



# MEDITATION 101

*Meditating regularly can help you reduce stress, improve your sleep, and boost your mood. Use the tips below to help you take a moment to stop, breathe, and check in with your mind.*

## Meditation: Getting Started

- 1** Find a comfortable seat
- 2** Focus on your inhales and exhales
- 3** Return to the breath when your mind wanders

## Make It A Habit: Mindfulness Tips



### Set a routine

Set aside time each day to meditate. Try practicing at the same time every day (i.e. first thing in the morning, at lunch or before bed).



### Start slow

Set a timer for 2 minutes and gradually increase the amount of time you practice meditating.



### Use your commute

Mornings can be rushed, but meditating during your commute is a great way to start your day off right. If it's hard to focus on a crowded train, try taking some slow deep breaths.



### Find small moments

Meditating even just for a short period of time is beneficial. Try finding a quiet moment at work to hit pause and check in with yourself.

## For More Information



There are many guided meditation tools online. Search "meditation" in the app store on your smartphone for tips and tools you can use on the go!

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