

# Mindfulness Meditation



Mindfulness meditation is a practice of working towards a calm and focused state of mind. Using this practice regularly may help to reduce pain and stress, promote better sleep, and improve memory.

1. Environment plays a big role in mindfulness meditation. If possible, find a place that is quiet, private, and free of distractions.
2. Sit or lie down in a comfortable position, keeping your posture aligned and relaxed. If you're lying down, place a pillow under your head and neck for support if needed.
3. Begin by finding awareness of your breath. Place a hand on your belly to feel it expand with each inhale and relax with each exhale.
4. Close your eyes and begin to find a soft focus on your thoughts. Allow each thought, worry, and distraction to come and go freely. Notice the speed of your thoughts. Notice what the thoughts are about.
5. After some time, start to let each of your thoughts float away. Don't ignore them, judge them, or try to stop them - instead, each time a thought comes up, let it go as if it could just float away. Recenter your focus onto your breathing as each thought floats through your mind.
6. Don't worry if thoughts keep coming into your mind, this is normal. Continue the process of gently acknowledging and releasing each one. This will get easier the more you practice.

Just five minutes of mindfulness meditation can have a significant impact on your day. With time and consistency, your practice will become easier and the length of each session can increase to 10 to 20 minutes to achieve maximum effect.

**Use this link to view a video of this technique:**

[https://youtu.be/ssss7V1\\_eyA](https://youtu.be/ssss7V1_eyA)