

MEGAN WOODS, LMHC, LCPC

10 BEST PRACTICES FOR MEDITATION



RAISE YOUR VIBRATIONS

CATCH A VIBE!

@therealmeganwoods

Start Small



Even 3-5 minutes a day is better than trying to meditate for 30 minutes and giving up.
Consistency beats duration.

Create A Safe Space



Find a quiet corner, a chair, a cushion, or even your bed — somewhere you feel supported. Small environmental cues signal your nervous system that it's safe to slow down.

Set a Gentle Intention



Before you begin,
remind yourself why
you're meditating.

Example: "I am here
to rest my mind," or "I
am grounding in my
body."

Focus on the Breath



Your breath is an anchor. Inhale slowly, exhale longer, and notice the subtle rise and fall of your chest or belly. If your mind wanders, gently return to your breath.

Use Guided Meditations



Especially for
beginners, guided
meditations provide
structure and reduce
the pressure of “doing it
right.” Even 5–10
minutes can reset your
nervous system.

Notice Without Judging



Thoughts will come.

Feelings will arise.

Name them briefly and
return to your anchor.

Meditation isn't about
stopping your mind—it's
about observing it with
curiosity.

Include Somatic Awareness



Check in with your body:
your shoulders, jaw, chest,
or hands. Meditation that
includes body awareness
strengthens self-regulation
and grounding.

Consistency Over Perfection



Missing a day doesn't mean failure. Even irregular practice builds skills over time. Just return to your practice tomorrow.

Use a Timer



Set a timer so you don't keep checking the clock. Start with 5 minutes and gradually increase. Your mind can relax fully when it knows you have a set duration.

End With Gratitude or Grounding



After meditation, take a moment to notice your body, express gratitude, or stretch gently. Anchor your practice to your daily life for lasting benefits.