

Thrive 101 | Meditation Process

When you are dealing with the stressors and responsibilities of your fast-paced daily life, it is important to have outlets and exercises that allow you to re-ground yourself in the present moment.

Here are two examples of grounding meditation exercises. Consider trying one these practices the next time you feel stressed or overwhelmed.

Walking Meditation

- Choose a place to take a walk. It can be inside or outside, as long as it is quiet and peaceful.
- Pace yourself. This is not a fast walk; this is a mindful walk.
- Allow the breath to flow smoothly and naturally.
- Count your steps if it helps you stay in the moment.
- Bring awareness to the body.
 - Notice your feet touching the ground.
 - Notice how your muscles contract as you take a step.
- Bring awareness to your surroundings.
 - Notice the plants, structures, people, smells, sounds, etc.
- Whether you are counting steps, noticing the body or your surroundings, observe without judgment.

Body Scan

- Find a comfortable position.
- Close your eyes or find a soft gaze.
- Bring your attention to the breath.
 - Breathe in and out of the nose, beginning to calm the nervous system.
 - Take 5 long, steady breaths in and out of the nose.
- Now bring your attention to the body.
 - Begin by noticing the toes and feet and what sensations you might be feeling.
 - Notice your legs: observe the front and back of your legs; observe the knees and hips.
 - Pause in any spot you may feel tension.
 - If you feel tension in any spot, send your breath here.
 - Move from the legs to the abdomen and back.
 - Notice the rise and fall of the belly and chest.
 - Bring your attention to the hands, arms, and shoulders.
 - Allow yourself to stay in a place of tension with your breath if need be.
 - Bring your attention to the neck, head, and face.
 - Is there an area you can soften or release?
- Bring your attention back to the breath.
- Breathe in and out the nose for 5 long and steady breaths.
- Open the eyes.

