



## What Is Stress?

Stress is a natural human response to demanding pressures or situations, causing bodily or mental tension that might affect everyday life.

More than this, stress is something we all face. Yet that stress does not need to control our lives.

This guide gives healthy ways to combat and manage it, helping you flip a new page for your life.

# About

## OUR TRANQUILITY GARDEN

In the summer of 2023, Our Tranquility Garden started as Morgan Palchick's Girl Scout Gold Award. The garden and materials all address one main issue: stress.

Through these resources, we hope you find ways to manage your stress and start living life just a bit fuller.

### Our Partner: Christ Presbyterian Church

#### Address

12419 Chillicothe Road  
Chesterland, OH 44026

#### Phone

440-729-1688

#### Email

[office@christpcusa.org](mailto:office@christpcusa.org)

*Our Tranquility Garden*

MANAGING  
STRESS:  
Enjoying  
Music and  
Recentering  
through  
Meditation



## Enjoying Music

Known to stimulate various areas of the brain, music is a great mood booster that can relax you during the onset of stress. Its vibrations can lower your stress levels and improve your well-being, combating stress in multiple ways.

Countless genres of music can help mitigate the effects of stress. Your favorite songs can uplift, relax, or even inspire you. So grab your favorite tunes! Music could be just what you need to reduce stress.



## Recentering through Meditation

Amidst the chaos of life, take a moment, and breathe.

Mediation can be as simple as that: focusing on your breath. To meditate, you must learn to be still, at rest. As you physically relax, you also help your mind unwind by letting your thoughts flow past, not dwelling on them more than a fleeting glance.

This practice grounds you in the present, helping separate yourself from your anxiety. Looking for a group to practice with? Check out CPC's meditation group (email on back)!

## INCORPORATING INTO Our Lives

### Music

As music pairs with many activities, you can easily incorporate it into daily routines as background noise. Monotonous jobs like chores or more stressful moments like paying bills are all great moments to add music into.

Try adding a song to your next meal time. Just focus on the food in front of you and the music in your ear, letting your stress dim in the background.

### Meditation

Mantras are an easy step unto meditation. Pick a short word or phrase and repeat it internally. Let go of your thoughts, of your ideas, of your imaginations they float by. Just say the mantra and listen to it.

*Mantras:*

Maranatha (Aramaic for "Come, Lord")  
I am enough

