

MANAGE MY EMOTIONS: MEDITATION

Use this cheat sheet to start practicing meditation.

BASIC STEPS

- ☐ Sit in a comfortable position with eyes closed.
- ☐ Move around until you feel comfortable, then settle into a position with the intention of remaining still.
- ☐ Choose a point of focus, like your breathing, a candle, or a word.
 - Using a word can quiet the mental chatter and distractions (Om, calm, etc.).
 - Using the breath allows the mind to be still as your meditation deepens.
 - Using a candle is useful for visual people, but having your eyes open may reduce concentration.
- ☐ Repeat the word or focus your attention on your breath for the desired length of time.
 - (You may begin with 5-10 minutes and slowly increase to 20-30 minutes twice a day)
- ☐ When (not if) you recognize that you are thinking, gently return your attention to your point of focus (word/breath/candle).
- ☐ As you do so, your body will naturally begin to relax without effort, and the thoughts will start to settle just like a snow globe settles.
- ☐ When finished, *slowly* release your attention and *slowly* move back into the room.
- ☐ Bring this “settled” feeling with you into your day.

THREE THINGS TO EXPECT

- ☐ You will fall asleep,
- ☐ Distracting thoughts will enter your head or
- ☐ You will “slip into the gap (the mental pause between thoughts).” In this case, for a moment (or increasing times as your concentration improves), you will be sitting without any thought.

TROUBLESHOOTING

- ☐ If you fell asleep, you were probably tired, so accept it and return to your practice the next time. When distracting thoughts happen, such as an itch, gently and effortlessly maintain your attention to your point of focus. If you must scratch the itch, do so without judging yourself for doing so.
- ☐ When hundreds of other thoughts come racing into your mind, gently and nonjudgmentally return to your point of focus (again and again). This practice of refocusing will help to develop patience with yourself as your concentration slowly improves.
- ☐ As long as you are sitting and gently returning your mind to your point of focus when it wanders, you are doing great.

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What I Wish I'd Learned in School
about Anger, Fear and Love



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