

THE HOWS AND WHYS OF **MEDITATION**



Meditation is anything that helps you reconnect with yourself, slow your thoughts, and tune in.

1

THE CORE PRINCIPLES

PRESENCE

Noticing what's happening *right now*.

BREATH

Connecting to the rhythm of your body.

STILLNESS/MOVEMENT

Both can be meditative.

NON-JUDGEMENT

Letting thoughts come and go without attaching them.

2

UNCONVENTIONAL WAYS TO MEDITATE

WALKING

Focus on your steps, breath, and surroundings.

SHOWERING

Feel the water, slow your breathing, and let thoughts flow

PRAYING

Practice a spiritual form of reflection and stillness

STRETCHING

Feel each movement and breathe intentionally

3

OTHER PRACTICES

Listen to music, color, journal, lie in bed and breathe slowly

ONE MINUTE GROUNDING EXERCISE

1. Close your eyes or soften your gaze
2. Take a deep breath in through your nose (4 secs)
3. Hold (4 secs)
4. Exhale through your mouth (6 secs)
5. Notice one thing you hear, one thing you feel, and one thing you're grateful for

WHY DOES THIS MATTER?

REDUCES STRESS AND ANXIETY

IMPROVES FOCUS AND SLEEP

BUILDS RESILIENCE FOR DAILY LIFE & PERFORMANCE

YOUR CHALLENGE THIS WEEK

Pick 1 everyday activity and make it a mindful moment.

Ex: Turn your walk to class into a walking meditation.

