



**COVID**

**AND**

**BEYOND**

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**MINDFULNESS MEDITATION**

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**BRINGING YOUR FOCUS TO THE PRESENT MOMENT**

**Unmask**  
*Yourself*

# 6 STEP MEDITATION GUIDE

## 1) Pick a time and a dedicated spot

- It's important to pick a time you know you can commit to doing nothing
- Pick a spot you can dedicate to your mindfulness meditation. It should be a spot free from potential distractions. This will help condition your mind and body over time to automatically start relaxing when you sit in this spot.

## 2) Sit on a comfortable surface

- You want to sit somewhere that is comfortable while still being able to maintain a naturally straight back.

## 3) Set a timer

- If you have a short window of time to practice or you just want to make sure you aren't tapping out too early, set a timer so that you don't have the added distraction of worrying about the time. Make sure that the alarm tone you use is gentle and not too loud.

## 4) Close your eyes and take 10 deep breaths

- Breathe in through your nose for a 3 second count and out through your mouth for a 3 second count.
- With every breath out relax a different part of your body. An example of this is given on the next page.



**BREATH 1 - TOP OF THE HEAD**

**BREATH 2 - FACE, EARS, MOUTH AND NOSE**

**BREATH 3 - NECK AND SHOULDERS**

**BREATH 4 - UPPER ARMS**

**BREATH 5 - FOREARMS AND HANDS**

**BREATH 6 - CHEST AND UPPER BACK**

**BREATH 7 - STOMACH AND LOWER BACK**

**BREATH 8 - HIPS AND GLUTES**

**BREATH 9 - THIGHS**

**BREATH 10 - LOWER LEGS AND FEET**

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## 5) Breathe normally and Relax

- Focus your attention on your breath
- Relax, surrender and enjoy the process
- If your mind becomes distracted simply accept that it has happened and without forcing the thought out just return your attention back to your breath.

## 6) Come out slowly

- Once your timer has gone off don't spring to your feet and rush back to your day.
- Allow your eyes to open slowly and allow the calm state you are in to remain with you as you return to your daily tasks.

If you're starting out with meditation for the first time, increase the duration of your practice as you feel comfortable.

Start with a time somewhere between 5-10 minutes and aim to build to 20 minutes as your standard practice time.