

Top Tips for Meditation

Meditation is a practice in which an individual uses a technique, such as mindfulness, or focusing the mind on a particular object, thought or activity to train attention and awareness. This will help achieve a mentally clear and emotionally calm and stable state. Mindfulness meditation has many health benefits including self-control, improved concentration, mental clarity and emotional intelligence.

Turn over for some top tips for getting started with mindfulness.



Getting Started with Mindfulness Meditation

Choose the right place and time.

Sit or lie in a comfortable position.

Follow a guided meditation, sit in silence or listen to relaxing music – whatever works for you.

Take time to check in with your body, can you feel any anxiety or stress present in your body

Follow your breath, breathe naturally (say in your mind, 'I'm breathing in, I'm breathing out').

Follow the rise and fall of your belly.

Don't worry if you lose focus, just begin again – it's ok for your mind to wander.

Don't be too hard on yourself or judge yourself – meditation is hard but will become easier over time

Make time for yourself.

Enjoy being quiet.

Some benefits of meditation

- Gaining new perspective
- Focusing on the present
- Building skills to manage and reduce stress
- Lowering resting heart rate
- Improving sleep quality
- Reducing negative emotions
- Your immune function improves
- You use oxygen more efficiently
- Provides a sense of calm and balance

Apps which may help your practice

- Calm: Sleep & Meditation
- Headspace: Mindful Meditation
- The Tapping Solution
- Mindfulness