

To reduce stress and calm down



6 TIPS TO HELP YOU START MEDITATING



1

BREATH

Don't try to "calm your mind". Instead appreciate the sensations of your breath. When your mind starts wandering away into thoughts, just recognise the thought. Then return to focus on your breath.

2

EMOTIONS

Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress by focusing on something that calms you.




Focusing on your breath will help you to shift your focus away from stressful thoughts and into the present moment.



3


Arms/hands

Relax your shoulders and arms, letting your hands rest on your thighs or place one hand on the other in your lap.




4

Legs/feet




If sitting in a chair, place your feet flat on the floor and keep your spine straight. If you're sitting cross-legged on a cushion make sure your knees are below your hips. You may need an extra cushion.



5


Eyes

If you want the experience to be more body-based, close your eyes. If you want to feel more anchored in the space you're in keep them open.








6

Time



Meditation isn't about for how long; it's about frequency. Start with 5 to 10 minutes a day and increase over time.



Keep practicing and over time it will become easier and longer. Remember you can't run a marathon with no training.