

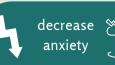
SITTING MEDITATION



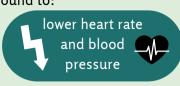
Sitting meditation is a structured mindfulness practice which involves sitting and focusing on present moment experience with acceptance.

STRATEGY POSTCARD

Research evidence for effectiveness 1,4 Sitting meditation has been found to:



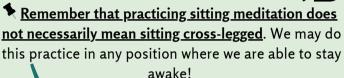


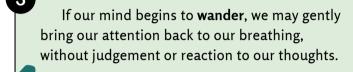


beginner friendly!

How to practice sitting meditation²⁻³

Sit on the floor, on a cushion, or on a chair in a comfortable but alert position.







Listen to the sitting meditation guided audio

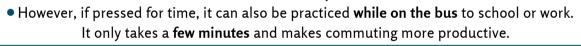
During the practice, we pay close attention to our breathing and simply observe and accept any thoughts that may pop into our minds.

Remember: guided audios are not for everyone. Some people may prefer to engage in unguided practice or just use bells at the start and the end of the practice.

When to practice sitting meditation



• Sitting meditation is ideally practiced in a comfortable and quiet place, where we are not easily distracted.



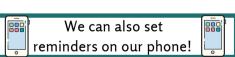


Sitting meditation tips

Set up the environment with reminders to practice

For instance, if we prefer practicing in the mornings and on the floor, we may want to place a cushion on the

floor the night before as a reminder.



It is normal to feel the urge to move

The goal of meditating is to notice these urges and gently bring your attention back to the sensations of breath.

There are also options for more active meditations that involve movement. Try searching for mindful walking or mindful yoga options online!

Each meditation will be different

Day to day your practice may feel more or less comfortable, and that is okay!

Try not to get caught up in wanting each practice to feel "good

Rather, become aware of and accept whatever you are feeling.

CONTACT INFORMATION





View the reference list for this infographic

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