



HEALTH AND WELLBEING CHECKLIST

Date

34

Meditation for Beginners

Meditation enhances focus, reduces stress, and promotes mindfulness. Use this checklist to start a simple and effective meditation practice.

Choose a Quiet Space

- Find a distraction-free area where you feel comfortable.
- Example: A cozy corner of your home or a serene outdoor spot.



Set a Timer

- Start with 2-5 minutes and gradually increase as you become comfortable.
- Tip: Use apps like Calm or Insight Timer for guided sessions.



Sit Comfortably

- Use a chair, cushion, or yoga mat to support a relaxed posture.
- Example: Sit cross-legged or with feet flat on the ground.



Focus on Your Breath

- Pay attention to each inhale and exhale.
- Tip: Count breaths if your mind starts to wander.



Acknowledge Distractions

- Notice stray thoughts without judgment, then gently return to your breath.
- Practice Body Awareness



Scan your body for tension and relax each part.

- Example: Start with your toes and work upward.
- Try Guided Meditations





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Use beginner-friendly audio or video guides for structure.



- Incorporate Affirmations
- Repeat calming phrases like "I am at peace" or "I am present."

End with Gratitude



- Reflect on something you're thankful for before finishing.

Make It a Habit



- Practice daily to build consistency and deepen your experience.



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