

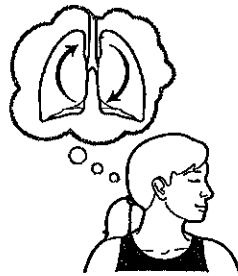
FIVE STEPS TO MINDFULNESS MEDITATION

Basic meditation—the practice of doing nothing and being tuned in to your own mind at the same time—can be frustrating at first. But research shows it reduces stress and increases focus



1.

Sit cross-legged on a cushion on the floor or in a chair. Keep your back straight and let your shoulders drop. Take a deep breath and close your eyes if you wish.



2.

Notice your breath. Don't change your breathing, but focus on the sensation of air moving in and out of your lungs.



3.

As thoughts come into your mind and distract you from your breathing, acknowledge those thoughts and then return to focusing on your breathing each time.

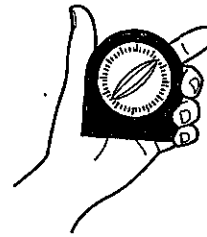
4.



Don't judge yourself or try to ignore distractions. Your job is simply to notice that your mind has wandered and to bring your attention back to your breathing.

5.

Start by doing this 10 minutes a day for a week. The more you meditate regularly, the easier it will be to keep your attention where you want it.



MINDFUL TIPS



WEAR A WATCH *You'll avoid picking up your phone to check the time and won't be needlessly distracted.*



NO PHONES IN BED *Fully wake up before you look at any devices.*



GET INTO NATURE *Take a hike and observe your surroundings. Resist the urge to Instagram them.*