

Mindfulness and Meditation

To meditate accurately, follow these steps:

Find a quiet and comfortable space: Choose a calm and quiet environment where you can sit or lie down comfortably without distractions. It could be a dedicated meditation space or simply a quiet corner of your home.

Assume a comfortable posture: Sit in a position that is comfortable for you, whether it's cross-legged on the floor, on a cushion, or on a chair with your feet planted on the ground. Keep your back straight, but not rigid, allowing for natural alignment.

Relax your body: Close your eyes and take a few deep breaths to relax your body and release any tension. Scan your body from head to toe and consciously release any areas of tightness or discomfort.

Focus on your breath: Bring your attention to your breath. Observe the natural rhythm of your breath, feeling the sensations of

inhaling and exhaling. You can focus on the movement of your breath in your nostrils, chest, or abdomen.

Maintain awareness: As you continue to focus on your breath, your mind may wander. When you notice your thoughts drifting, gently and non-judgmentally bring your attention back to your breath. Be patient with yourself as you train your mind to stay present.



Be in the present moment: Instead of getting caught up in thoughts about the past or future, aim to be fully present in the current moment. Pay attention to the sensations, sounds, and feelings that arise without judgment.

Practice non-attachment: Allow your thoughts to come and go without

clinging to them or getting carried away by them. Recognize that thoughts are transient and you don't have to engage with every thought that arises.

Length of practice: Start with a shorter meditation session, such as 5-10 minutes, and gradually increase the duration as you become more comfortable with the practice. It's more important to have regular shorter sessions than occasional long sessions.

Be gentle with yourself: Meditation is a practice, and it's normal for your mind to wander. Avoid judgment or frustration when thoughts arise. Instead, gently bring your focus back to your breath or chosen point of attention.

Gradual progress: Over time, you may explore different meditation techniques such as guided meditation, loving-kindness meditation, or body scan



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