

Method	What is it?	Especially Beneficial	May not be suitable
Breath Focus	Focusing on slow, deep breathing and gently disengaging the mind from distracting thoughts and sensations	If your heart and thoughts are racing.	If you have health problems that make breathing difficult, such as respiratory ailments or heart failure, or if you suffer from anxiety and panic attacks
Body Scan	Focusing on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there	For increasing your awareness of the mind-body connection	If you have had a recent surgery that affects body image or other difficulties with body image
Guided Imagery	Using pleasing mental images to help you relax and focus	When you want to reinforce a positive vision of yourself or a goal you want to reach	If you have intrusive thoughts that make imagery difficult; if you have difficulty with visualizations
Mindfulness Meditation	Breathing deeply while staying in the moment by deliberately focusing on thoughts and sensations that arise during the meditation session	If racing thoughts make other forms of meditation difficult	If you find it too hard to commit the needed time
Yoga, Tai Chi, and Qigong	Three ancient arts that combine rhythmic breathing with a series of postures or flowing movements	At times when your mind is racing; whenever you find it especially hard to settle down and focus; if you wish to enhance flexibility and balance	If you are not normally active or have health problems or a painful or disabling condition that might make these activities difficult; check with your doctor before starting
Repetitive Prayer	Using a short prayer or phrase from a prayer to help enhance breath focus	If religion or spirituality is meaningful to you	If you are not religious