

Meditation & Mindfulness

Practicing mindfulness and meditation can often seem like just another thing to add to your to-do list, but there are so many benefits to practicing. Check out these tips to learn how to implement mindfulness and meditation in a way that's manageable for you.

1. Start small. Try a few minutes of meditation to get yourself started instead of committing to 30 minutes every day. As little as a minute or two of meditation each day can be beneficial.
2. Trust that you can do it. A lot of people feel like they are meditating wrong at first, but there's no right or wrong way to do it. It will come with consistency.
3. Start by counting your breaths. One of the easiest ways to practice is by connecting with the breath. Counting your breaths allows you to become aware of your breathing and connect to it
4. Try guided meditations. If you find yourself struggling to get started look for guided meditations. Check out Youtube and Spotify. There are lots of meditation apps as well that give you a selection of meditations for free.
5. Be patient. You won't feel like a meditation expert overnight and that's okay. Be patient with yourself and continue to build a practice that works for you.

