

# How to Meditate



## General Guidelines:

1. *Practice makes perfect.* Understand that meditation is a skill to be learned; it will take time to master it
2. *Set aside some time with no distractions.* It can be as little as 5-10 minutes
3. Sit in a *comfortable* position
4. *Focus on how your body feels* as you sit and begin to quiet your mind
5. *Pick something to focus your attention on.* For example, focus on your breath, the sound of relaxing music, or a calming image
6. *Don't be surprised or frustrated if your mind strays.* Instead, bring your attention back to what you were focusing on
7. *End your meditation slowly.* Take a few minutes to gradually bring yourself back to the present moment
8. *Make it a habit:* same time each day
10. *Practice makes perfect.* Understand that meditation is a skill to be learned; it will take time to master it

## Benefits of Meditation:

- Reduces stress
- Relieves pain and tension
- Decreases anxiety
- Improves memory
- Gain clarity and peace of mind
- Improves sleep

