

Self-Awareness & Self-Monitoring Tools

Meditation

What is it?

Meditation helps to teach us ways to control our thoughts and help us to relax. Meditation is the practice of clearing the mind; we aim to acknowledge thoughts that enter our heads and then consciously let them leave.

Meditation can take as little as 5 minutes, or up to an hour. Build up as you feel comfortable in your practice.

There are many different types of meditation, try all of them to figure out which best suits you!

Types:

Mantra meditation

The repetition of a positive phrase to guide the meditation

Classically the word “om” is chanted, but the mantra or guiding phrase can be anything that calms or inspires you

Mantra meditation is great for people who find it easier to focus on a word than their breath

Movement meditation

Using a gentle form of motion to guide the meditation

For example, walking in nature, tai chi or gardening

Movement meditation is great for people who feel more at peace while moving

Focused meditation

Using the senses to guide the meditation practice

Many different tools can be used to guide meditation, for example using mala beads to link our breath to a tactile feeling, gazing at a flickering candle flame or using gentle music and breathing to the rhythm

Guided meditation

Guided meditation is great for beginners!

An experienced practitioner walks you through the steps to clear your mind and relax your body

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Example of Guided Meditation - Quick Body Scan:

Ensure that you are in a comfortable position in a quiet space. Go through the script very slowly, taking your time to relax and notice as much as possible.

Begin by bringing your attention into your body.

You can close your eyes if that's comfortable for you.

You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor. Take a few deep breaths.

And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.

You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.

You can notice your legs against the chair, pressure, pulsing, heaviness, lightness. Notice your back against the chair.

Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.

Notice your hands. Are your hands tense or tight. See if you can allow them to soften.

Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.

Notice your neck and throat. Let them be soft. Relax.

Soften your jaw. Let your face and facial muscles be soft.

Then notice your whole body present. Take one more breath.

Be aware of your whole body as best you can. Take a breath. And then when you're ready, you can open your eyes.

Resources:

5 minute beginner meditation

<https://www.youtube.com/watch?v=Q-L2ZKYMsag>

Adults 15 minute meditation

https://www.youtube.com/watch?v=fDZI-4udE_o

Kids 15 minute imaginative meditation

https://www.youtube.com/watch?v=_mX4JBBIcBk