

# Relax using meditation



## What is meditation?

Meditation is the act of using different methods to calm your mind and focus your thoughts.

You do not have to enter a blissful state or an absence of thought.

## Types of meditation

Mindfulness, breathing exercises, guided imagery, saying a mantra, positive affirmation, progressive relaxation, walking meditation, yoga, and tai chi are examples of different types of meditation.

## How do I meditate?

- Choose a safe, quiet, comfortable space. Close your eyes or soften your gaze.
- Give yourself permission to be present in moment. Stay in the present moment as long comfortable for you.
- Do not think of what you were doing or what you have to do next.
- Be aware of how your body feels today. Notice the temperature and noise around you.
- Focus on how your chest rises and falls with each breath. Feel the air moving in and out of your nostrils. Feel your heart beating in your chest.

Be  
present in  
the  
moment.

## How do I meditate? (Continued)

- If you find that your mind starts to wander, gently bring yourself back to the present moment. If thoughts come in your head, acknowledge them and let them go.
- If emotions or memories come to the surface that make you uncomfortable, shift your focus to something around you, or bring your attention back to your breath. If the emotion is too powerful to deal with, take a break.
- When starting it may be easier to set a timer for 5-10 minutes. The more you practice, the easier it will become for you to relax.
- Try to set a time to meditate at a regular time each day.

## Common worries when starting meditation

### **I don't have the time.**

You only need minutes to start with. Begin to make it part of your morning or bedtime routine.

### **My mind wanders and I have a hard time focusing.**

Your mind is meant to wander. Try to gently bring yourself back to the present moment. With practice you will get better.

### **I'm bored. I feel restless.**


You are used to being busy. It is hard to allow yourself to rest and just be present in this moment. Try to focus on your breathing.

### **I keep falling asleep.**

Your body is trying to rest. If this happens often, try to focus on the rise and fall of your chest as you breathe.

### **I am not doing it right.**

There is no one "right" way to meditate. Remind yourself that this takes practice.



Meditation  
takes  
practice.