

How to Meditate



General Guidelines:

- Set aside some time with no distractions each day. It can be as little as 10-20 minutes, once or twice a day
- Make it a habit (same time each day)
 - Sit in a comfortable position
- Focus on how your body feels as you sit and begin to quiet your mind
- Pick something to focus your attention on. For example, focus on your breath the sound of relaxing music, or a calming image
- Don't be surprised or frustrated if your mind strays. Recognize and accept that you are having a thought and let it go. Bring your attention back to what you were focusing on
- End your meditation slowly. Take a few minutes to gradually bring yourself back to the present moment



General Tips:

- **Be patient!** At first, it can be really difficult to quiet your mind and prevent intrusive thoughts from entering your experience
- **Trust** that your mind is a powerful machine that you have control over
- **Practice makes perfect.** Understand that meditation is a skill to be learned; it will take time to master it

