Average heart rates (beats per minute) are displayed in Table 1 for each of the five relaxation techniques. The repeated measures analysis of variance was significant, *F*(4, 76) = 235.53, *p* < .001, *η2* = 0.924. Follow-up t-tests at the .0125 significance level revealed significantly fewer heartbeats for Meditation vs. Baseline, Comedy vs. Baseline, Nature vs. Baseline, and Music vs. Baseline.

*TABLE 1  
Heartbeats per minute across relaxation technique*

Baseline Meditation Comedy Nature Music

*M* 84.90 73.65 78.65 74.65 77.70

*SD* 7.51 7.02 7.04 7.00 7.42