GUIDE TO MEDITATION

Meditation, a form of mind training, is a powerful tool for becoming less stressed, more self-aware, and ultimately more resilient.

To Meditate:

1. FOCUS ON BREATHING
   Sit silently in a comfortable position, paying attention to your breathing. (Eyes closed or open.)

2. NOTICE WANDERING THOUGHTS
   Notice when your thoughts wander. (They will—everyone’s do.)

3. RETURN ATTENTION TO BREATHING
   Return your attention back to your breathing.

Tips:

Don't be surprised if your mind wanders a lot, especially when you first try meditation. That’s common, even with people who have been meditating regularly.

Try not to judge those thoughts (“Ugh, I’m not good at this”) or get frustrated. (“This isn't working.”) Simply notice your mind has wandered and return your attention to your breathing.

Focus for a short time initially—5 or 10 minutes. Go longer if it becomes comfortable. Some research suggests that there’s greater benefit in shorter, more regular sessions than in long but infrequent meditations.