



Getting started with meditation

- Helps calm and quieten the mind
- Builds inner strength



- 1 Sit upright on a chair, back straight
- 2 Rest your hands on your lap
- 3 Try to breathe gently through your nose
- 4 Notice and feel the solid ground beneath your feet
It is always there
- 5 Eyes softly gazing downwards
- 6 Let go of expectations. Breathe naturally. Just observe
- 7 Start for 1 minute, then build this up gradually

Important

- If you have PTSD, depression, or are experiencing flashbacks, check with your mental health team first
- Do not practise under the influence of alcohol or drugs

If troubling thoughts arise, flood in, or you feel anxious:

- Push feet or hands into the ground
- Look around you, notice things in the room
- If it overwhelms you, stop and wait until you feel more stable

Tips

- A few yoga stretches before can help settle your mind and body
- Sit on a chair, or sit on the floor on a folded pillow or blanket
- Count your breaths in your mind. In 1 and out 2, and repeat
- If you get distracted, be kind to yourself. Do not worry. Return to your breath
- It may not feel peaceful or calm at all. With gradual practice, it might

For help with your meditation and yoga, write to:

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