

# Wellness InSTALLments

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## Know Your Resources

### CAPS

Howard Hall 228  
Call (239) 590-7950  
Summer Hours:  
M-F 8:30am-5:30pm

### Campus Recreation

Yoga Classes  
Check out their website for an updated schedule

## Free Meditation Apps

- ☺ **Breathe2Relax**
- ☺ **Calm**
- ☺ **Headspace**
- ☺ **Sattva**

## Congrats, Spring Class of '17

Prevention and Wellness would like to extend a big congratulations to our Spring 2017 graduates. As years of hard work come to a close, students experience a range of excitement and stress. As students prepare to bid farewell to family, friends, and mentors; they find themselves overwhelmed with studying for classes, stressing about finals, finances, and finding work within their field. **What can you do to relieve some of the stress regarding your next step in life? We suggest meditation!** For thousands of years, meditation has been used to reduce stress, increase self-awareness, increase happiness, and induce relaxation. But what exactly is it anyway? Some define meditation as a means of transforming the mind, while others define it as a state of thoughtless awareness. There is the overall consensus that meditation refers to a broad variety of practices that includes techniques designed to promote relaxation and increase awareness. Authentic meditation enables one to focus on the present moment. Your time is now!



## DID YOU KNOW?

- Meditation has been scientifically proven to help reduce anxiety, reduce blood pressure, and improve quality of life.
- A mantra is repeated sacred utterance, a numinous sound, a syllable, word, or group of words. An example of a mantra is **"I am strong. I am beautiful. I am enough."**
- The English word *meditation* is derived from the Latin word *meditatio*, from a verb *meditari*, meaning "to think, contemplate, devise, ponder."
- Breathing will relax and temporarily dilate your blood vessels, which lowers blood pressure. When you breath deeply, fresh oxygen pours into every cell in the body, increasing the functionality of every system in the body.



Calm

## WELLNESS TIP

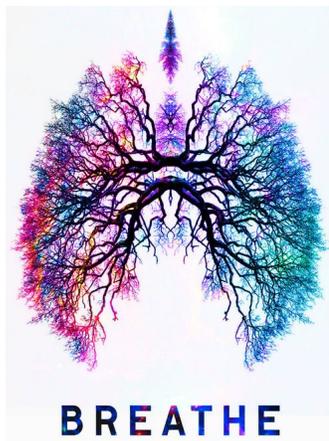
There are over ten types of meditation. A few favorites are: mindfulness, mantra, Zen, and yoga. Try a few to find your favorite!

## Question of the Month

True or False:

**Meditation is a relatively new practice that started in the early 1900s.**

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!



## Breath in, Breath Out

### Sama Vritti or "Equal Breathing"

- 1) Lie or sit comfortably and become aware of your natural breath.
- 2) Inhale through the nose for four counts.
- 3) Exhale through the nose for four counts.
- 4) Slowly increase your inhale and exhale counts.

FGCU at 20



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Educate. Engage. Empower.

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