

Taking Care of Your Mental Health

Meditation – Part II

These are times of great emotional turmoil, times of sadness, anger, fear and grief. During difficult times we may feel hurt, lost, defeated yet these are the times when we most need to know that the very core of who we are is stable and resilient. How we get through each day is our ability to weather these moments and become more human in the process. When we are feeling our greatest challenges it helps to “come to stillness” and allow ourselves to find openness and kindness toward ourselves through meditation.

How To Meditate: A Simple Guide



1. Choose a spot that is comfortable and fairly quiet.
2. Relax your body into a position that feels comfortable whether seated or lying down.
3. *Begin to focus on your breathing; the feeling of inhaling, holding the air in your lungs for a few seconds, and then slowly exhaling. You may feel restless or sleepy – this is all normal. Keep bringing your attention back to inhale and exhale.*
4. *Allow your focus to notice what is happening in the room and your body (sounds, sensations, emotions) and be present in the moment without any judgment*
5. *ABOVE ALL DON'T GIVE UP! There is no such thing as meditating wrong. The more you practice, the easier it gets to stay present and connected to the very act of being alive and in the moment.*

STILLNESS IS A MOST POWERFUL TOOL

Something magical happens when we're still, quiet, calm and trusting. Each of us has a favorite place that helps to calm and quiet us. What place stills your mind? A walk in the park, a quiet room? A lit candle or picture of someone you love? Use these places and things to find that area of stillness in yourself. The power in stillness comes gently and can help turn a difficult emotion into compassion and love. Take time each day to seek out stillness and let your mind and soul be at ease. When you find that place of stillness then the feelings of hurt, loss and suffering will diminish and the relief you're seeking will find you.