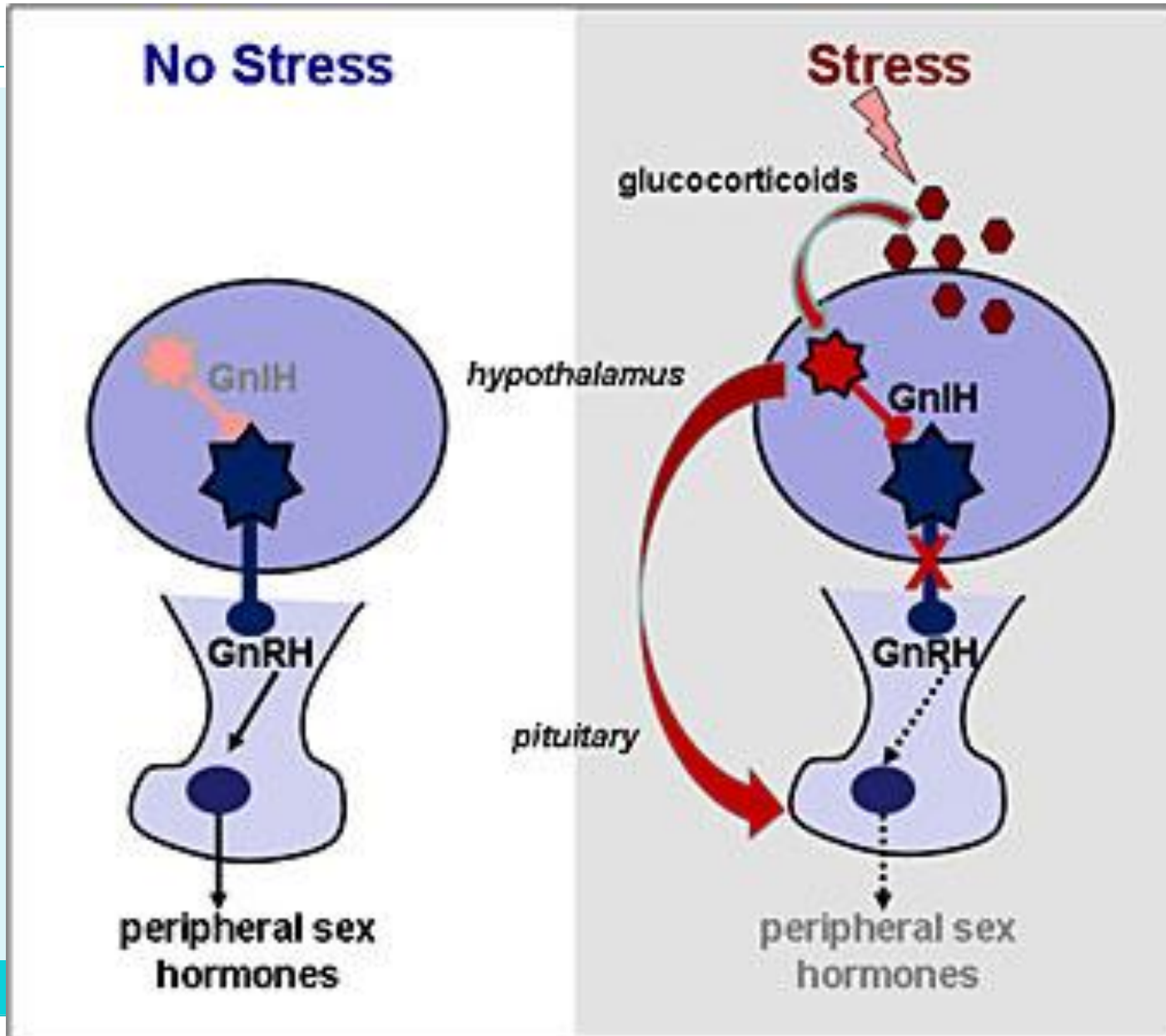
*Couverture de la revue Science, Issue 5681 du 9 Juillet 2004, vol. 305.*



# Areas of the body affected by stress



# Stress affects the brain



# What do you do to reduce stress?



*When you're feeling stressed out, I think it helps to make a nice hot cup of tea and then spill it in the lap of whoever's bugging you.*



# med·i·tate



1. To reflect on; contemplate.
2. To plan in the mind; intend





# Mayo Clinic:



- mind-body complementary medicine
- deep state of relaxation, tranquil mind



# Forms



- progressive relaxation
- mindfulness
- mantra
- breaths
- chakra
- QiGong
- Tai Chi
- transcendental
- guided imagery/visualization



# Anyone can practice meditation



- Anyone, anywhere, anytime  
(Almost...)



# Effective Meditation



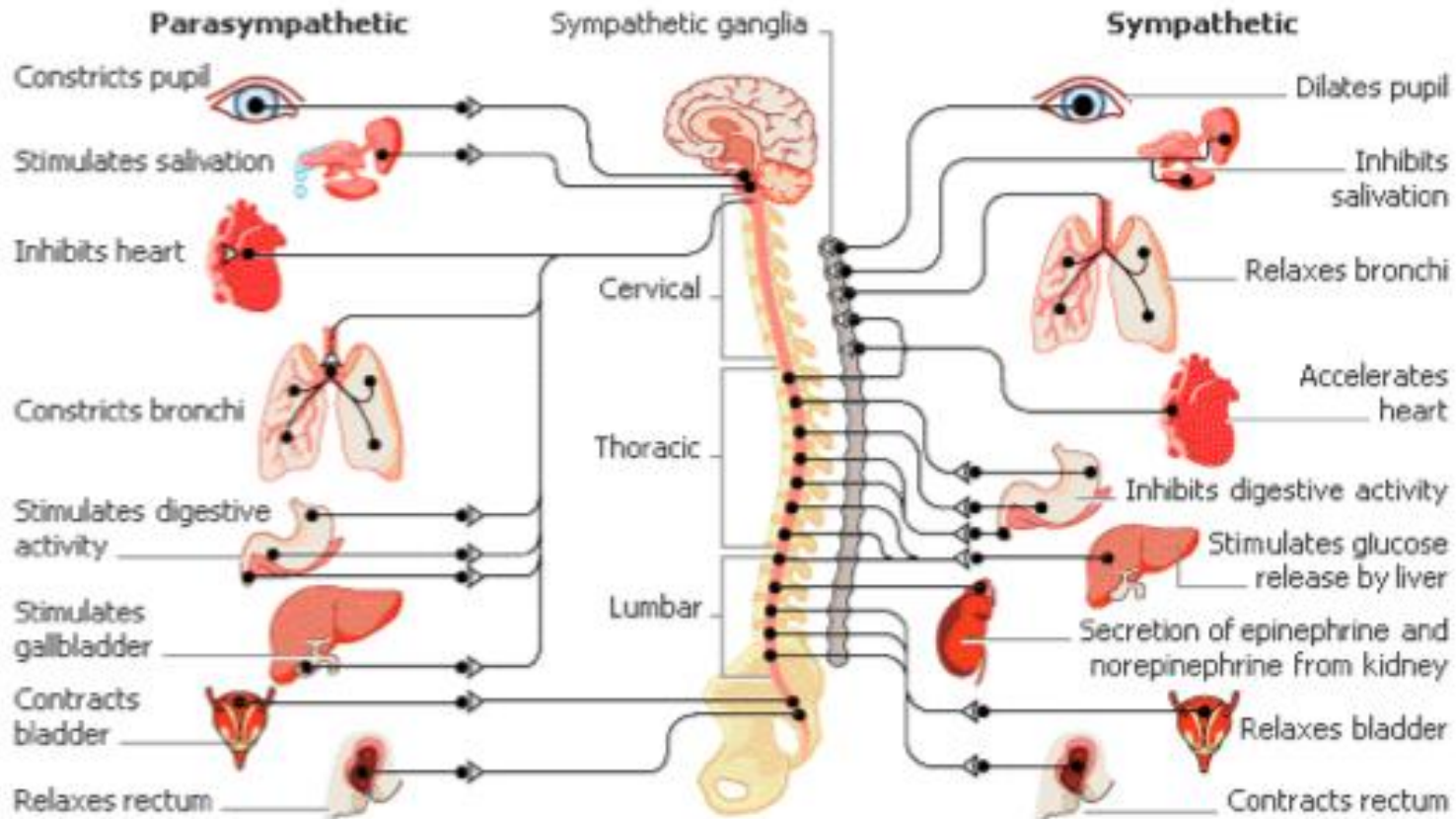
- Thoughtless Awareness
- Stops stress producing activity
- Present moment focus
- Conscious breathing



# How it works

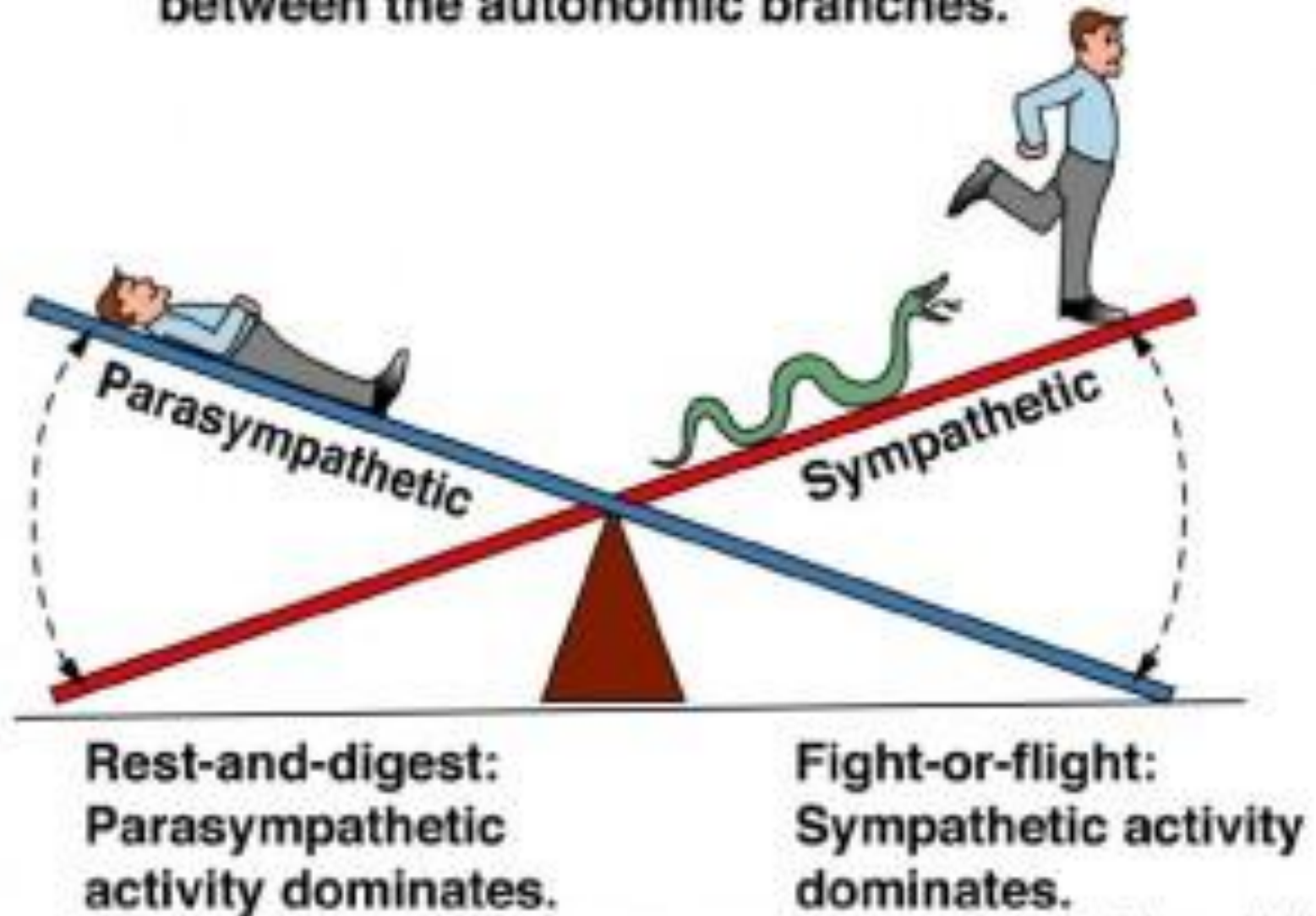


- Decreases activity of nervous system
- Stimulates relaxation response.





**Homeostasis is a dynamic balance between the autonomic branches.**



Copyright © 2007 Pearson Education, Inc., publishing as Benjamin Cummings.

Figure 11-1



## Relaxation Response

- ↓ Heartrate slows
- ↓ Blood Pressure lowers
- ↓ Blood Lactate Levels reduce
- ↑ Immune System improves
- ↑ Sense of Well-being increases
- ↑ Sleep improves
- ↑ Normal Libido
- ↓ Brain Wave Patterns slow
- ↑ Digestion improves

## Stress Response

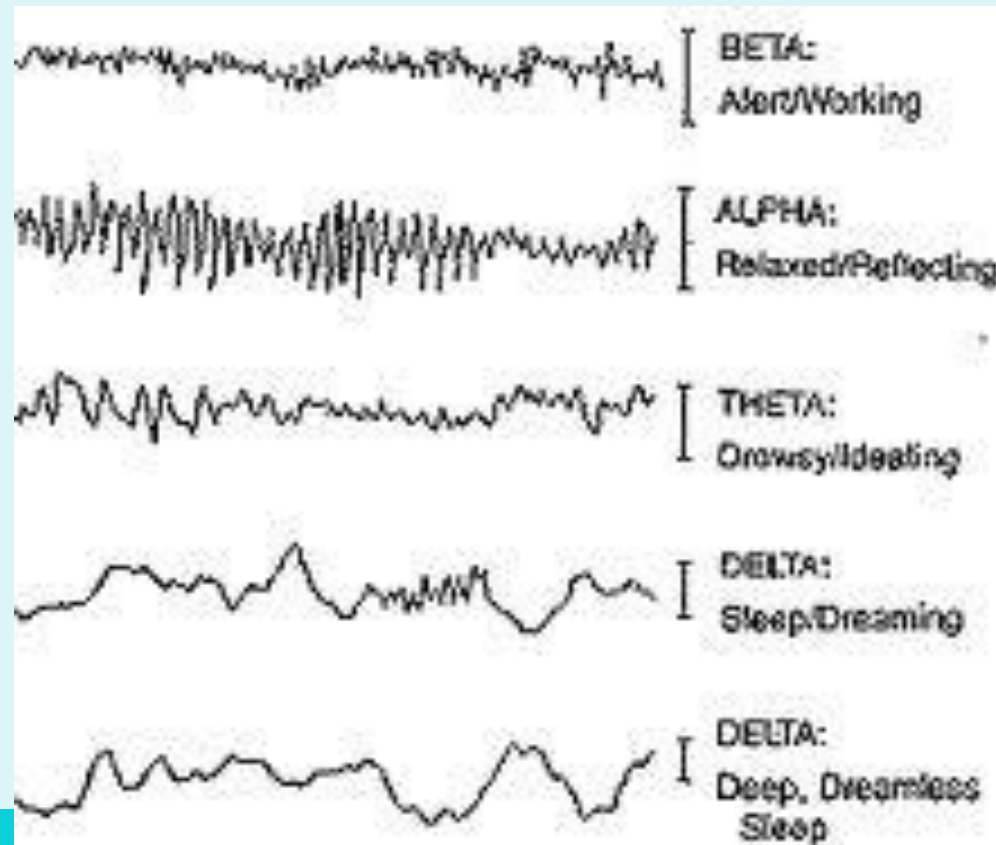


- ↑ Heartrate increases
- ↑ Blood Pressure rises
- ↑ Cholesterol Levels go up
- ↓ Immune System is less effective
- ↑ Anxiety increases
- ↑ Depression more prevalent
- ↑ Sleep Disorders increase
- ↓ Libido decreases
- ↑ Irritability increases
- ↓ Digestion works less effectively

# Brain wiring altered



- Oxygen reduced by 20 %
- Different from sleep



# Emotionally



- New perspective
- Stress management
- Self-awareness
- Focusing on present
- Reducing negative



# How does meditation decrease stress?



Explain

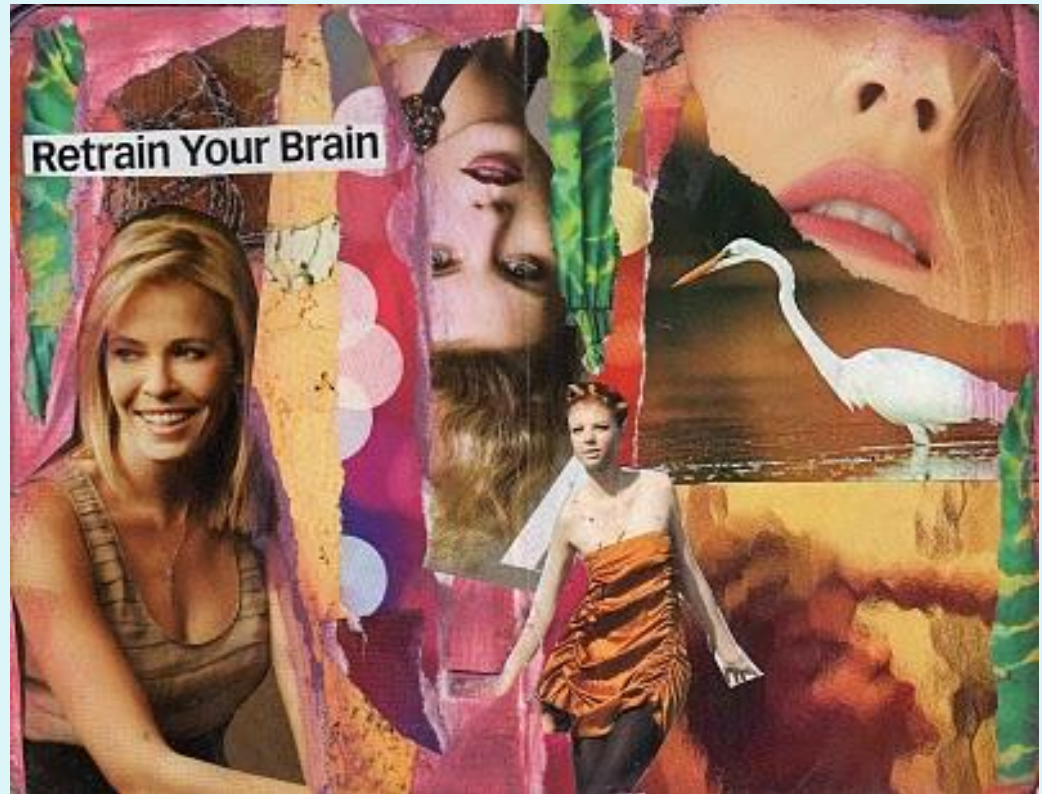




# Using Affirmations



- Statements to retrain your brain.
- Repeated 3 times.



# Examples

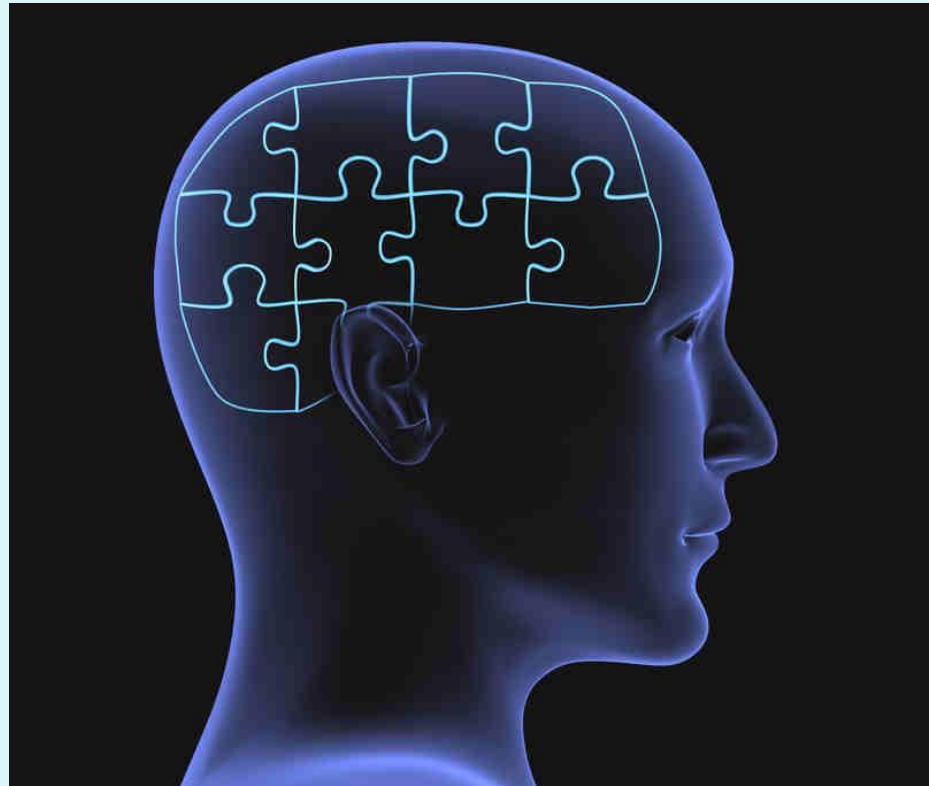


- I can relax and feel good
- My body is relaxing with each breath I take
- Each breath fills my body with peace
- I exhale tension and breathe in relief

# Non-Examples:



- I ~~don't~~ want to have anxiety.
- I am ~~not~~ stressed.



# Write your Stress Reduction Affirmation :



Positive  
Personal



Share for Feedback

# When could you use the Deep Breathing and Affirmation techniques?





# “Happy Place”



*Count down from 10 as you take deep breaths.*



© Ron Niebrugge / WildNatureImages.com



# Be there



- *Notice surroundings*
- *breathe deep*
- *affirmation*
- *surroundings*
- *Smile*



# Count to 5



Share your experience

Did it work?

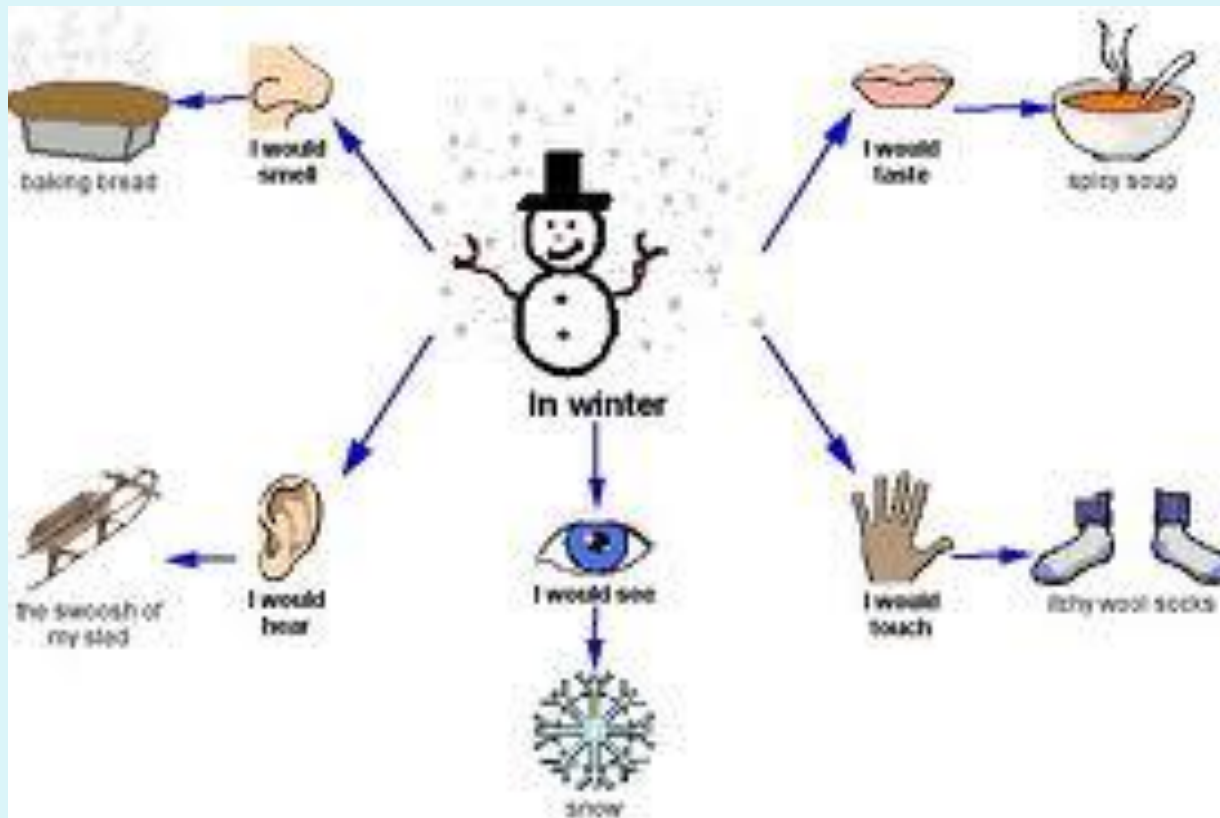
Relaxed?



# Visualization



Name two senses you activated in your Happy Place





# Daily Practice Recommended



A few minutes can restore your peace





# Words of Wisdom



I call it “centering up for myself.”



# Time Commitment



- 20 minutes
- Habit
- When will you practice?



# Distractions



- Limit
- Predict
- Plan for





# Starting a practice

- Best time of day?
- Tips for distractions:



# Conclusion



- Meditation CAN reduce stress!
- Experiment, Enjoy and Relax : )

I DARE YOU TO:  
MEDITATE DAILY





# The Facebook Page



## Our Online Meditation Community



### Wall

Info

Photos

### About

This Page is part of my Master's in Educational Technology Final Project

8

like this

Create a Page

## Meditation for Stress Reduction

Like

Create a Page

Education



Wall

Meditation for Stress Red... · Everyone (Top Posts)

Share: Post Photo

Write something...

Want to like or comment on this page?

To interact with Meditation for Stress Reduction you need to sign up for Facebook first.

Sign Up

It's free and anyone can join. Already a member? [Log in.](#)



Meditation for Stress Reduction shared a link.



**To Lower Blood Pressure, Open Up And Say 'Om' :**

NPR  
[www.npr.org](http://www.npr.org)

Meditating daily can lower blood pressure and reduce dependence on medication, according to a new study. Relaxation techniques increase the formation of a compound that opens up blood vessels, which in turn lowers blood pressure.

Like · Comment · October 28 at 10:52pm ·



**Meditation for Stress Reduction**

Thanks for checking out my Page! I will be adding more links and meditations soon. I will also be conducting a Webinar next Jan. or Feb., so stay tuned to participate in that :)

Like · Comment · October 18 at 11:05am ·



**Meditation for Stress Reduction**

There are over 20 different meditations you can listen to for various health benefits. You can choose guided imagery or affirmations once you click "Listen".



**Healthy Living To Go Audio Library**

[members.kaiserpermanente.org](http://members.kaiserpermanente.org)

# Mahalo for your participation



Thanks so much!  
Happy Meditating!

