



TAKE TIME FOR YOURSELF WITH *Meditation* _____

Create a meditative *place.*

Choose or create a restful, relaxing space that's quiet and clutter-free.

Be at your most *comfortable.*

Don't be pressured by the meditation positions you often see. Find one you feel relaxed in.

Take slow, deep *breaths.*

The way you breathe makes a difference. Focus on the natural rhythm and flow of breathing, and you'll notice how calmer you feel.

Let your thoughts *flow.*

It's normal for your thoughts to wander. Instead of resisting, allow them to flow freely.

Move *gently.*

When you're ready to end, ease into reality slowly, starting with opening your eyes.