

Name _____

Is Meditation Like Taking a Nap or Sleeping?

Open-Ended Response Questions

1. Share a personal experience when you used meditation to alleviate mental fatigue or stress. Describe how the practice helped you feel more centered and mindful.
2. Imagine you have a busy day with lots of tasks, but you're feeling tired. Discuss whether you would choose meditation, a short nap, or both to recharge and explain your reasoning.
3. Reflect on the importance of sleep for overall well-being. Discuss the benefits of a good night's sleep and how it contributes to physical and mental health.
4. Compare and contrast the impact of a 10-minute meditation session, a 20-minute nap, and a full night's sleep on your alertness and overall well-being. Discuss how each option might affect your day.

