

## One Minute Meditation

Many people feel like they just don't have the time to add meditation to their daily routine, but on average people are awake 940 minutes each day. This short meditation only takes 1 minute leaving 939 minutes free for all your daily tasks.

### Q. Why should you set aside that 1 minute to meditate each day?

**A. Meditation has many benefits; reducing stress, helping to control anxiety, promoting emotional health, can improve sleep and helping to control pain.**

This technique can be used for longer periods of time, but 1 minute is a great starting point especially if you are trying meditation for the first time. It is an excellent technique to use when you are feeling stressed and need to relax.

It can be done during a busy workday at your desk in the office or working from home, before starting your day, before bed or anytime you need to calm your mind.

- Ideally choose somewhere that is quiet. Clear your mind of any preconceived notions of what meditating should look like.
- Just make yourself comfortable; this can be on the couch, in your chair, on your bed or on the floor.
- Begin by resting your hands on your lap. Close your eyes and start to pay attention to your breath.
- Notice where the cool air enters and the warm air exits the body. Notice how your chest moves.
- Do this without forcing your breaths to be longer or shorter than they would normally be when you breathe.
- Then every time you breathe in count your breath, when you get to 10 breaths start back at one and keep repeating.
- When thoughts start to enter your mind just label the thought as '*thinking*' and imagine sending it away out of your mind. Do not judge the thought, just label it and send it away.
- Then start counting your breath from 1 again.
- When you have finished open your eyes, take a deep breath and smile to yourself.

If you have the time this **1 minute meditation** can be repeated as many times as you wish.

