

# Meditate to Alleviate COVID-19 Stress and Anxiety: A Primer



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The COVID-19 pandemic has had a profound impact on American society and our relationships with mental health. Research indicates that the current pandemic environment has caused a [surge in depression](#) and anxiety across the board. We continue to search for ways to help destress and relinquish some of the anxieties we are holding so hard to. One way we can push ourselves toward a more balanced relationship with our minds is to try meditation.

Why meditate? How can meditation help you balance the negative emotional impacts of the past year-long pandemic? [Reach4Hope](#) invites you to take a look at how some of the most important benefits of meditation are especially cogent in light of COVID-19, and see how we can start our own meditation practice to gain these benefits.

## Melt that tension away

There is scientific evidence that meditation can help [reduce stress](#) and decrease anxiety levels. It can also improve your relationship with your body enough to help you sleep better, experts say. The COVID-19 pandemic has wreaked havoc on our psyches, and sitting down to meditate and intentionally calm yourself can be a powerful tool to regain some mental stability.

## Getting started: Mark your territory

The first thing you need to do when creating your meditation routine is to set aside part of your home for this sacred practice. It doesn't have to be an entire room — a pillow or blanket that you only use for this purpose, or just a corner of your bedroom, can serve this purpose just as well. It just needs to be a comfortable, quiet spot that embraces calmness and influences how you feel about your surroundings. You can [utilize minimalism](#) to create that kind of feeling; make sure your spot is away from the hubbub of your regular life, so you can signify to your mind that when you enter this space, it is time to be calm.

## Contact a professional

If you need help getting started with your meditation practice, booking several sessions with a [freelance wellness professional](#) (online, of course) can be incredibly helpful. These folks can help you create your space, if you're having trouble, and help you designate a spot that will help you get started with your meditation practice. These kinds of spiritual and holistic teachers can also help you incorporate other wellness practices into your everyday life, which in turn will have a positive impact on your psyche.

## Add some exercise

Believe it or not, you can bring your meditation and mindfulness to your exercise routine. And if you don't have an exercise routine, now is the perfect time to start one. Exercise is proven to [reduce stress](#) and anxiety, and your mindfulness can help [help you focus](#) on your workouts, which can increase its effectiveness on both your mind and body. You don't have to go all out — join a gym or purchase some affordable home equipment. You can even find workout videos online that you can watch on your smartphone (you may need something to [hold your phone](#) and a good set of headphones or earbuds to make the most of this approach).

However, just like meditation, it will take some time to get in the rhythm of your exercise routine. For some people, it will be difficult getting started, but don't give up — focus on refining your routine so you can find workouts you truly enjoy.

## Take a deep breath — and exhale

Meditation is a great way to enhance your relationship with your inner self, and creating your own practice should be a deeply intimate, private thing. This is your physical space, and it is your mind space as well. The effects of COVID-19 will be far-reaching, but at least you can face the future with a strong mind and heart.