



BEGINNERS GUIDE TO MEDITATION

Wellness Tips

Meditation has been proven to be helpful in boosting your immune system, decreasing tension, reducing stress and anxiety, decreasing blood pressure, improving sleep, increasing happiness and has even helped people deal with alcohol or smoking addictions.

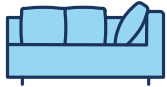
Here are 5 tips to get started:



1

Set a Timer

When starting out, it's recommended that you meditate for anywhere from 5 to 10 minutes every day. Set a non-ticking timer, breathe normally and set your phone to "do not disturb." You can start with less time, and add more time as you build up your practice.



2

Find a Comfortable Place

It's ok to meditate in bed, in a chair, on the couch, floor pillow, outside sitting in the grass, or on a beach. If sitting doesn't feel right, try lying down. Anywhere you can feel relaxed and have a positive and quiet moment to focus with yourself.



3

Go Easy on Yourself

Meditation may be difficult at first. One reason is that there really is something inherently hard in spending time alone with the clutter in your head. It's hard to shut off the news, your family, your worries, and do nothing but concentrate on your breath and relaxing. It will feel awkward or maybe even selfish.



4

Direct Back to Your Breath

When your mind starts to wander, bring it gently back to your breath. If your mind races, try repeating a mantra (a word or phrase silently to yourself).



5

Try Different Types of Meditation

There are different methods of meditation. If you try a specific type of meditation for a while and it still doesn't feel right, you may need to switch to another. Read more about the types of meditation from everydayhealth.com.

After each session, take the time to check in with yourself and notice how you are feeling emotionally and mentally. Do you feel better? Are you calmer? Remember, meditation is not always easy but remind yourself that even 10 minutes a day can make an impact.

#ibpwellnesstips
Healthier Together

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.