

GUIDED MEDITATION for BEGINNERS

- 1) **Find 10-15 minutes of time.** Place yourself in a space that is comfortable and when/where you are least likely to be interrupted. Try to choose a time that you can use consistently.
- 2) **Sit comfortably.**
- 3) **Pick a point of focus.**
- 4) **Recognize when your mind wanders and do not judge/criticize it. Return to your breath or the words.**
- 5) **Accept that frustration is NORMAL.** When starting out, your goal is to build a tolerance for sitting still and focusing on the task.
- 6) **Make it part of your routine.** Choosing the right time that will fit for you on a regular basis is key. You are trying to build a new habit that is as essential as brushing your teeth.
- 7) **Choose a source that fits for your brain.** Find a voice, music, messages that are all appealing to your ear. If your choice includes positive affirmations, that is a bonus.
- 8) **RELAX and enjoy the next 10-15 mins. Remember that you are doing an excellent exercise for your brain.**

****Remember that this process is HARD. It will take several weeks of doing this before you feel comfortable and even longer before you notice you are able to stay focused on the task of slowing your thoughts. After a period of time, you should notice an increased ease in this process along with positive effects****

SOURCES OF GUIDED MEDITATION

APPS for your phone: Calm, Mindfulness Meditation, Headspace, Sleep, Breethe, MindShift, Daylio, Medito, Breeze, Chopra, Smiling Mind, Finch, Happy Not Perfect, Hugn

Many of these apps offer features to rate your mood/anxiety, ways and suggestions to add wellness practices to your day and a place for journal entries. Decide what will work best for you.

Free Streaming Sources = YouTube and Spotify. If choosing one of these, search “15 minute guided meditation” and spend some time looking/listening to a few minutes of them to decide what you like. Save the ones you like for easy access.

Also check out www.chopra.com - Deepak Chopra is a wellness Guru and has many great sources of information online.