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## How to Start Meditating

The idea of meditation is simple, but the practice of it typically is not easy. Common reactions when we start to meditate include feeling bored, feeling frustrated, wanting to stop, suddenly remembering the things you've been meaning to do, and having countless thoughts clamoring for your attention.

It can help to keep the following in mind for your meditation practice:

- You're not bad at meditating.
- The goal is not to "become good at meditating."
- Let go of attachment to a specific outcome.

Here's a simple plan to get started:

1. Practice meditation when you're able to stay awake and alert.
2. Find a quiet place where you won't be disturbed, and remove possible distractions like your phone.
3. Choose a comfortable seat on the floor, in a chair or anywhere else.
4. Close your eyes if you wish, or keep them open and fixed on the floor a few feet in front of you.
5. Practice with or without a timer. Five minutes is a good starting point. Keep the timer out of sight.
6. Begin to notice the sensations of breathing, paying attention to them for the full length of your inhalation and exhalation.
7. Bring your attention back to the breath each time you realize your mind has wandered.
8. There are many apps and free online meditations available if you prefer guided meditation. (Headspace, Mo, Calm, Insight Timer)

**Book: Cognitive Behavioral Therapy Made Simple By: Seth J. Gillihan PhD**

**Worksheet by: Janay Bailey, LMHC**