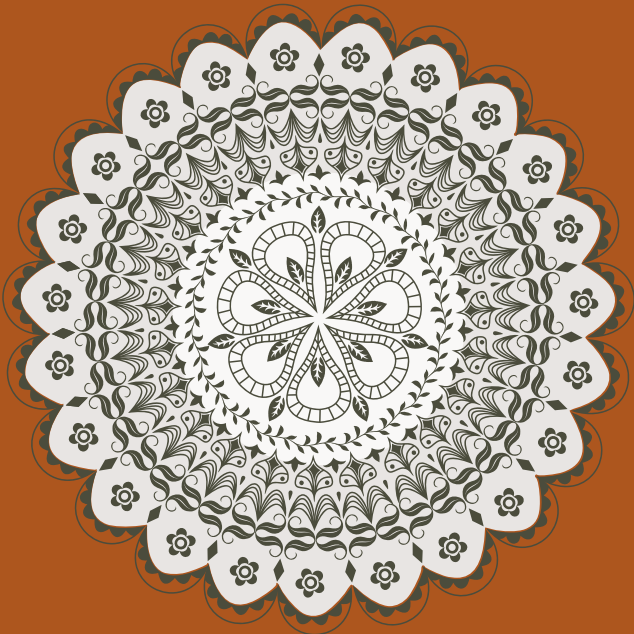


## PODCASTS TO HELP

- **The OneMind Podcast:** This Podcast gives you a solid foundation and helps you learn the ins and outs of how to incorporate meditation into your daily routine.
- **The Mindful Minute Podcast:** Simple and concise guided meditations that allow you to get out of your own head (and your own way) while learning how to live in the moment.
- **Tara Brach Podcast:** Tara Brach combines her PhD in Clinical Psychology with years of meditation practice to help you take the next step towards implementing mediation into your day to day life
- **The Daily Meditation Podcast:** Guides you through a daily meditation that focuses on different styles and techniques to help you manage stress, sleep better, and gain focus, and. Each episode is only around 10 minutes!



## Further Information

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[www.healthline.com](http://www.healthline.com)

[www.headspace.com](http://www.headspace.com)

<https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/>



# Ballater Surgery

GUIDE TO MEDITATION

# Why Meditate?

- **Reduces stress:** meditation has been shown to help reduce physical and mental stress which is caused by the hormone cortisol in your body which often causes sleep disturbance and general anxiety and fatigue
- **Promotes emotional health:** meditation can provide some with a structure and positive outlook on their day , there are many forms of meditation but a lot of them focus on enabling yourself to set achievable targets and goals for the day as well as working on being grateful for every day.
- Lengthens attention span
- Improves sleep
- Improves pain

# Preperation

## CALMING ATMOSPHERE?

- Meditation is all about creating a space where you feel safe and comfortable to really clear your thoughts and create a **calming experience**.
- Consider the **lighting** , whether you feel you can relax more in a dimmed/dark room or a sunny place next to your window lighting can play a large role in your comfort.
- Studies show **bringing something from nature** can be soothing and healing
- **Aroma:** adding an aroma such as scented candles, incense sticks or essential oils allows this to become a multi-sensory experience
- Some might want to personalise their space , If there is something that is meaningful to you it might add a **sense of home**

# Affirmations

## CHOOSE A TIME

Depending on other commitments and working hours try to choose a 10 min time during a break or in the morning/evening after work and dedicate this time to yourself.

## KEEP A JOURNAL

If you're just getting started , dedicate a notebook or journal to reflect on your experiences and thoughts you encounter .

## AFFIRMATIONS

After your meditation you may want to write down your affirmations for the day , this is a great way to see how these change over time and also allows you to set a focus for your day



# Getting Started

## SET A TIME LIMIT

If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

## GET COMFORTABLE AND PREPARE TO SIT STILL FOR A FEW MINUTES

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

After you stop reading this, you're going to simply focus on your own natural inhaling and exhaling of breath.

## FOCUS ON YOUR BREATH

Where do you feel your breath most? In your belly? In your nose? Try to keep your attention on your inhale and exhale.

Take a deep inhale, expanding your belly, and then exhale slowly, elongating the out-breath as your belly contracts.

## NOTICE WHEN YOUR MIND WANDERS

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.