

# THE 10 DAY MEDITATION CHALLENGE

## DAY 3 – MINDFULNESS MEDITATION

**Mindfulness** is the ability to remain aware of how you are feeling right now, your “moment-moment” experience (both internal and external). Meditations that cultivate mindfulness have long been used to reduce stress. Some meditations bring you into the present by focusing your attention on a single repetitive action (e.g., breathing, a few repeated words, flickering candlelight), while other forms encourage you to follow and release internal thoughts or sensations. Thinking about the past, or worrying about the future can lead to a level of stress that is overwhelming. Being more mindful and staying focused in the present can bring your nervous system into balance, improve physical and psychological symptoms, and encourage positive changes in health, attitude, and behaviour.

### What are the benefits of mindfulness meditation?

Improved Focus

Better Mood Balance

More Cognitive Flexibility

Less Negativity

Improved Memory

Improved Immunity

## 4 KEYS TO MEDITATION

**Quiet:** Choose a secluded place in your home, office, garden, or place of worship where you can relax without distractions or interruptions.

**Comfort:** Assume a comfortable position, but avoid lying down. Sit upright in a chair or on the floor. Focus on keeping a straight spine. You may also try a cross-legged or lotus position.

**Focus:** The focus point can be internal (e.g., feeling, imaginary scene) or external (e.g., flame, meaningful word or phrase) that you repeat throughout your session. You may meditate with open or closed eyes. Choose to focus on an object in your surroundings to enhance your concentration.

**Kindness:** Don't worry about distracting thoughts that flow through your mind. If thoughts intrude during your session, do not fight them. Gently return your attention to the point of focus.



**Action Step: Think quantity not quality when first beginning.**

Sources: [www.helpguide.org](http://www.helpguide.org)  
<https://www.apa.org/monitor/2012/07-08/ce-corner>