

MEDITATION

There are many benefits to meditation. You don't need to be an experienced Yogi living in the Himalayan mountains to meditate. You can meditate anywhere - on the sofa, in bed on the train, or even on the loo!

Meditation enables us to calm the mind and to find clarity. It helps to reduce anxiety and fears, and allows us to make decisions with confidence. When practised over time, we become more resilient, focused, determined, and most importantly - we love ourselves more.

Meditation has been practiced for thousands of years. Do you think it'd still be going strong if it did not make a significant impact?



MEDITATION METHODS

Did you know we have over 10000 thoughts per day?

The idea of meditation is to quiet the thoughts, and therefore quiet the mind. We can do this by focusing the mind or our awareness on different things. This stops the mind-chatter.

Below are just a few of the many methods of meditation:

FOCUS ON THE BREATH

FOCUS ON THE BODY

GAZE AT A CANDLE FLAME

LISTEN TO A GUIDED MEDITATION

GO FOR A WALK



MEDITATION METHODS

FOCUS ON THE BREATH - Inhale and exhale slowly. Pay your attention to your inhales and exhales. Feel into the rise and fall of the belly or chest

FOCUS ON THE BODY - Focus your awareness on your body parts - start from the top of the head and scan down all the way to the tips of the toes

GAZE AT A CANDLE FLAME - Light a candle and watch the flame flicker for as long as you feel comfortably able to.

LISTEN TO A GUIDED MEDITATION - A good app to use is called Insight Timer. You can search through thousands of guided meditations for free

GO FOR A WALK - Get outside and try to focus on the beauty of the trees and plants, and listen to the birds sing.



PRANAYAMA (BREATHING TECHNIQUES)

Pranayama is the Sanskrit term which covers various breathing techniques.

PRANA = Life force energy

AYAMA = To extend or draw out

Practicing these breathing techniques allows us to regulate and calm the nervous system.

You may have heard of Wim Hof, who is the guru of using breathing techniques. Check him out on Insta if you haven't done so already.

To have control over the breath allows us to have control over the body
i.e the nervous system.



PRANAYAMA METHODS

In times of stress or anxiety, try to become aware of the breath.

This will help you stay centered and grounded. Here are some easy and accessible breathing techniques.

4-4-8 SECOND BREATHING - Inhale for 4 seconds, hold for 4 seconds, exhale for 8 seconds. Keep this on repeat for as long as you need.

ALTERNATE NOSTRIL BREATHING (Nadi Shodhana) - Using thumb and ring finger to cover your right and left nostrils - Inhale left, exhale left, inhale right, exhale right, inhale left, exhale left, and so on.

HUMMING - Take a deep breath in, and on the exhale make a humming sound for the full length of your exhale. Do this as many times as needed.



YOGA

Yoga is the term used for a variety of things, but most people understand Yoga to be the practise of body movements, including stretches, twists, bends and balancing.

Practising Yoga helps us to find calm within the body and to feel more grounded and stable.

Overtime, we become more resilient and attuned with our own body. As we balance and focus our mind on our body movements, this helps us to quiet the mind and allows space for us to feel balance and harmony.

Of course it's not only the mental benefits - Yoga works wonders for improving our strength, fitness, flexibility and overall wellbeing. You may also be surprised to what you can put your body through.

Yoga does not have to be intensive. Most classes offer space for beginners. You can start with no experience, and just go with what feels comfortable for you.



TO SUM IT UP..

Your mental health really needs to be of number 1 importance. Ensure to take time out to put yourself first. If you have dependants, they will benefit much more from you when your own cup is full, and your relationships will flourish.

Meditation can seem like a daunting task, and that's coming from experience! But start small, even just a few minutes per day. You'll start getting the knack of it overtime. It's like training a muscle. The more you do it, the easier it gets, and the stronger you become.

During moments of anxiety or stress, remember to take a break, and come back to the breathing techniques if you are able to, or simply focus on the inhales & exhales.

If you have any questions please feel free to contact me.

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