



5
minute
meditation

A GUIDED BREATHING MEDITATION
AND PRINTABLE.

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Scientific studies have proven that daily meditation helps to relieve stress and reduce anxiety. Meditation is not about emptying your mind of thoughts. Forcing yourself to do this may cause more stress.

When thoughts or unpleasant feelings come up:

Simply become aware of them and allow yourself to feel them completely.

Then let go and watch them float away, like a balloon on a string.

Gently bring your attention back to your breath.

If the thoughts and feelings keep coming back, keep repeating steps 1-3. You will do this over and over and that's okay. With time, you will notice them less and less and train your mind be present.

Go ahead and find a comfortable sitting position on your bed or on a chair.

Take a slow, deep breath in with your nose. Then exhale slowly through your mouth. If you find this difficult to do, just breath normally and simply notice your breath going in and out. Repeat this 2 more times and relax your breathing.

Now close your eyes and relax your head, your neck, your shoulders, arms, torso, legs and feet.

Begin to notice the bed or chair underneath you. Observe the texture and firmness.

Continue to breathe in slowly and deeply, and exhale slowly and completely. If your mind wanders, that's okay. Gently bring it back to your breath and continue the breathing cycle. Notice your lungs and belly expand and empty as you breathe in and out.

Your mind will wander many, many times. That is okay. It's actually great because now you are noticing your wandering thoughts. Just remember to observe what is happening, allow the thought, feeling or sensation to flow through and gently let it go.

Bring your awareness back to the present moment. When you are ready, open your eyes slowly.

You will achieve positive results with meditation if you continue to practice daily. Over time, your thoughts and emotions will control you less and less. Use your breath to bring awareness to the present moment. With time and gentle persistence, your stress and anxiety levels should also decrease.