

Tell us what you think!



## SITTING MEDITATION STRATEGY POSTCARD

Check out the evidence!

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

### Research evidence for effectiveness<sup>1,4</sup>

Sitting meditation has been found to:



decrease anxiety



increase our ability to focus





lower heart rate and blood pressure




beginner friendly!

### How to practice sitting meditation<sup>2-3</sup>

**1** Sit on the floor, on a cushion, or on a chair in a comfortable but alert position.  Remember that practicing sitting meditation does not necessarily mean sitting cross-legged. We may do this practice in any position where we are able to stay awake!

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

**3** If our mind begins to wander, we may gently bring our attention back to our breathing, without judgement or reaction to our thoughts. 

**Listen to the sitting meditation guided audio**  

**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.
- However, if pressed for time, it can also be practiced while on the bus to school or work. It only takes a few minutes and makes commuting more productive.




### 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. 


We can also set reminders on our phone!  


#### 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

