



# Mindful Monday



## Learning to Meditate

Meditating in our daily lives can have long-lasting benefits. It can help with stress levels, we learn more about our bodies and pains, and we can improve our focus and connect better with ourselves. Building a mindfulness practice can help us be in the present moment. When you first start out, it may feel daunting to sit in silence. Remember that meditating takes practice.

### Try this Mindful Meditative Moment:

- Start by noticing the sensations of your breath - the rib cage rising and falling and the air through your nostrils.
- Turn your attention to the sounds around you, whether it's the symphony of birds or city sounds. Notice physical sensation, like the feeling of sitting or standing.
- Pay attention to your thoughts and feelings. Notice what arises, then let it go without judging or becoming attached.

If it would be easier for you to have some guidance through a meditation practice, there are several online guided meditation options. Download a free app like Insight Timer, Calm, Headspace or Liberate Meditation. Or try one of the many online videos available like this [meditation from Sangha Studio in Burlington](#).

You can even find meditations that focus on specific feelings you may be having. For example, if you experience emotions around systemic racism, [check out this meditation from Tara Marie Smith](#).

Find what works for you and incorporate it into your daily life!

## NAMI Vermont Minute:

During this pandemic, NAMI Vermont has built up our electronic newsletter to provide readers weekly information about programs, special activities, ways to stay connected and mindfulness exercises. If you'd like to stay in touch and learn more, sign up for our weekly newsletter today at [www.namivt.org](http://www.namivt.org).