

A BEGINNERS GUIDE TO MEDITATION

WHAT ARE THE BENEFITS OF MEDITATION?

- Reduces negative emotions
- Enhances self-awareness
- Builds skills to better manage stress
- Helps to reduce anxiety
- Lengthens the attention span



GET COMFORTABLE AND PREPARE TO SIT STILL

Find a calm and comfortable place and close your eyes. Simply focus your attention on your natural breath, trying not to control its pace or intensity.



FOCUS ON YOUR BREATH

Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly.

FOLLOW YOUR BREATH FOR 2 MINUTES

Continue to inhale and expand your belly, then exhale slowly lengthening the out-breath as your belly contracts. If your mind wanders, be kind, and simply bring your attention back to the breath.



Take a moment to reflect: Did you notice any thoughts or feelings that kept coming up?

We all tend to focus on the past or the future, making it hard to stay in the moment. Your mind will wander and that's OK! When this happens, simply notice what it is you were thinking about, take a moment and then gently return your attention to the breath. Regularly practicing meditation helps us learn to try to let go of any thoughts that cause stress or anxiety.