



6 Tips for Successful Meditation

Give your well-being a boost by making meditation a doable part of your day. Here are six tips to start clearing your mind, anytime and wherever you are:

1. **Relax—it's not a competition.** If meditation is new to you, just focus on breathing without judging your thoughts. It takes practice, so make getting started your first goal.
2. **Stick to a schedule that works for you.** Some days you may be able to meditate for only five minutes. The important thing is to find the time and space, and stick with it.
3. **Create a comforting space.** Set up a special chair, mat, or fluffy pillows to sit on. Consider a small corner of a room that can promote peace and harmony to relax the mind.
4. **Set your mind to it.** Be aware of your environment, but don't let it be a deal breaker. Meditation is more about mindfulness, not your surroundings.
5. **Remember the why.** Make an effort to embrace the benefits of meditation: a more productive mind, reduced anxiety, and living more fully. Creating a focus makes practicing easier.
6. **Research your path.** Meditation isn't a "one size fits all" endeavor. It helps to start with an aspect that interests you: the science of breath, clearing the mind, self-awareness, and so on.



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