



## Mindful Meditation: A Path to Wellbeing

If you sometimes feel overwhelmed by your thoughts or struggle to concentrate, mindful meditation may help.

Meditation is a useful tool for managing stress, improving relaxation, and increasing resilience. It may also help to manage pain and improve your health and overall wellbeing.

If you are new to meditation, this simple exercise is a good place to start:

- Go to a quiet location. Sit in a chair or on the floor.
- Focus on the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall as you inhale and exhale.
- Take note of any words or images that come to mind. Then, let them go while refocusing on your breathing.
- Gradually allow yourself to become more aware of your surroundings. Don't get up until you feel ready to do so.

When you first start meditating, limit your practice to three to five minutes at most. Increase the length of your meditation over time.

Mindfulness is a key part of any meditation practice. These common mindfulness techniques can be incorporated into your daily meditation:



- Focus on your breathing. When thoughts intrude, take a moment to regroup. Then, reset your focus.
- Imagine a specific place or situation (such as a nature vista or a favorite place). Be present in this image while engaging all of your senses. What do you see, smell, feel, hear, and taste?
- Fully immerse yourself in an activity. Walking, swimming, yoga, writing, working on a craft, or playing an instrument all lend themselves to mindful meditation.

Engaging in meditation for at least 20 minutes a day will help to maximize its positive effects. A morning meditation may be particularly helpful with managing stress, frustration, and conflict throughout the day.

LifeMatters can suggest ways to incorporate mindfulness into your daily activities. In addition, LifeMatters can help you locate meditation resources. Call 24/7/365.

## 1-800-367-7474

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