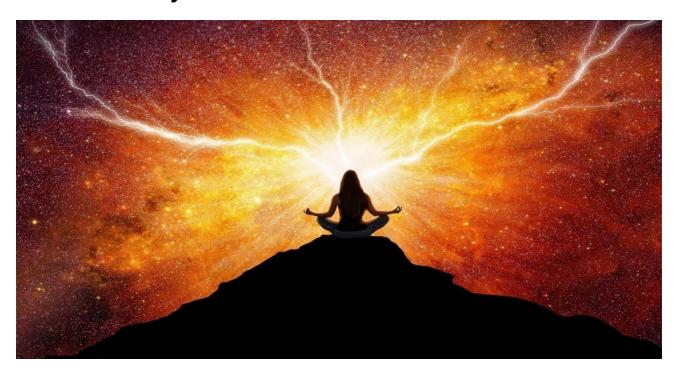
Easy 5-Minute Meditation Checklist



Find a clear and comfortable place to lay down or sit – preferably clutter-free so you can remain focused on meditation.
You can search guided meditations on YouTube - do that now - search for ones that are 5-7 minutes long.
You can either sit or lay down, but whatever you decide to do, FEEL the ground. You want to be as grounded as possible.
If you are sitting, push your tailbone into the ground (comfortably). If you are laying down, spread your legs and arms against your side in a relaxed position.
Close your eyes and think about certain colors surrounding you, accept thoughts as they pass through your mind but don't focus on them.
Breathe accordingly inhale (5 count) exhale (5 count) inhale (5 count).
As you're breathing, extend your abdomen so your breathe fills up your entire body. Short breaths can cause higher heart rate and anxiety.
Once you're fully relaxed, play your 5-minute guided meditation.