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Practicing mindfulness and meditation may help you manage stress and high blood pressure, sleep better, feel more balanced and connected, and even lower your risk of heart disease.

Meditation and mindfulness are practices — often using breathing, quiet contemplation or sustained focus on something, such as an image, phrase or sound — that help you let go of stress and feel more calm and peaceful. Think of it as a mini-vacation from the stress in your life! [Stress](https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management) is your body’s natural alarm system. It releases a hormone called adrenaline that makes your breathing speed up and your heart rate and [blood pressure](https://www.heart.org/en/health-topics/high-blood-pressure) rise. It kicks us into action, which can be a good thing when we’re faced with a real danger or need to perform, but that “fight or flight” response can take a toll on your body when it goes on too long or is a regular occurrence. Mindfulness meditation provides a method for handling stress in a healthier way.

## Meditation can improve well-being and quality of life.

Recent studies have offered promising results about the impact of meditation in reducing blood pressure. There is also evidence that it can help people manage insomnia, depression and anxiety.

Some research suggests that meditation physically changes the brain and could help:

* increase the ability to process information
* slow the cognitive effects of aging
* reduce inflammation
* support the immune system
* reduce symptoms of menopause
* control the brain’s response to pain
* improve sleep

More research is needed, but it’s clear that meditation’s effects on the body and brain are a no-brainer!

Interested in learning more? Visit [heart.org/bewell](https://www.heart.org/en/healthy-living/healthy-lifestyle) for more tips on how you can continue to Be Well.

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Sample social media posts

Stop Stress in its Tracks

**Images**



Figure 1 - Facebook/Instagram

Figure 2 - Twitter

**Post copy: Facebook/Twitter**

If you’re feeling stressed and out of control, here are some tips to stop stress in its tracks 🡪 <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/tips-to-lower-stress-infographic>

**Post copy: Instagram**

If you’re feeling stressed and out of control, here are 3 tips to stop stress in its tracks: take a short walk, listen to a podcast or music or count to 10 before you speak or act.

**Sample hashtags:**

#stress #stopstress #stressreduction #health #healthy #healthyliving #healthylife #healthmatters #relax #reducestress #stressbuster #americanheartassociation #healthyforgood #ahapugetsound

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