

# Getting Started with Meditation

Follow this step-by-step guide to begin your meditation practice:



## Set a Realistic Timeframe

- Start with 2–5 minutes daily.
- You can build up gradually to 10 or 15 minutes as you become more comfortable.



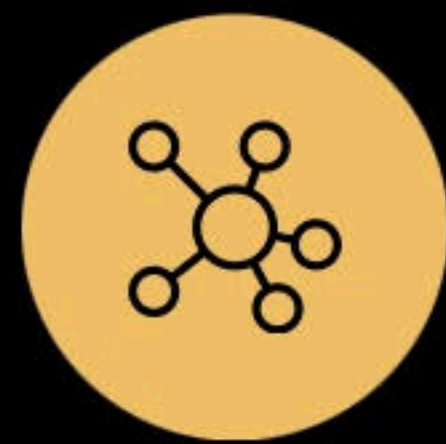
## Choose a Comfortable Posture

- Sit on a chair, cushion, or lie down—whatever supports comfort and alertness.
- Keep your back upright but relaxed.



## Focus on the Breath

- Gently bring your attention to the sensation of your breath—wherever you feel it most (nose, chest, belly).
- No need to change it—just notice it.



## Expect the Mind to Wander

- When you notice your thoughts drifting (which is normal!), gently return to your breath.
- Each return is part of the practice—not a mistake.

## Helpful Meditation Resources



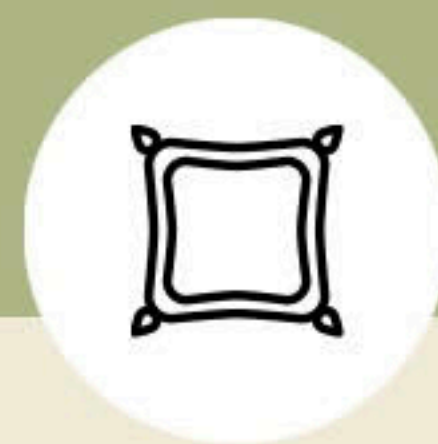
### Use a Guided Meditation

- Apps like Insight Timer, Headspace, or Calm offer great beginner meditations.
- Look for keywords like "beginner," "5-minute mindfulness," or "breathing meditation."



### Create a Ritual

- Choose a consistent time of day (morning, lunch, bedtime).
- Pair it with a habit (e.g., after brushing your teeth or before checking your phone).



### Create a Peaceful Space

- Find a quiet spot where you won't be disturbed.
- Consider adding calming elements like a cushion, soft lighting, or a plant.



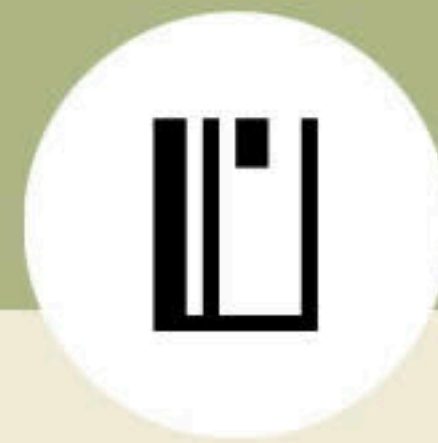
### Stay Patient and Non-Judgmental

- Meditation is a skill that takes time to develop.
- Be kind to yourself when your mind wanders or you miss a day.



### Try Different Techniques

- Body scan: Notice sensations from head to toe.
- Loving-kindness: Generate feelings of compassion for yourself and others.



### Track Your Progress

- Consider keeping a meditation journal.
- Note how you feel before and after practice.