

# Beginner's Guide to Meditation

Take 2-3 minutes to start your practice



Meditation is a mental strategy that can be used to train your attention and increase your awareness, and to clear your mind and calm your emotions. It can be a great way to integrate self-care into your routine, or to relax. That being said, a wandering mind is not easily controlled. This guide introduces a process for beginners that want to discover the benefits of meditation.



## Body Scan

A beginner may find it helpful to do a body scan, a targeted meditation technique that encourages you to relax your entire body bit by bit. Not only does this help focus your brain, but it also lets you relieve discomfort. To practice, find a comfortable position seated or lying down and close your eyes.

- Start from the top of your head. Become aware of any sensations that you feel, and try to clear your mind of anything else. When a thought comes, refocus on your breathing.
- Move down to your neck and shoulders. Notice any stress you may be holding there and release it.
- Continue toward your arms, to your elbows, wrists, and hands. Notice how they feel resting on your legs. Are your hands warm or cool?
- Bring your attention to your stomach. Feel your breath.
- Notice your hips. Where are they resting? Do you feel tension there?
- Work your way down to the knees, ankles, and feet. Where are your feet resting? Do they feel warm or cool?
- When you have scanned your body, observe how your breath feels. Notice its speed and depth. Find a consistent rhythm.

As you become accustomed to meditation, gradually add time to each practice. Some individuals choose to play quiet music or white noise while others prefer complete silence.

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