



# 10 Minute Meditation

Meditation helps you think clearly and relax. Meditation is different for everyone. There are no rules with meditation. You can meditate anywhere. You can use a timer or just meditate until you are ready to stop. While you meditate, focus on your breathing and take time to explore your challenges.

- 1. Get comfortable and close your eyes.** You can sit, stand, or lay down. Relax your body and close your eyes. Notice how it feels to be in this position.
- 2. Breathe.** Focus on breathing in and out. Start to breathe slow and deep. Try to breathe out of your nose if you can.
- 3. Calm your mind.** There is nowhere to go right now. There is nothing that you need to do while you are here for 10 minutes. Just sit and know that you are sitting and breathing.
- 4. Breathe.** Try to bring your breath to your whole body. If there is a place in your body that is bothering you, think about breathing into that part of your body to bring it fresh air.
- 5. Think.** How does it feel to breathe? How does it feel for your body to be in a comfortable position? How does it feel to be present in this moment?
- 6. Return to your breath.** Bring your focus back to your breathing when your mind wanders. Think about your body breathing in and out, over and over. Try to let go of any thoughts that distract you.
- 7. Journey back.** Start to bring your mind back to where you are. Slowly open your eyes. Notice how you feel in this moment.

Great job! You just meditated!

**For questions about wellness, contact  
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