

DISCOVER | MEDITATION

Supplies:

- Mat, towel, or blanket

Meditation is a uniquely personal experience, with the purpose of helping channel self-awareness in a positive direction. To meditate is to turn inward and concentrate on your inner self. Our society is turning to it more and more as a way to escape some of the stress of our busy world.



To meditate, you must get away (even just briefly) from the rest of the world. Turn off your technology (cell phone, computer, music, etc.) to minimize interruptions. Weather permitting, meditating outdoors can also be effective as long as you have a peaceful spot. Try to ensure your meditation spot is a comfortable temperature: not too hot and not too cold. Likewise, wear loose, comfortable clothing.

You do not have to sit cross-legged, although that is the typical posture for meditation. The key is to find a way to sit so that you are comfortable and do not have to shift or wiggle around. Sit on your mat or towel. You can also sit on a chair.

What do you think about? To start with, simply concentrate on your breathing—if you find your mind racing, you can count with your breaths, one on the inhale and one on the exhale. Breathe in through the nose and out through your mouth.

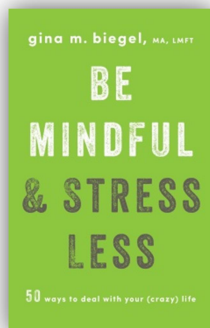
When you feel relaxed, this is the time to begin self-reflection. Listen to your inner mind. Watch your thoughts come and go. Do not try to direct them, just observe them and try not to get caught up in any one thought. If this happens, concentrate anew on your breathing.

A good beginning length of time for meditation is 15–20 minutes. When you are done with your meditation, be sure to get up slowly and with calm and gentle movements.

Dig deeper: there are loads of free online resources and eBooks to help you expand your meditation practice.

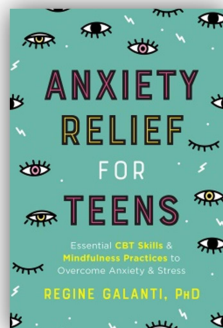
Be Mindful and Stress Less

By Gina M. Biegel, MA, MHFT



Anxiety Relief for Teens

By Regine Galanti, PhD



Stuff That Sucks

By Ben Sedley

