



Meditation for Beginners

FAQS

1. What if I have thoughts?

You are going to be having thoughts. That is normal. In meditation, it allows you to notice your thoughts. You can become the thought watcher.

2. What if I need to move?

Move. Make yourself comfortable.

3. What if I have a scratch to itch?

Scratch your itch. It's ok.

4. Do I need to close my eyes?

It is up to you. Eyes closed or a soft gaze is preferred to get grounded.

5. What if I am a bad meditator?

There is no such thing. Just be nice to yourself for showing up. The intention is in building a practice. Just like anything else.

6. What if I hate this?

That's ok, too. There are many forms of meditation to try. Also, there are many other things you can do that are just as good as meditation. Yoga, exercise, walks, hike or getting into "flow state."

Meditation for beginners:

<https://www.mindful.org/how-to-meditate/>

1) Take a seat

Find a place to sit that feels calm and quiet to you.

2) Set a time limit

If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

3) Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while. (you can lay down as well - NJ)

4) Feel your breath

Nicole Johnson, BSN, RN, CCRN, CEP

nicole@unwoundretreats.com

www.unwoundretreats.com

IG - @unwoundretreatsfornurses



Follow the sensation of your breath as it goes in and as it goes out. (use your breath as an “anchor”)

5) Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes— simply return your attention to the breath.

6) Be kind to your wandering mind

Don’t judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

7) Close with kindness

When you’re ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

That’s it! That’s the practice. You focus your attention, your mind wanders, you bring it back, and you try to do it as kindly as possible (as many times as you need to).

Meditation - making it a habit:

- **Put meditation reminders around you.** If you intend to do some yoga or to meditate, put your yoga mat or your meditation cushion in the middle of your floor so you can’t miss it as you walk by.
- **Refresh your reminders regularly.** Say you decide to use sticky notes to remind yourself of a new intention. That might work for about a week, but then your autopilot brain and old habits take over again. Try writing new notes to yourself; add variety or make them funny. That way they’ll stick with you longer.
- **Create new patterns.** You could try a series of “If this, then that” messages to create easy reminders to shift into the intentional brain. For instance, you might come up with, “If office door, then deep breath,” as a way to shift into mindfulness as you are about to start your workday. Or, “If phone rings, take a breath before answering.” Each intentional action to shift into mindfulness will strengthen your intentional brain.

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- **Stack your habits** – maybe meditate after you get out of the shower or before you check your phone. Meditate before or after a well developed habit. Make it easy (NJ)

Apps: Insight Timer, Calm, Headspace, Stop Think & Breathe

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