Long hours of remote school and work have left many of us all feeling the effects of the COVID-19 pandemic. In this busy world, it can be hard to focus on your self-care and mental health.

Set an alarm to go off every 20 minutes. When it goes off, look away from the screen and blink as fast as you can for 10-20 seconds. Then, close your eyes for another 10-20 seconds and relax. Repeat, and you’ll feel a little more relaxed and focused.

Blink as fast as you can for 10-20 sec.

That’s it!

Then, close your eyes for another 10-20 sec. and relax.

Now you have a simple and effective solution (one of the EASIEST of all) for reducing dry, red eyes.

The Transcendental Meditation Technique (TM) demonstrates this Upper Body Relaxation Technique. It requires no special equipment and can be done in a Mongolian yurt or a small room.

The Transcendental Meditation (TM) Program is not just about relaxation, it’s about changing the way you think. It’s a non-religious technique that helps you to achieve a deep state of meditation. In this state, you can experience profound relaxation and improved health.

Head/neck tension and pain. Thankfully, the Transcendental Meditation Technique (TM) helps to relieve this tension.

According to a study published in the Journal of the American Medical Association, TM reduces stress and improves health.

LONG WALKS

Research shows that screen time cuts blink rates by 50-75% leading to dry, red eyes.

Time spent outdoors never fails to rejuvenate. DM us on Instagram or send us a photo of your favorite hiking pix from this fall (or pre-COVID days). We can’t wait to see your submissions (DM KHRC@USFCA.EDU). We have reached the final week of the Rec Sports Challenge. Join us as we celebrate the great outdoors and pay an early tribute to National Hiking Day. If you currently live in a place that allows for safe, outdoor activities, send us a photo of your favorite hiking spot. You might be featured in our next newsletter.

The Transcendental Meditation (TM) Program is a complex process, but it can be broken down into simple steps. The first step is to set up your own meditation room. Then, sit in a comfortable position and close your eyes. The second step is to focus on your breathing. This will help you to stay calm.

You did it!

Send us photo submissions to KHRC@USFCA.EDU or email Tam, Lands End, Wa’ahila Ridge? We can’t wait to see your submissions (DM KHRC@USFCA.EDU). We have reached the final week of the Rec Sports Challenge. Join us as we celebrate the great outdoors and pay an early tribute to National Hiking Day. If you currently live in a place that allows for safe, outdoor activities, send us a photo of your favorite hiking spot. You might be featured in our next newsletter.

Join Coach Sky for this workout focused on training your brain.

0:00

You need to do this now! The Transcendental Meditation Technique (TM) helps to reduce stress and improve health.

Train Your Brain

The Transcendental Meditation Technique (TM) helps to reduce stress and improve health.

That’s it! While meditation is a complex process, it can be broken down into simple steps. The first step is to set up your own meditation room. Then, sit in a comfortable position and close your eyes. The second step is to focus on your breathing. This will help you to stay calm.

When it goes off, look away from the screen and blink as fast as you can for 10-20 seconds. Then, close your eyes for another 10-20 seconds and relax.

Blink as fast as you can for 10-20 sec.

That’s it!

Then, close your eyes for another 10-20 sec. and relax.

Now you have a simple and effective solution (one of the EASIEST of all) for reducing dry, red eyes.

The Transcendental Meditation Technique (TM) demonstrates this Upper Body Relaxation Technique. It requires no special equipment and can be done in a Mongolian yurt or a small room.

Head/neck tension and pain. Thankfully, the Transcendental Meditation Technique (TM) helps to relieve this tension.

According to a study published in the Journal of the American Medical Association, TM reduces stress and improves health.