



## **Free meditation guide for beginners**

*A beginner-friendly guide to meditation for mental wellness*

### **1. Welcome to your first meditation journey**

Meditation is a simple yet powerful way to reduce stress, improve focus, and support your mental health. Whether you're new or restarting, this guide will help you build a consistent meditation practice. We share simple practices for calm, focus, and mental clarity.

### **2. What is meditation?**

Meditation is the practice of focusing your mind and becoming more aware of the present moment.

#### **Benefits of meditation include:**

- Reduced anxiety and stress
- Improved focus and clarity
- Better emotional balance
- Better sleep

### **3. How to start (simple beginner meditation method)**

#### **Step-by-step:**

1. Find a quiet space in your house, bedroom, or outside
2. Sit comfortably or lie down
3. Close your eyes
4. Focus on your breath (your normal inhale and exhale)

5. You do not need to interrupt your normal breath in any way for this beginner method of meditation
6. Stay present with your breath for 5 - 10 minutes

*It's okay if your mind wanders to different types of thoughts. Whenever you notice your mind is wandering, gently bring it back to the present moment and concentrate on breathing.*

#### 4. Reflect after the meditation

- How did I feel before meditation?
- How do I feel after meditation?
- What did I notice or do I notice?

5. **Increase your meditation time as you go.** An ideal pattern for a busy person is 20 minutes in the morning and 20 minutes in the evening. However feel free to choose what works for you.

*Consistency matters more than perfection. Even 2 minutes daily can make a difference.*

With love,



**NORMALIZE THERAPY**  
Become a better you