

## Stress Management: Mindfulness Meditation

Mindfulness meditation increases awareness and helps you become more present by focusing on your breathing, body and thoughts. With continual practice, this technique trains the brain to stay in the present moment and can help you accept things for what they are, without judgment. By focusing on the present and not on stressful or anxiety-driven thoughts about the past, present or future, mindfulness meditation can help decrease tension and improve how you cope with psychological health concerns.

### Mindfulness Meditation Steps:

- Sit upright on the floor or in a chair, keeping the spine straight and maintaining a relaxed, but erect posture to ensure you do not get drowsy. Depending on your comfort, you can keep your eyes open or closed during this practice.
- Now, focus on your breathing and on the sensations it triggers throughout your body. Notice how your abdomen (stomach) moves with each inhalation and exhalation.
- Pay attention to the feelings in the center of your chest, noticing the different sensations that arise with each breath.
- When you notice that you are distracted by unrelated thoughts or feelings, simply return your focus to your breathing.

Try this for 5 to 10 minutes, once or twice a day. As you feel more comfortable, you can increase the length of your practice session.

### Three Ways to Make this Practice a Routine:

1. Download the Mindfulness Coach app to learn different types of mindfulness practices. The app shows nine forms, each with voice-guided sessions and instructions to try on your own.
2. Set a reminder using the calendar on your smart phone each day to make sure you carve out time.
3. Create a space that is quiet and free of distractions.



*Mindfulness Coach app*

Source: [\*Human Performance Resource Center by CHAMP\*](#)

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