- Meditation

Learn the art of MICRO-MEDITATION

Discover small moments of calm throughout your everyday

Struggle to meditate? Enter micro-meditations: small and simple practices that fit seamlessly within your day, wherever you are. Whether you have one minute or five minutes, micro-meditations offer us a chance to pause, breathe and connect with ourselves and the present moment. These simple practices are like a 'time-out' for the mind, helping us reset and recharge throughout the day – no yoga mat or meditation cushion required.



Wave Breathing

Anchor the mind with a simple wave breathing exercise. Allow the breath to flow through the body like a wave; inhaling gently through the nose as you imagine a wave rising from the belly to the chest, and exhaling slowly out through the mouth as you imagine the wave flowing away.

Staircase Meditation

Combining breathwork and visualisation, imagine yourself walking slowly down a staircase, each step guiding you into a deeper state of relaxation. As you see yourself walking down the stairs, take a slow inhale and exhale.

Mindful Walking

Meditation doesn't have to be done seated. Get outside, boost feel-good endorphins and recharge with mindful walking. As you stroll, notice the contact you're making with the ground or take a moment to tune into what you can hear around you – whether that's the hum of city life or birds chirping in the trees.

COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED • PRINTED FROM PRESSREADER • NOT FOR SALE • PERSONAL COPY • periodicalspublicliblibrary@gmail.com



Practise Affirmations

Reconnect with your values and create an affirmation that reflects them. This could be 'I trust myself' or 'Peace begins with me'. Repeat it aloud or in your mind for a few minutes, and return to it whenever you need a moment to reset.

Word Focus

Feeling overwhelmed? Turn down mental chatter by focusing your mind on a single word. Choose a word that feels calming to you, such as 'peace' or 'soothe' and silently repeat it in your mind in sync with your breath.

Body Scan

Release physical and mental tension with a short body scan practice. Play a relaxing soundtrack or savour the silence as you tune into each part of the body. Notice any tension, and allow yourself to let it go with a gentle exhale.

Five Senses Reset

Switch off auto-pilot and tune into the world around you. Notice what you can see, hear, touch, smell and taste. Get curious about the colours, textures and shapes around you. Stay with each sense for a few breaths to ground you in the present moment.



"Micro-meditations can easily fit into a busy lifestyle"

Benefits of Micro-Meditations

Micro-meditations help to activate the body's parasympathetic nervous system – also known as the 'rest and digest' response.

By creating space for mindful moments throughout the day, we interrupt the stress cycle and bring our body and mind into a state of calm and clarity.

These mini pauses can help to reduce stress and anxiety and improve focus. Research shows that, over time, meditation can help build emotional resilience, cultivate self-compassion and support physical health.

The best part? You don't need to sit in silence or practice for hours every day. Micro-meditations can fit seamlessly into your daily routine.

Practise wave breathing while you wait for the kettle to boil, or try out affirmations as you brush your teeth.

Gratitude Practice

Embrace the power of gratitude with a daily check-in. Reflect on three things you are grateful for, big or small. Say them out loud, write them in a journal or create a list on your phone to remind you of the good that is all around you.

Remember

Micro-meditations can help us better cope with stress and build emotional resilience. Start small, stay consistent and practise often.

WORDS: CIARA MCGINLEY IMAGES: STOCK.ADOBE.COM

COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED • PRINTED FROM PRESSREADER • NOT FOR SALE • PERSONAL COPY ONLY