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### Well-being and Relaxation

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Well-being and Relaxation

Belmont University

## **Abstract**

Achieving balance in one's lifestyle and health is essential to maximizing human potential and flourishing. This sort of 'equilibrium' is the focus of ongoing debates regarding general health and wellbeing. However, it is generally understood that this balance is a state of complete physical, psychological, and social well-being (Straub, 2022). The research on intuitive health developed throughout the years indicates that one of the key components affecting well-being is relaxation (Keiber, 2000). There are many theorized methods to promote relaxation; among them, meditation is a common technique that has shown to decrease stress and physiological arousal (Rausch, 2006). Unfortunately, despite its effectiveness in promoting relaxation, finding the time to decompress and meditate is something many people find challenging; this inability to slow down can be a consequence of a wide range of everyday variables, such as work hours, general life stressors, social media usage, caffeine intake and exercise. In light of the importance of this underutilized practice, the present study examined the various components of well-being and their respective relationships to relaxation through a short meditation. The primary purpose of this investigation was to examine the relationship between wellbeing and relaxation in college students. In addition, this study investigated the impact of stress, caffeine, social media usage, work, exercise, and sleep on wellbeing and relaxation. It is hypothesized that individuals with self-reported high levels of wellbeing will demonstrate the highest levels of calmness as measured by a MUSE headset. Fifty undergraduate students from Belmont University were recruited from general psychology classes and volunteered for the study. All participants completed a wellbeing assessment and an 11 minute meditation session. The results are currently being processed.

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