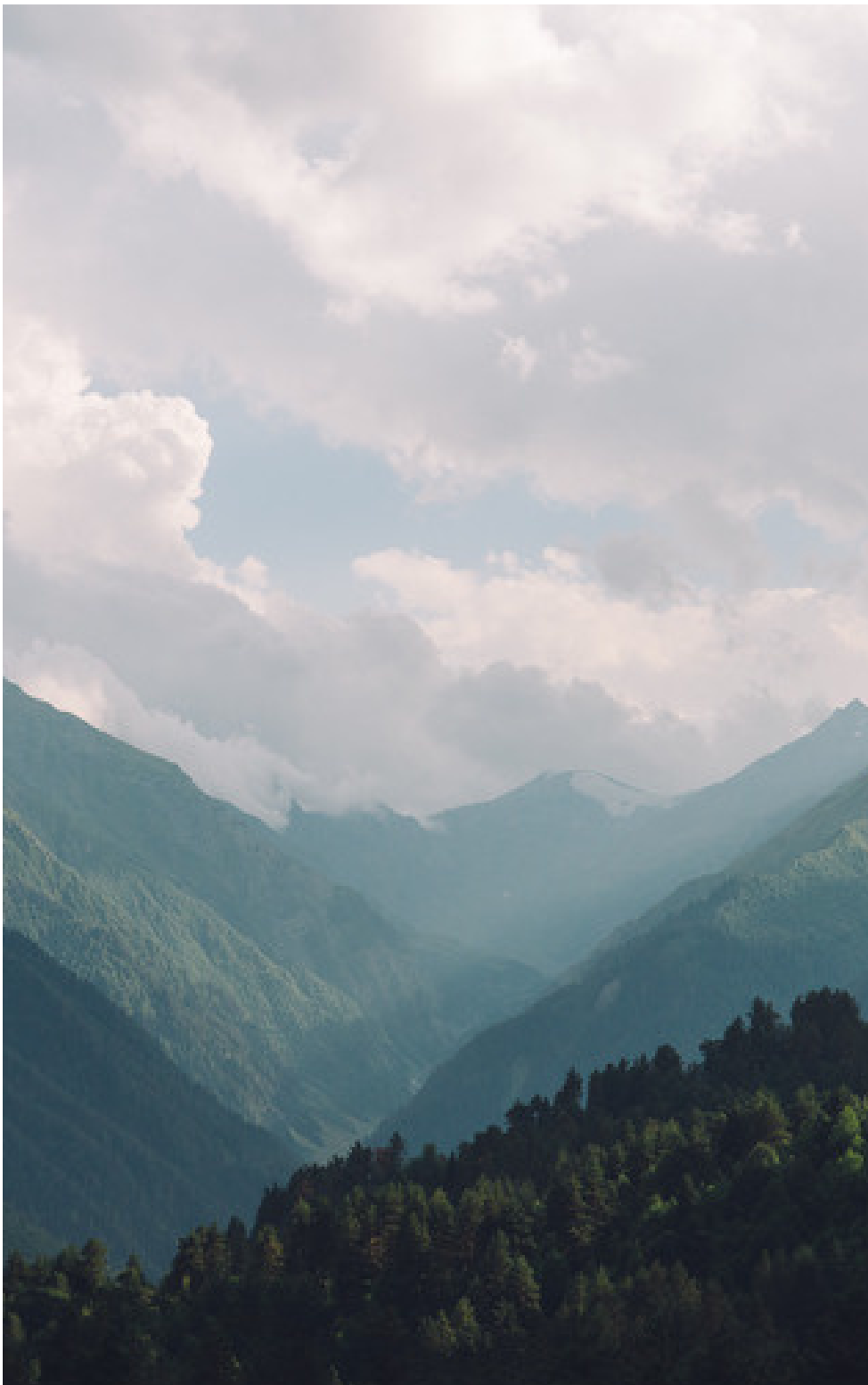


Meditation

Steps to begin your Practice



HENDERSON
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Suggested reading

Practicing Mindfulness: 75 Essential Meditations to
Reduce Stress, Improve Mental Health, and Find
Peace in the Everyday

Matthew Sokolov

The Power of NOW

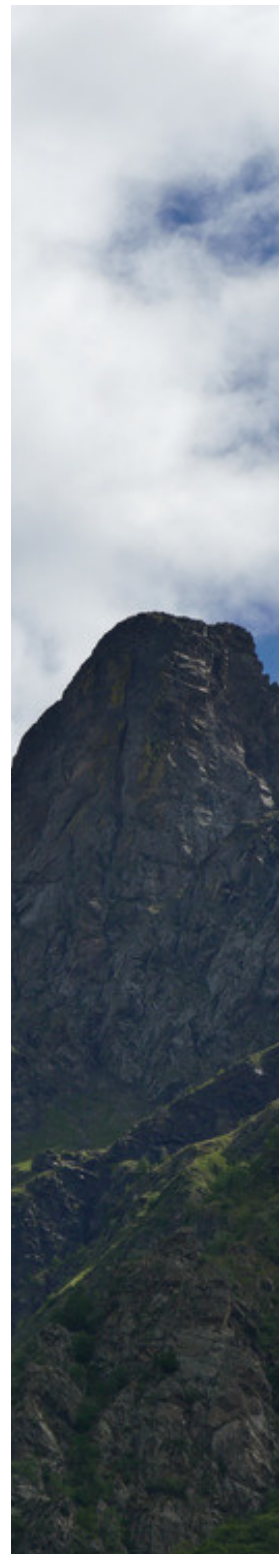
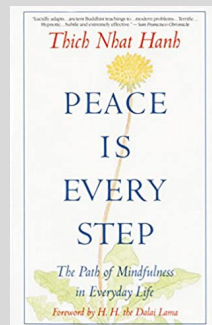
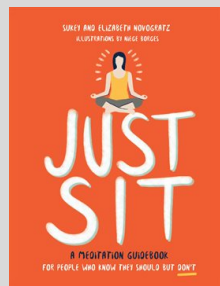
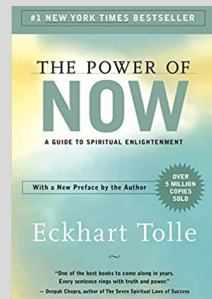
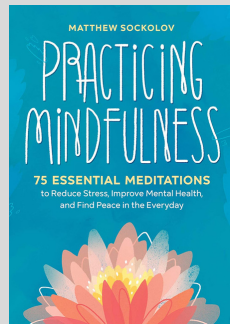
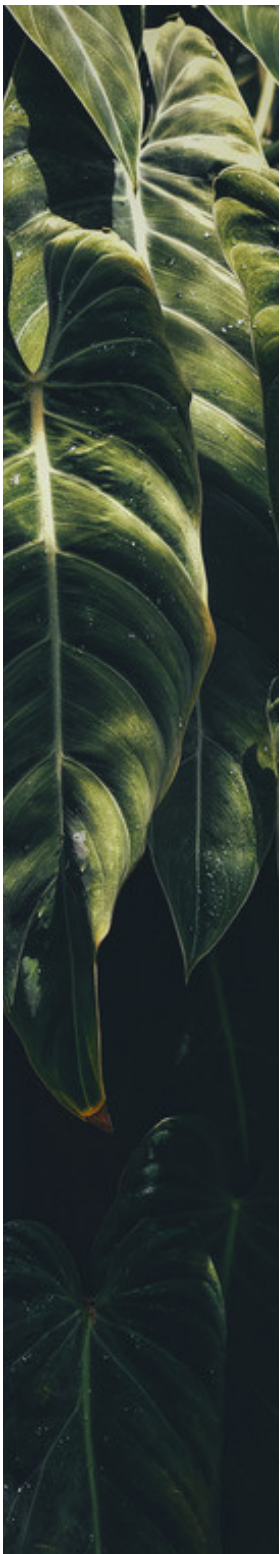
Eckhart Tolle

Just Sit: A Meditation Guidebook for People Who
Know They Should But Don't

Sukey Novogratz and Elizabeth Novogratz

Peace Is Every Step: The Path of Mindfulness in
Everyday Life

Thich Nhat Hanh



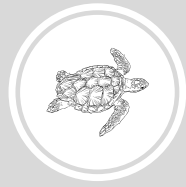
We have busy minds

The brain can have thousands of thoughts per day. This constant balance of family, work, and stress can leave us feeling exhausted and overwhelmed. But one way to combat this is through meditation. Setting aside time for ourselves to be present with our body and mind.

Benefits of meditation

With practice , meditation can help

- lower stress & anxiety
- Improve sleep
- Build resiliency
- Relax the body
- Inspire growth
- Support habit changes
- Cultivate compassion
- Increase focus and clarity



How to meditate

The following steps are a great way to start meditating. It's important to remember that there are many ways to practice and there's no perfect steps. Be patient with yourself

1.Find a comfortable position

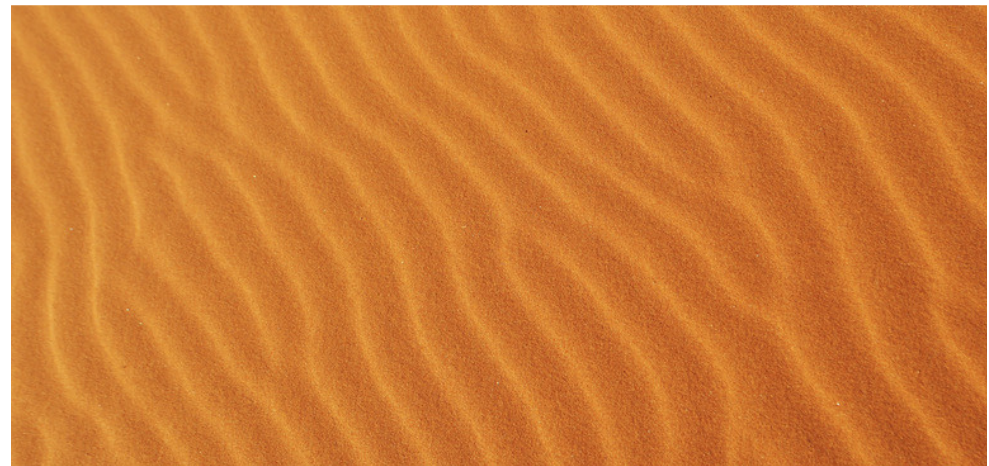
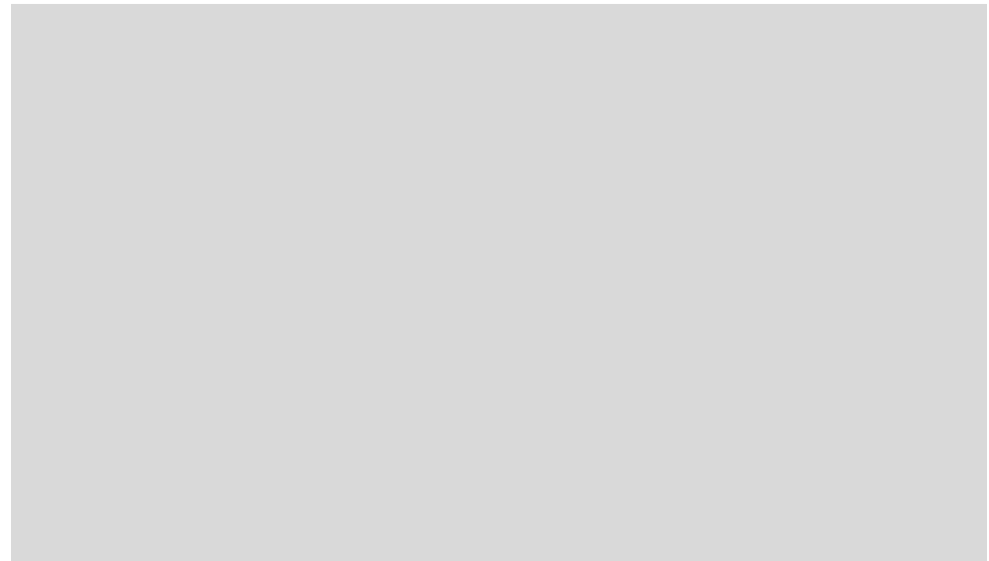
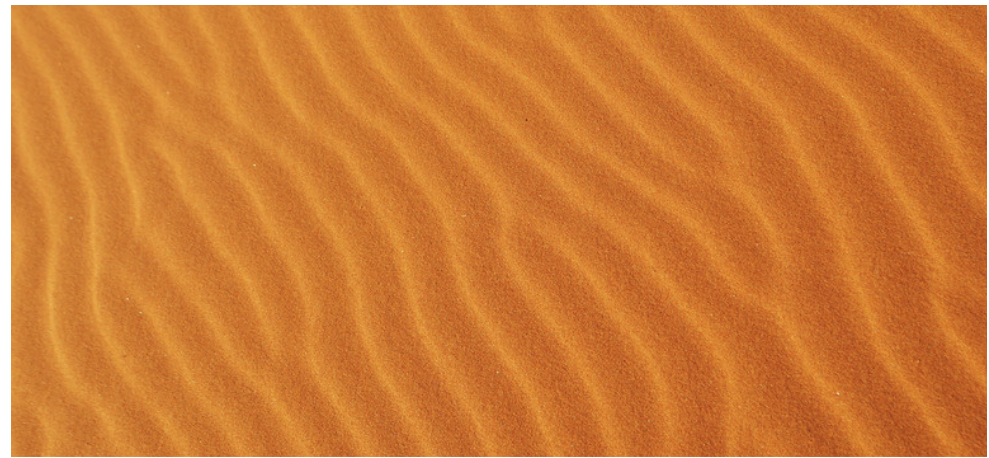
Choose a spot where you can relax comfortably. This can be sitting or lying down. On the floor or in a chair.

2.Close your eyes

You can also keep your eyes open. Focusing on a particular point, object, or space.

3.Breathe

Breathe naturally and comfortably. Noticing when you inhale and exhale

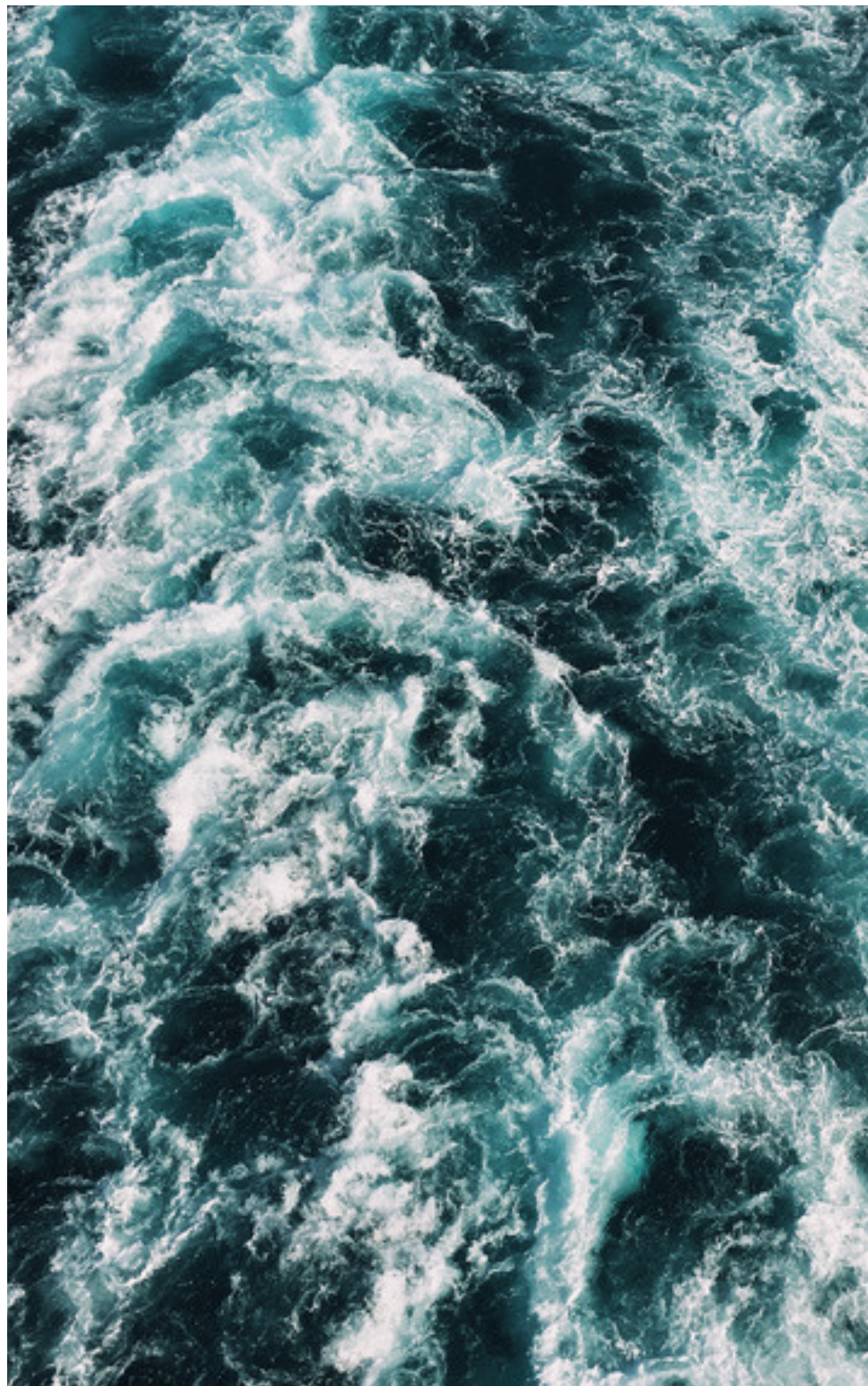




Guidance card

This card is a gentle reminder of the
meditation steps

It's wallet sized and ready for your journey.





4. Pay attention to your breathing

Take notice of how your body feels. Your inhales and exhales. If your muscles feel relaxed or if there's any tension. Continue to breathe and relax.

5. Return to your breathing

Your thoughts might begin to wander. This is normal. Our minds aren't supposed to be empty. If you find yourself stuck on a particular train of thought, gently bring your focus back to your breathe.

More tips and tricks

- Make it your own. Meditation looks different for everyone. Maybe music or a guided meditation will help your practice. Add scents like incense or candles.
- Start small. If you want to make your practice consistent, start by meditating for 5 minutes a day. Then work up to longer times.
- Be kind to yourself. Some days will be harder than others. Or you might not be able to use your favorite space. That's okay too. You can practice when you have the time.