

## Love Yourself More & Meditate

February is the month for love — so show yourself some love (and peace!) by meditating. It's a simple, inexpensive way to bring some gentleness into your day, no matter where you are. Meditation can help you [sleep](#) better, alleviate pain, improve the symptoms of anxiety disorders and depression, and even help control blood pressure. So, get started today! There's no "right" way to meditate—as long as you're in a comfortable position and are giving yourself a few minutes of personal time, you're on the right track. Follow the tips below for some guidance. Give yourself at least 3 minutes!

- Close your eyes to minimize distractions, and relax the muscles in your forehead.
- Inhale and exhale through your nose. If you find this difficult you can breathe in through your nose and exhale slowly through your mouth.
- Keep your shoulders soft and your mouth relaxed. If you tend to tighten your jaw, place your tongue on the rough of your mouth, behind your front teeth.
- You may or may not want to repeat a mantra to yourself—something positive and uplifting, like "Peace, balance, joy."