I have chosen to do meditation to reduce stress as I have found that is allows you to relax with little effort. The reason I think meditation is so effective is it allows you to take 15mins to yourself where you can let go of everything and just focus on relaxing this process does not require you to work and only takes 15 minutes which even in todays life style is easy to do.

step by step

Close your eyes. Notice your breathing. Is it fast? Is it slow?

 Put your hand on your stomach. Notice how your stomach goes in when you breathe in, and out when you breathe out.

 Take a long, deep breath in through your nose, and breathe out through your mouth, fully and completely. Breathe like this a couple more times.

 Now imagine your body. Notice parts that are hurt, or are tight or tense. Notice parts that feel comfortable and loose.

 Use your breath. When you find a part of your body that is tight or hurts, send your breath there. Breathe out. Your breath can make that part of your body relaxed, loose, soft.

Feel your head, your face, your shoulders, your back, your arms, your hands.

Notice your stomach, your legs, your knees, your feet.

 Notice the sounds in the room. The people moving, the building. Not thinking, just noticing and listening. Breathe slowly and easily, in and out.

 Feel the chair under you where your body touches it. Feel your muscles relax as you breathe. Keep watching your breathing in and out, easy and peaceful.

 When you are ready, take a long, slow, deep breath in. Then breathe out completely and gently open your eyes.

You are done this was a simple meditation and was designed to reduce your stress levels by letting go of everything and relax.