

Mindfulness Meditation

Benefits of Meditation

- Lowers blood pressure
- Relaxes the nervous system
- Decreases muscle tension
- Relieves insomnia
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence, and motivation
- Improves immune function
- Enhances cognitive function

Begin by setting a timer so that you don't have to track the time | Sit in a chair or on a cushion on the floor | Straighten your back | Relax into this position with a few deep breaths | Inhale and exhale, allowing the body and mind to settle into the present moment | Notice areas of your body that are experiencing tension, but do not try to force or fix anything | Focus on your breath or a simple word/phrase | Inevitably, your mind will wander | As it does, gently bring it back to your breath or the word/phrase you are focusing on | Your mind may wander many times; each time, be aware of it drifting, and without judgement, gently connect it again to your anchor (breath, word, or phrase) | Once the timer sounds, slowly open your eyes and look around before you get up | As you get up and go on with your day, try to bring the same spirit of awareness with you into the activities of your day.

Tips

- Set the Bar Low: start with only 5 minutes each day. Aim to build up to 20 minutes every day.
- Schedule It: integrate it into your already established routine. For example, before your morning coffee or on your bus ride home.
- Celebrate Your Success: there is no 'right' way to meditate; if you tried for 5 minutes, it was a success.
- Struggling? Try meditating first thing in the morning, before checking your phone or eating.

Tech savvy?

Try out these Mindfulness websites.

- [HeadSpace.com](https://www.headspace.com)
- [Calm.com](https://www.calm.com)
- [TaraBrach.com](https://www.tara-brach.com)

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