



Your free
mindfulness
meditation starter
pack



Benefits

- ❖ promotes relaxation
- ❖ lowers high blood pressure
- ❖ improves focus
- ❖ boosts immunity
- ❖ helps depression
- ❖ reduces anxiety
- ❖ boosts fertility
- ❖ fights heart disease
- ❖ improves productivity
- ❖ reduces stress
- ❖ increases resilience

What is mindfulness meditation?

- Paying Attention + On purpose + In the present moment + Without judgment
- Mindfulness meditation is a seated meditation technique that focuses attention on what is happening in the present moment
- An easy way to focus on the present moment is to focus our attention on our breathing
- Concentrating on one thing enables thoughts or ruminations to fade into the background

How mindfulness meditation works

- By becoming aware of what is happening in the present moment, we become less focused on the rumination, negative thinking or the past/future in our minds
- Using the breath as an anchor, other thoughts can, over time, fade into the background
- By being in the present, we become more aware of our emotions, thoughts, beliefs and bodily sensations, enabling us to understand and therefore change them.
- We become aware that much of our suffering is caused within the mind
- Breathing deeply evokes the relaxation response, which allows us to escape the fight or flight response and reduce stress and anxiety



Top tips for a
successful
mindfulness
practice

“each morning we
are born again. What
we do today is what
matters most”

- Buddha

There is no right way...

- ❖ Find a quiet place where you can sit or life undisturbed
- ❖ Start with 5 minutes and work up from there
- ❖ If thoughts arise, let them pass
- ❖ Be self compassionate and non-judgmental
- ❖ Keep the focus light and curious
- ❖ The aim is to strengthen the muscle of attention, not to be unthinking
- ❖ Practise regularly – change will occur slowly, over time
- ❖ Ask for help. Book your free 45 minute discovery call to learn how coaching can help you banish fatigue and anxiety

meg@beyondbeingwell.com

www.beyondbeingwell.com