During this semester I have decided to engage in meditation to manage my stress. After researching techniques and ways to manage my stress I decided to go through with meditation. During my research I found that there are many different ways to meditate including different breathing methods such as the 4-7-8 method, guided visualization, alternate nose breathing, etc. I chose to practice guided visualization directly after I took a shower before going to bed as my method for managing stress through meditation. The procedure begins with finding a quiet space, then close your eyes and begin breathing slowly to calm down. Once you are calm, imagine the most serene scenario where everything is ideal for you. For me, I visualized sitting on the dock at my camp in Algonquin Park, Canada looking at the beautiful northern lights in the sky on a summer night. Continue visualizing your ideal scenario for about 10-15 minutes to get the maximum results.

Engaging in this practice of meditation is scientifically proven to be helpful for managing stress. According to the textbook, meditation is also increasing in popularity among adults from approximately 4.1% to 14.2% over the past five years. Imagery is beneficial on heart rates, blood pressure, breathing and oxygen rates. Guided meditation through visualization allows the body to access the subconscious mind which enables your body to feel and react as if you are actually at the scene.

During my experience, I noticed that the subconscious mind is quite difficult to control but after a few times of trying guided visualization I was able to control the subconscious and feel less stressed out. Guided visualization has positive effects that allow the mind and body to work cohesively together. While it is difficult at first to learn to control your subconscious and allow yourself to transform into a different reality it is definitely possible. Even though I did not think guided visualization and other types of meditation were going to be helpful I was wrong and now find myself using this method daily to reduce my stress levels.