



# HOW TO FIND SOME MEDITATION

# MEDITATION TIME

YOU. DO. NOT. HAVE. TO. MEDITATE. FOR.  
HOURS.

For meditation you don't have to have a long practice just a consistent practice. Do you have 5 mins, then meditate for that.

Find what works for you and stick with it!



# TYPES OF MEDITATION

Do you like to listen to someone's soothing voice as you meditate? Do you like listening to nature sounds or soft music?

Meditation can be as varied as the person doing it. Meditate while walking, doing the dishes, or showering. Just take 5 minutes to be present with yourself.

# SITTING WITH YOUR INSIGHTS

You won't know if meditation makes a difference if you aren't taking a moment to reflect on your experience. Journal, voice notes, TikToks, can all be ways for you to sit with what came up during meditation.

Give yourself the opportunity to see some real-world change!



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