

# No one is "bad at meditating": Embracing Mindfulness Meditation to Improve Health

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Mindfulness meditation is the practice of observing the present moment (thoughts, emotions, physical sensations, environmental stimuli), non-judgmentally, and with curiosity.

## Three Steps to Meditation

1

### Find a place to meditate

Mindfulness meditation can occur anywhere. However, many people prefer to find a quiet or even sacred space to meditate. This could be a bedroom, an outdoor spot, a shared living space, or even a space at work. You can sit, lay down, or even stand to meditate. The most important thing is to do what feels comfortable, and it is okay to shift or move during the meditation.

2

### Set a timer

Many people like to start with a short period of time – say 10 minutes, and as they meditate more, they start increasing their meditation time to 15, 20, or even 30 minutes. Longer is not better; it is important to choose a time that feels right for you and your schedule.

3

### Choose a guide

Mindfulness is not something you have to learn from scratch; when you are starting out, guided mindfulness meditations are helpful to use. There are many YouTube videos and apps guided by meditators of diverse backgrounds. Below is a list of popular mindfulness apps to try:

- The Mindfulness App
- Headspace
- Calm
- MINDBODY
- Buddhify
- Insight Timer

4

### Choose a meditation

There are various types of mindfulness meditations that you can search for in YouTube or choose from in mindfulness apps. Some basic types of meditations are:

- Body Scans
- Breathing Space Meditations
- Expanding Awareness Meditations
- Loving Kindness Meditations
- Movement Meditations

5

### Set aside time.

Set aside a time each day, or a couple of times a week to meditate and stick with it. Before you know it, you will be craving your meditation time, because it gives us a taste of what it is like to drink in the present moment.

For more resources, check out our Best Practice Blog at [www.cahumanservices.org/bestpractice](http://www.cahumanservices.org/bestpractice)