

Meditation and Relaxation

Meditation and relaxation can help reduce tension and pain and help with energy and balance.



How do I get ready?

Make or find a special, quiet and comfortable space for your meditation and relaxation. It should be a place that is peaceful and healing. Go there with respect and feel how it refreshes you.

Before you start, it can be helpful to do a little stretching, yoga or t'ai chi first. This will release any tension and help focus your attention.

To begin, sit in a comfortable position, with your spine straight and your body relaxed. Your eyes can be gently closed or softly open.

You may notice some strange feelings as you begin to relax. There might be a sense of tingling, mental pictures or sounds. Your body might jerk. This means you are letting go of holding patterns. Let them happen and keep releasing without getting distracted. As your stress drains away, you will feel clearer and better able to deal with daily life.

Find a balance between being too alert and too relaxed. Being too alert can create tension in your mind and body. Being too relaxed can lead to heaviness, dullness and sleep. The goal is for your mind to be alert, your body to be relaxed and for you to feel ready for the next steps.

Stay relaxed, but don't *try* too hard — that only makes it more difficult. Be open to what might happen, and don't judge whether it is good or bad. By opening yourself to meditation, you can become more aware and realize your potential.

What do I do to meditate or relax?

Take a moment to focus on why you are choosing to relax (this is called your intention). When you know your intentions, you can clear a path for them to happen in real life. Think about your intention, and feel as if it is already happening.

Some examples of intentions are:

- To decrease pain?
- To feel more relaxed?
- To get more energy?
- To feel peaceful?

Next, choose something to concentrate on. You can count your breath or say a word like “relax” over and over or another word or sound as you exhale. This is called a mantra.

Be aware of the moments when your attention wanders or fades. If it does, bring your attention back to your breathing and to your main focus.

Start off meditating for 15 to 20 minutes each time. As it gets easier, you can spend more time if you want to.

As you learn how to relax, carry this feeling with you throughout the rest of the day. Remember the positive feelings of clarity, comfort and energy.



What do I do when I am done meditating?

Share the positive thoughts and feelings you got from your meditation with others. This is called your dedication. Send your good feelings of light,

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To Learn More

- Adolescent Medicine
206-987-2028
- Adolescent Medicine
Nursing Line
206-987-2028,
Option 4
- Ask your child's nurse
or doctor
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask
your child's nurse.
- From outside the
hospital, call the
toll-free Family
Interpreting Line
1-866-583-1527.
Tell the interpreter
the name or extension
you need.
- For Deaf and hard of
hearing callers
206-987-2280 (TTY).

warmth and love to family, friends or people you do not know. Picture that each person gets what they need the most.

Hold on to your intention and carry this awareness with you through the rest of the things you do during the day. This is called application. As you go through your day, take a moment to feel the peaceful, comfortable and calm feelings that come from your relaxation.

Have fun! Enjoy your practice. Smile or keep an inner smile during your meditation to keep it from getting too hard or serious.

Websites

- www.drwaynedyer.com
- www.joanborysenko.com/en/mind_body_balance/
- kidshealth.org/teen/

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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