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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width,
initial-scale=1.0">
  <meta http-equiv="X-UA-Compatible" content="ie=edge">
  <title>Meditation and Stress-Free Life</title>
  <link rel="stylesheet" href="style.css">
</head>
<body>
  <header>
    <h1>Meditation and Stress-Free Life</h1>
    <nav>
      <ul>
        <li><a href="#">Home</a></li>
        <li><a href="#introduction">Introduction</a></li>
        <li><a href="#meditation">Meditation</a></li>
        <li><a href="#tips">Tips for a Stress-Free
Life</a></li>
        <li><a href="#questionnaire">Questionnaire</
a></li>
      </ul>
    </nav>
  </header>
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    <section id="introduction">
      <div class="image-container">
        
        <div class="image-text">
          <h2>Introduction</h2>
          <p>Welcome to my page dedicated to meditation
and living a stress-free life. Here, you'll learn how
meditation can improve your life quality and help you manage
stress effectively.</p>
        </div>
      </div>
    </section>
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    <section id="meditation">
      <h2>What is Meditation?</h2>
      
      <p>Meditation is a technique focused on calming the
mind, improving concentration, and achieving inner peace. It
helps reduce stress and enhances both mental and physical
health.</p>
      <div class="tips-container">
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<div class="tip-box">
  <h3>Establish a Routine</h3>
  <p>Commit to a daily time and place that
supports calmness and focus. Early morning or evening can be
ideal times to meditate, as these are typically quieter and
can help you start or wind down your day with peace.</p>
</div>
<div class="tip-box">
  <h3>Create a Dedicated Space</h3>
  <p>Set up a specific area in your home for
meditation, free from clutter and distractions. This space
should be clutter-free and quiet, possibly decorated with
items that promote serenity, such as candles, a yoga mat,
comfortable cushions, or soothing artwork.</p>
</div>
<div class="tip-box">
  <h3>Start with Short Sessions</h3>
  <p>If you're new to meditation, begin with 5
to 10-minute sessions. As you get more comfortable with the
process, gradually increase the duration. This helps build a
sustainable habit without feeling overwhelmed.</p>
</div>
<div class="tip-box">
  <h3>Focus on Your Breath</h3>
  <p>Concentrate on your breathing as a way to
anchor your mind. Pay attention to the sensation of air
entering and leaving your nostrils, or the rise and fall of
your chest. This focus will help you anchor the mind and keep
it from wandering.</p>
</div>
<div class="tip-box">
  <h3>Embrace Silence</h3>
  <p>While guided meditations are helpful, also
try to practice in silence. This allows you to listen to and
reconnect with your inner self more deeply. Silence can be
very revealing and healing.</p>
</div>
<div class="tip-box">
  <h3>Mindful Body Scanning</h3>
  <p>Start at the top of your head and move down
through your body. Pay attention to each part, noticing any
discomfort, tension, or relaxation without judgment. This
helps connect your physical and mental awareness.</p>
</div>
<div class="tip-box">
  <h3>Use a Meditation App</h3>
  <p>There are many great apps available that
offer guided meditations for different goals (like stress
reduction, gratitude, or sleep) which can be very helpful,
especially for beginners looking to find a structure to
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follow.</p>
    </div>
    <div class="tip-box">
        <h3>Practice Gratitude</h3>
        <p>Spend a few minutes during or after your
meditation to think about what you're grateful for. This can
shift your mindset positively and increase feelings of well-
being.</p>
    </div>
    <div class="tip-box">
        <h3>Be Patient with Yourself</h3>
        <p>Meditation is a skill that requires
practice. If you find your mind wandering, gently bring it
back to your breath or guide. Do not get discouraged—
distraction is natural, and the act of recognizing it and
returning to focus is the practice of meditation.</p>
    </div>
    <div class="tip-box">
        <h3>Keep a Meditation Journal</h3>
        <p>After each session, spend a few minutes
writing about your experience. This can help you track your
progress, understand your challenges, and notice the benefits
developing over time.</p>
    </div>
</div>
</section>

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<section id="tips">
    <h2>Tips for a Stress-Free Life</h2>
    <ul>
        <li>Try regular meditation or breathing
exercises.</li>
        <li>Make time for rest and relaxation.</li>
        <li>Work on improving your organization and time
management skills.</li>
        <li>Stay active and take care of your body.</li>
    </ul>
</section>

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<section id="questionnaire">
    <h2>Stress Questionnaire</h2>
    <form>
        <label for="stressLevel">How would you rate your
current stress level?</label><br>
        <input type="range" id="stressLevel"
name="stressLevel" min="1" max="10"><br>

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        <label for="workStress">Do you feel that your
stress is related to work?</label><br>
        <input type="radio" id="workStressYes"

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name="workStress" value="yes">
    <label for="workStressYes">Yes</label><br>
    <input type="radio" id="workStressNo"
name="workStress" value="no">
    <label for="workStressNo">No</label><br>
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    <label for="relaxation">How often do you take time
to relax?</label><br>
    <select id="relaxation" name="relaxation">
        <option value="daily">Daily</option>
        <option value="weekly">Weekly</option>
        <option value="rarely">Rarely</option>
    </select><br>
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        <input type="submit" value="Submit">
    </form>
</section>
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    <footer>
        <p>&copy; 2024 Meditation and Stress-Free Life</p>
        <p>Ivan Kimpl | Email: <a
href="mailto:ivan.kimpl@gmail.com">ivan.kimpl@gmail.com</a></
p>
    </footer>
</body>
</html>
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