



Start Meditating!

The concept of meditation is about training your awareness and gaining a healthy sense of perspective. You learn to observe your thoughts without judgement and even better understand them as they pass by. Whether it's by reducing stress, improving sleep, increasing focus, or improving relationships, research shows meditation works. Try these three steps today and start meditating!

MEDITATION IN 3 STEPS

1. SIT COMFORTABLY AND FOCUS ON 1 THING (E.G. THE SENSATIONS OF YOUR BREATH)

BREATHE IN *BREATHE OUT*



2. NOTICE WHEN YOUR MIND WANDERS

BREATHE IN *BRE... "I WONDER WHAT SHE WAS THINKING WHEN I GAVE THAT PRESENTATION. I THINK IT WENT WELL. BUT THEN THERE WAS THAT ONE COMMENT AT ...*REALIZES* THINKING"



3. BRING YOURSELF BACK TO THE POINT OF FOCUS

BREATHE IN *BREATHE OUT*

