

## Mindfulness Meditation: 10 easy steps

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn

### 1. Create time & space:

Choose a consistent time & quiet, distraction-free place to practice mindfulness meditation.

### 2. Use a timer:

Start with brief periods as short as 1 minute.

### 3. Sit or lay comfortably:

Whether you sit cross-legged, sit upright in a chair or lay down on the floor, a bed, or a couch, find a comfortable position.

### 4. Take deep breaths:

Deep slow breaths help lower your heart rate, blood pressure, and facilitate relaxation.

### 5. Direct attention to breath:

Bring your attention to your breath and notice what you feel when you breathe in and out.

### 6. Maintain attention on breath:

Keep your focus on your breath with intention.

### 7. Gently return attention to breath:

As you meditate, you will notice you begin to have thoughts, feelings, and sensations. Just acknowledge them and gently return your attention to your breath.

### 8. Be kind to yourself:

If your attention wanders, be compassionate to yourself and gently, without judgement or criticism, bring your focus back to your breath.

### 9. This is it:

For the duration of the meditation, just continue to repeat steps 6 through 8.

### 10. Open eyes when ready:

When the timer goes off, take one more deep breath and open your eyes when you are ready.

