

## Social Conceptualization Exercise

# Whole Step Meditation (W.S.M.)

*“Whole Step Meditation”* is an application that enforces the importance of all & every day stress relief. WSM covers physical, mental and brain training exercises for people who have a hard time when things become unplan, abnormal, and stressed. This is the natural stress reliever for better health.

### **Problem Statements:**

- Identify how a person should react to rejection.
- Identify the amount of concentration that can be beneficial through in-app group games.
- Describe how important positive self-talk can lead to great outcomes.
- Identify how taking five to ten minutes out of the day to breathe and perform small activities can boost someone's physically and mentally energy.