

Name: Reese Garcia
Username: ReeseG37
Email: reeseg37@icloud.com
School: Los Osos High School

Today, I practiced both mindful eating and body scan meditation as ways to reduce stress. I was looking forward to trying these techniques because being a senior in high school can be a much more stressful experience than the laid back last year of school that it's made out to be. College applications on top of massive amounts of homework from AP courses can really put a student down. Luckily, I had this opportunity to test ways I can reduce this stress and anxiety.

- I practiced mindful eating at both lunch and dinner and I came out of this practice with positive thoughts about this technique. Before sitting down and eating, I thought that it would be somewhat difficult for me to successfully finish a meal using mindful eating because I'm so used to squeezing in meals between sleeping and school work. However, as I took my time eating my burrito at lunch and slowly crunching on my thin crust pizza for dinner, I realized that I didn't feel the normal hunger I usually feel after rushing through meals. Being able to mindfully eat gave me the chance to enjoy the small moments I have away from busy work and gave my body the chance to better digest food. Between lunch and dinner, I practiced body scan meditation so that I could lift my spirits before diving into some homework. Before my meditation session, I worried that I might be too easily distracted or my mind could wander too far. This was not the case, however, as I found tracing the sensations in each part of my body very

relaxing. After completing body scan meditation, I felt a sense of relief and knew that I was refreshed and ready to complete some work with a positive attitude.

- Although I value the practice of mindful eating, I have to say that I prefer body scan meditation. I truly treasured the moments I had to close my eyes, find a peaceful place in my mind, and eventually relax all the tension in my body. I also find it fascinating how our brains have the power to solely focus on such an acute area of the body at one time. I believe that body scan meditation can lower my total level of stress and help me improve in cross country, as it can lead to increased pain tolerance.
- Although there were no major external or internal barriers that impeded me from being able to complete these stress-relief techniques, my pets and siblings could have very well prevented me from taking part in these practices. Sometimes, my dogs get very noisy as they bark at any loud noises they hear from outside the house. Meanwhile, my sisters are often busy running around the house trying to get chores done or trying to control my dogs. In the future, I can ask my sisters if they want to join me in a body scan meditation while my dogs play outside, so that I can have an effective mindfulness session.



Reese Garcia @ReesieRunner · Now

Today, I practiced body scan meditation! Not only did I feel a great deal of stress lifted from my shoulders, but my whole body felt completely reenergized. Even small moments of mindfulness prove to be very beneficial for your mind and body. [@TurningGreenOrg](#) [@natracare](#) #PGC2019

