MEDITATION IS THE PRACTICE OF FOCUSING YOUR ATTENTION TO HELP YOU FEEL CALM AND GIVE YOU A CLEAR AWARENESS ABOUT YOUR LIFE.

MEDITATION MEANS DIFFERENT THINGS TO DIFFERENT PEOPLE, AND THERE ARE MANY WAYS TO DO IT.

MINDFUL MEDITATION may help you relax and relieve stress.

PRACTICE RELAXATION TECHNIQUES WHILE YOU’RE DOING OTHER THINGS.

WELL-BEING BREAK: MEDITATION

WELL-BEING BREAKS:

- Support our Better Tomorrow 2025 commitment
- Bring physical activity and mental balance into the work environment
- Reinforce our culture of health and well-being
- Require only 5-10 minutes
- Can take place anywhere
- Help us stay active & thrive
MEDITATION

THE GOAL OF MINDFUL MEDITATION IS TO FOCUS YOUR ATTENTION ON THE THINGS THAT ARE HAPPENING IN THE PRESENT MOMENT.

FIND A QUIET PLACE, but some noise is acceptable.

SIT IN A COMFORTABLE POSITION, either in a chair or on the floor, or lie down if that is more comfortable.

YOU CAN CLOSE YOUR EYES, OR YOU CAN LOOK DOWN, keeping your gaze a few inches in front of you on the floor.

START TO PAY ATTENTION TO YOUR BREATHING. This is a good way to focus your attention on what is happening right now.

WHEN YOU START, TRY TO MEDITATE FOR ONLY 10 MINUTES AT A TIME. Then, you can gradually increase the time.

Before you sit down, remind yourself that you are there to focus on the present moment. This may help keep your mind from wandering.

USE A MEDITATION APP for guided meditations, OR PLAY RELAXING MEDITATION MUSIC for positive energy.

DON’T TRY TO CHANGE YOUR BREATHING. Just notice how it feels in your lungs and chest.

KEEPING YOUR ATTENTION ON YOUR BREATHING WILL HELP YOU STAY FOCUSED and not get lost in the thoughts that your feelings may trigger.

Source: www.lifeworks.com