

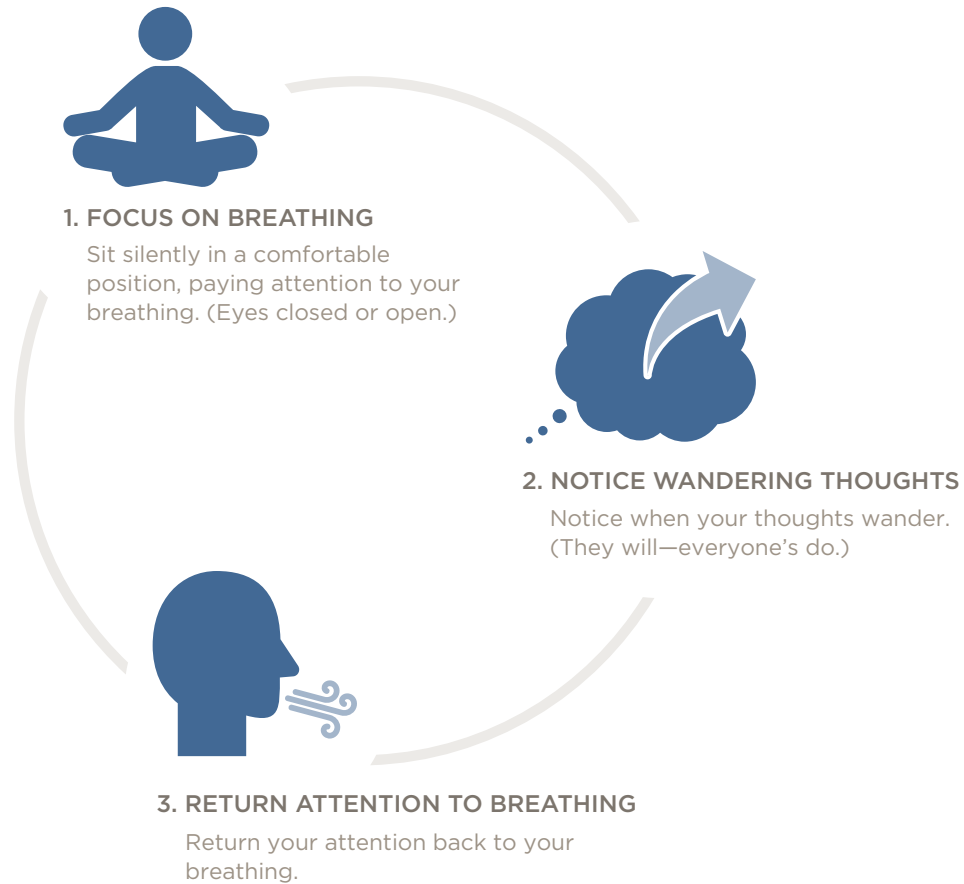
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# GUIDE TO MEDITATION

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Meditation, a form of mind training, is a powerful tool for becoming less stressed, more self-aware, and ultimately more resilient.

To Meditate:



## Tips:

Don't be surprised if your mind wanders a lot, especially when you first try meditation. That's common, even with people who have been meditating regularly.

Try not to judge those thoughts ("Ugh, I'm not good at this") or get frustrated. ("This isn't working.") Simply notice your mind has wandered and return your attention to your breathing.

Focus for a short time initially—5 or 10 minutes. Go longer if it becomes comfortable. Some research suggests that there's greater benefit in shorter, more regular sessions than in long but infrequent meditations.