

Meditation Tips

- 🌿 Try to meditate each day, even if it is for a brief period of time. Early morning is often recommended as it sets the tone for the day and it decreases the likelihood of something getting in the way.
- 🌿 You might start with three minutes and gradually increase your time. Research shows that 12 minutes of meditation a day yields benefits like increasing attention, focus, creativity, calm, resilience, and compassion.
- 🌿 It can be helpful to utilize the same place to meditate although you can meditate on public transportation, in parks, at your desk, or in a parked car.
- 🌿 Experiment with different positions to meditate. You can sit in a chair, sit on the floor, or lie down. Find a position that encourages ease, stability, and alertness. If sitting, sit in a way that allows the spine to be long.
- 🌿 It can be helpful to choose an anchor (a focus) to steady the mind. Anchors might include: the breath, physical sensations as they arise in the body (e.g, tingling in the hands), listening to sounds, coordinating moving and breathing, a mantra, an image.
- 🌿 It is natural and common for the mind to drift off into thoughts. When you notice this has occurred, patiently and gently guide your attention back to your anchor. You can always begin again.
- 🌿 You can not meditate wrong. The act of sitting with yourself is a gesture of self love.
- 🌿 If your physical position is uncomfortable and distracting you, you can mindfully shift your position. You don't have to "tough it out."