



# How to **MEDITATE**

Take a seat - find a place to sit that feels calm and quiet to you

Set a time limit - to begin it can help to choose a short time, 5-10 minutes

Feel your breath - follow the sensation of your breath as it goes in and out.

Mind wanders - attention will wander, simply return your attention back

Close with kindness - notice how your body feels, your thoughts and emotions

